

Dryland: Next Level Hockey Training

David Pollitt



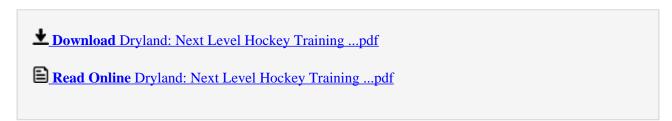
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Hockey strength & conditioning expert David Pollitt takes the reader through the most comprehensive manual ever written on the subject of physical training for hockey. This fully illustrated reference provides both the theory and practical information for coaches, players, trainers and teams to make the most of dryland training.



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