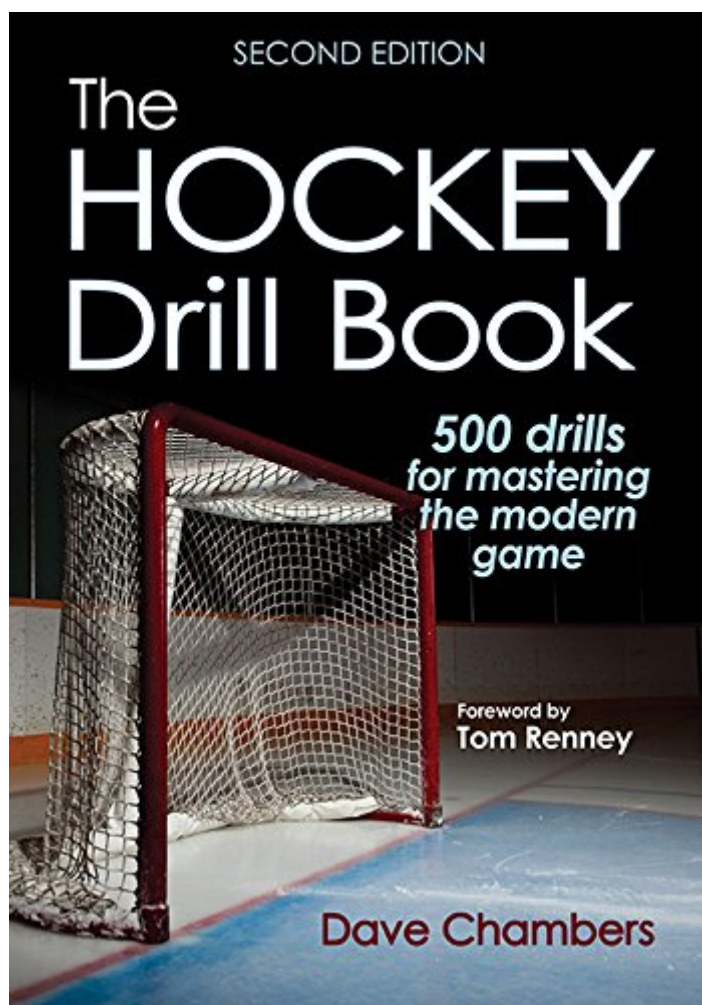


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The Hockey Drill Book - 2nd Edition



Synopsis

The best-selling hockey drill book returns, bigger and better than ever! Now with 500 drills for all aspects of the game, The Hockey Drill Book, Second Edition, is a must-have for every coach and player! With more than 40 years at the junior, university, NHL, international, and World Championship levels, five-time Coach of the Year Dave Chambers has spent countless hours on the ice developing players at every level (the Russian Ice Hockey Federation translated and distributed the previous edition to all its coaches). Practice after practice, he puts drills to the test, compiling the best here in the second edition of The Hockey Drill Book. Accompanied by step-by-step instructions, diagrams, illustrations, and coaching tips, the 500 drills cover essential skills for each position, offensive and defensive systems, pregame warm-ups, on-ice conditioning, and game-specific situations, including power plays, penalty killing, and face-offs. A collection of skill evaluation drills will help players and coaches identify strengths, weaknesses, and areas for improvement. Whether your goal is to raise your game or coach your team to the top, The Hockey Drill Book is the go-to resource. It's the only drill book you'll ever need.

Book Information

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Customer Reviews

Son in law coaches hockey and he uses the book daily.

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