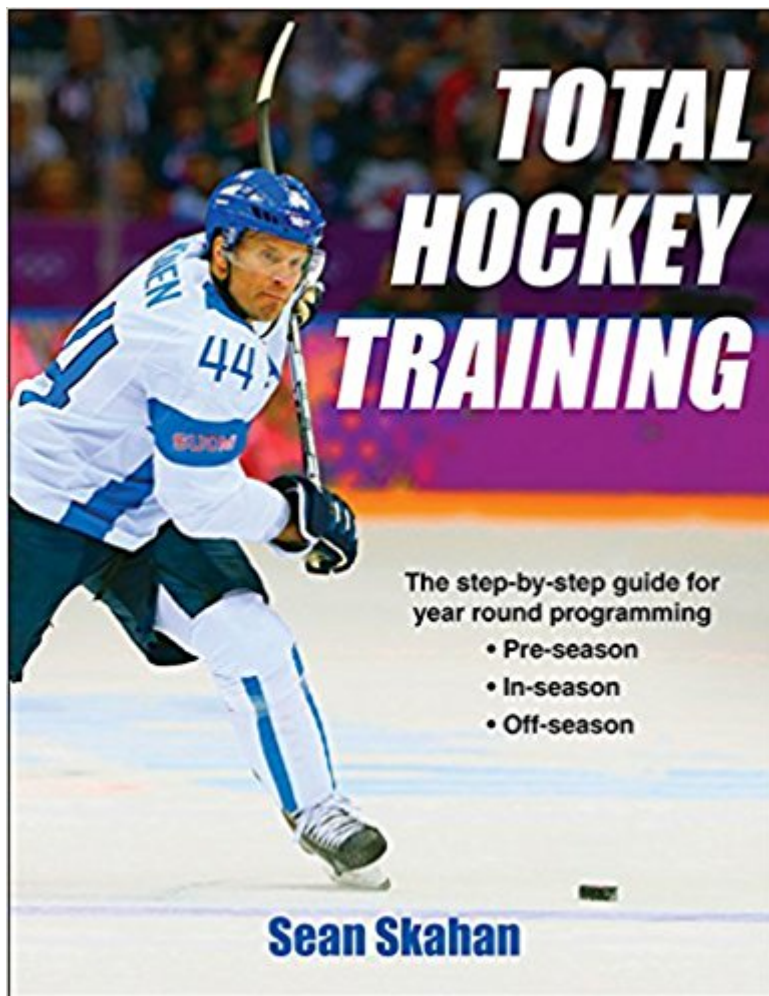




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# Total Hockey Training



## Synopsis

Achieve the best physical condition year-round with Total Hockey Training and be ready to dominate on the ice. 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.

## Book Information

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## Customer Reviews

"I was very fortunate to work with Sean while I played with the Ducks. He helped me to perform at my best and stay healthy. Sean has a great understanding of what it takes physically to compete in the NHL." Scott Niedermayer-- Former NHL Defenseman Anaheim Ducks and New Jersey Devils

"Sean Skahan is one of the top strength and conditioning coaches in the hockey world. His wealth of experience at the collegiate and professional levels will help all players achieve their goals." Michael Boyle-- Founder, Mike Boyle Strength and Conditioning, Former Strength and Conditioning Coach, Boston University and Boston Bruins

“In Total Hockey Training, Sean Skahan draws from his extensive experience as a strength and conditioning coach at both the collegiate and professional levels to provide coaches and players with proven year-round physical training regimens that enhance on-ice performance and reduce injuries.” • Bruce Boudreau-- Head Coach, Minnesota Wild

Sean Skahan was named the strength and conditioning coach of the National Hockey League's Minnesota Wild in 2016 after serving in the same capacity for the men's ice hockey and field hockey teams at Boston University for the 2015-16 season. Prior to his position with the Terriers, Skahan was the strength and conditioning coach for the Anaheim Ducks for 13 seasons. During his time with the Ducks, the team advanced to the Stanley Cup finals in 2003 and won the Stanley Cup in 2007. Before working with the Ducks, Skahan was the assistant strength and conditioning coach at Boston College and at the University of North Dakota. While earning his master's degree in kinesiology, Skahan worked as a graduate assistant strength and conditioning coach at the University of Minnesota. He earned his bachelor's degree in exercise physiology from the University of Massachusetts at Boston. Skahan holds certifications from the National Strength and Conditioning Association (NSCA), Functional Movement Screen (FMS), and USA Weightlifting. He is also certified as a kettlebell movement specialist (CK-FMS) and a StrongFirst level 1 instructor. Skahan presents at strength and conditioning conferences worldwide when his schedule permits. He lives in Boston.

