



# Field Hockey: Steps to Success - 2nd Edition (Steps to Success Sports Series)

*Elizabeth Anders, Susan Myers*

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Enter the game with confidence, knowing you've mastered the essentials. *Field Hockey: Steps to Success* combines a comprehensive, progressive approach with in-depth instruction, illustrations, and 86 drills.

Master coach and field hockey legend Elizabeth Anders details the step-by-step program that will teach you how to develop these skills:

- Score more goals by developing better shooting techniques.
- Improve ball control and dribbling.
- Establish solid passing and receiving skills.
- Develop better footwork and balance for improved stick handling.
- Employ attacking and defensive tactics.
- Become a better goalkeeper through correct positioning and increased awareness in the net.

Whether you are new to the sport or seeking new techniques to add to your arsenal, *Field Hockey: Steps to Success*—part of the popular Steps to Success Series that has sold more than 1.5 million copies—will help you improve every aspect of your game.

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