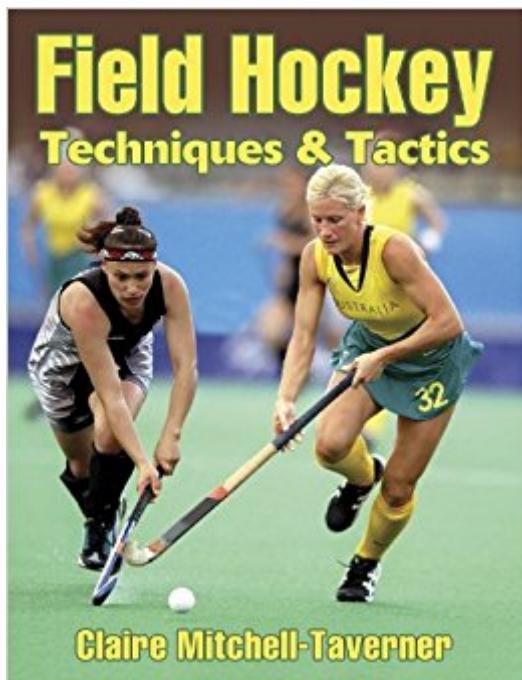


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# Field Hockey Techniques & Tactics



## Synopsis

In *Field Hockey Techniques & Tactics*, Olympic gold medalist Claire Mitchell-Taverner presents the skills and offensive and defensive systems that helped the Hockeyroos dominate the world stage for nearly a decade and revolutionize the game of field hockey. Elevate your trapping, receiving, passing, dribbling, and shooting by learning the finer technical points of each attacking skill. Perfect your defensive techniques in anticipating opponents' moves and intercepting passes, making strong tackles, and creating eliminations to regain possession and set up additional attacks. And gain firsthand insights for the communicating and decision making required for excelling as a team. Citing the aggressive attacking and defensive moves that the Hockeyroos used to win gold at every major international level over a 9-year span, Mitchell-Taverner places emphasis on applying the press, using man-to-man marking, and zoning up. She also teaches the keys to setting up breakaways and 2-on-1s; maintaining possession of the ball; and executing set plays like penalty corners, free hits outside the circle, and long corners. Higher-level skill development and savvier play are a winning combination against tough competition. Use *Field Hockey Techniques & Tactics* to boost your performance and expand your knowledge of the game.

## Book Information

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## Customer Reviews

""This is an innovative book that explains the finer points of hockey in a straightforward, logical manner while acknowledging the all-important basic skills of the game. The book is unique because it is written by a former player who has been very successful at all levels of the game. She incorporates the experience, advice, and knowledge of a number of specific skill experts who have

excelled in the sport at the highest level. There is something valuable in this book for players of all ages and stages."""This is an innovative book that explains the finer points of hockey in a straightforward, logical manner while acknowledging the all-important basic skills of the game. The book is unique because it is written by a former player who has been very successful at all levels of the game. She incorporates the experience, advice, and knowledge of a number of specific skill experts who have excelled in the sport at the highest level. There is something valuable in this book for players of all ages and stages.""" Rechelle Hawkes OAMOlympic gold medalist (1988, 1996, 2000), former Hockeyroos captain and veteran of 279 international matches (1985-2000) ""Claire Mitchell-Taverner has successfully used her experience as a player and her association with other great players to lucidly outline how hockey can and should be played. Every hockey enthusiast can learn something from this book. I know I did.""" Dr. Richard CharlesworthFormer coach of Australian Women's Hockey Team (1993-2000)World cup champions (1994, 1998), Olympic gold medalists (1996 and 2000) "

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Got the book for my 14yo who's in the school's JV team. The book is meaty in substance and gets very technical, which is good for serious players, however, there's just way too much text description that makes it hard to visualize and apply. The book would work well for coaches and trainers, as well as college-level athletes who are very familiar with terms and can visualize the content easily, but a bit daunting for everyone else. More quality images and illustrations will definitely improve this book a lot. Better layout within the pages would help too as not enough white

space areas to break the long, long text blocks within the pages. Overall, as a guide, it has excellent content, as a book, it falls short in readability and practicality, hence the 3-stars.

Just taking on a coaching position at Club level this book has been very helpful for both myself and our new players, it is also very easy to understand.

Knows her stuff. Well chartered. Helpful for training sessions and skill tips.

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