



Learning Field Hockey

By Katrin Barth

Meyer & Meyer Fachverlag Aug 2006, 2006. Taschenbuch. Book Condition: Neu. 24x16.5x cm. Neuware - Playing field hockey is fun, whether it's on an indoor court or on grass. But it really gets to be fun when you can skillfully handle the hockey stick and the ball, and when you know the most important techniques for passing, defense, dribbling and scoring goals. If you want to learn how to play field hockey then this book is for you. The text is written in an easy to understand manner, and motivating drawings help you to understand the basic techniques for ball control, defense, and scoring goals. You receive important tips and plenty of suggestions for exercises you can practice by yourself. The book teaches you diverse game variations for two or more players, both for playing on an indoor court or on a field. The little elephant Elo is a great companion throughout the book. He tells you some interesting things about the sport, gives you some health tips, and he has some quizzes and exercises for you. There are many opportunities for keeping and adding notes and for coloring. 152 pp. Englisch.



READ ONLINE
[6.78 MB]

Reviews

This pdf is really gripping and intriguing. It typically is not going to charge excessive. Its been printed in an exceptionally easy way and it is simply right after i finished reading this ebook where basically altered me, modify the way i believe.

-- **Dr. Damian Kuhn V**

It in a of the best book. We have study and i also am confident that i will gonna study once more once more in the foreseeable future. I discovered this pdf from my i and dad recommended this book to understand.

-- **Kallie Simonis**