

## Teach'n Beginning Defensive Field Hockey Drills, Plays, and Games Free Flow Handbook (Series 4 Free Flow Books 24)

Bob Swope

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This is a practical Handbook for youth Defensive Field Hockey coaches, parents, and kids. It has 66 individual pictures and illustration variations to look at. All the skill activities and drills are numbered for easy reference between coaches and parents. Complete with diagram, illustration, and explanation for each one. It covers all the fundamentals you will need to get started in defensive field hockey. It also has training games to play, defensive plays, and sample practice schedules to help get started.



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