



# Hockey Speed: The Guide To Skating Faster

*Dan Garner*

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## **Hockey Speed: The Guide To Skating Faster** Dan Garner

What's the quickest way to become a better hockey player? Increase your speed on the ice.

Speed is an incredibly complex topic where a lot of puzzle pieces have to be properly organized and placed together to create it and train it.

What I'm presenting you with in Hockey Speed is the absolute best methods to use in the offseason to bring up your speed on the ice.

Upon proper application to the principals, outlines and workouts in this book you will bring your speed on the ice to a whole new level. You'll be reaping the benefits by scoring more goals and getting noticed on the ice!

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