I have a different perspective than most of the reviewers. I'm a personal trainer and coach with over 5 years of experience. (I'm also a Boston University grad:)). I've worked with a handful of athletes over the years, but never trained a professional hockey player. So when the opportunity came to me, I needed to be 100% ready. Sean's Total Hockey Training book helped me create the perfect training framework for my client. What makes Sean's book different than the other hockey training conditioning books on the market is that it is INTUITIVE. The chapters are organized in a way where it takes you step by step through the entire training process. The first few chapters describe the preseason preparation needed for the High School Player all the way to the Elite Professional. You'll learn the foundations behind assessing a player's strengths, tracking their progress, and making the appropriate decisions on exercise selection. The assessment methods that Sean uses are the same tried and true tests high level college and professional programs use to assess their athletes. The next seven chapters cover position specific training (Forwards, Defensemen, etc) and every athletic variable that is important to the game of hockey. Core,

Strength and Power, Acceleration and Speed, and a handful of other key variables are given their own chapter. You'll see hundreds of exercises, mobility drills, and movements perfectly demonstrated with easy to read (and see) instructions and pictures. Invaluable! There was no fluff science, or unnecessary exercises or drills. Everything included in the chapters is everything you need. No more. No less. The final chapters are probably the most valuable chapters in the book in my opinion. Sean provides a copious amount of sample training templates and programs that any strength coach can use as a starting point for their players. You're not going to necessarily use Seans exercise selection, but it gives you a look at the reasoning behind a person who has over 15 years of elite training experience. I looked at the templates, and it crystallized the previous chapters for me. Everything finally came together in a nice clean finish. What's even better than providing a bunch of sample templates? Sean tells you the EXACT page he got the exercise from. This alone saved me a few hours. The book is not a 1000 page bible on Hockey Conditioning. If you are looking for someone to hold your hand through every aspect with minute detail then you've come to the wrong place. Total Hockey doesn't have any unnecessary dogma or themes. It allows you to plug and play your own training experiences and opinions, and nudges you in the right direction when you find yourself off course. Simplicity is a beautiful thing when done correctly. So what kind of results can you expect from reading and pulling this book apart? My client has over a decade of AHL, NHL and international playing experience. Recently, he says he can't remember a time when he felt STRONGER. He thinks the last time he was this strong was in high school. (14-15 years ago) From someone that had little to no experience training a NHL player, I'm really proud of my results. The only thing that matters to me is that my client succeeds. I definitely need to thank Sean for helping me begin to exercise my potential. Without the book, it would be possible, but not nearly as easy. So how are my experiences any different from the handful of other reviewers? Sean doesn't know who I am at all, but he took 15 minutes out of his day to talk to me about my client and provide guidance. He also referred me to another NHL Strength Coach when he didn't know the exact answer. This all took place right around the time he accepted an offer to coach the Wild. His gesture wasn't only kind (I mean he doesn't even know who I am) but it shows the level of commitment he has to his craft. That same level of commitment can be seen in his text. If this isn't a call to action to not only buy this book...but to use the hell out of this book...then nothing will get you there. Thank you Sean for the guidance, the book, and the introductions. I won't forget it and it inspires me everyday to do my absolute best. The video linked shows a few highlights of my client's conditioning program. Great strength, stability, and power.

I would like to highly recommend this athletic training manual! Sean Skahan has done an incredible job of simplifying the process and exercises! Even though it's "officially " a hockey training manual it really can be used by anyone. It makes use of many aspects of strength and conditioning but in a way that only Sean can make it, is simple and easy to use .... I highly recommend this book which can be purchased on and even more so highly recommend Sean as a strength and conditioning coach and trainer.

Great training concepts from an experienced coach. Step by step program design for each phases of the hockey season(off and preseason included) and can transfer to multiple sporting disciplines.

A must have for any hockey strength coach or hockey coach. Written by a coach who has worked with players at the highest levels of the game.

From the standpoint of a former pro hockey player and collegiate student athlete with Sean, I believe he puts together a great blue print for hockey players at every level. I was anticipating this book due to his experience with working with the highest level of hockey players over the last decade, and Sean puts together a great action plan to build an athlete step by step from a physical preparation standpoint. This book could help any hockey player who seeks to use his/her physical abilities to an advantage for on-ice success. Well done!

Simplifies training for you. If you had doubts on whether or not you can train a hockey team/player before reading the book those doubts will be gone! Must have! Especially for the price.

great....The best

Outstanding book that every hockey player should read and follow the advise!!

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