



Total Hockey Training

Sean Skahan

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In *Total Hockey Training*, Boston University strength and conditioning coach Sean Skahan brings you the exercises and drills that have been used in conditioning some of the greatest players in the world. Whether you're just entering the off-season or chasing playoff contention, this resource has you covered with season-specific programming that will help you take your game to new heights. With ready-to-use programs for all player positions and various levels of play, you have everything you'll need to train year-round. As you progress, you'll have access to personal assessment programs that will help you determine your strengths and weaknesses so that you can modify programs to fit your individual needs.

Physical conditioning for hockey is a year-round requirement if you want to outperform your competition. With *Total Hockey Training*, you have the tools you need to elevate your game and perform at your peak.

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