



How to Play Field Hockey (Paperback)

By Howexpert Press

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. If you want to learn how to play field hockey, then get How To Play Field Hockey, a step-by-step guide for beginners interested in field hockey. This guide is an excellent way to learn field hockey. It is a great outdoor sport to keep fit and agile. I would definitely encourage everyone to play this sport for the following reasons: - Keep yourself fit and healthy by learning how to play field hockey. - Introduce yourself to the basics of field hockey and the rules of the game. - Know the history of field hockey. - Learn some excellent hockey techniques such as passing the ball, offense and defense. - Increase your knowledge about field hockey and the current international tournaments in field hockey. - Learn how to play all the specialized shots like penalty corner and penalty stroke through a step-by step process. - This book will teach you field hockey through images and illustrations. - Socialize by bringing your friends and learn the techniques explained in the book by practicing with them. - Develop an excellent approach for playing field...



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