



## Total Hockey Training

By Sean Skahan



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Former 13-year NHL strength and conditioning coach Sean Skahan offers training and conditioning methods used by some of the world's greatest players. Included are position-specific preseason, in-season, and off-season training regimens and 200 exercises and drills to elevate individual and team performance.

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*“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

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