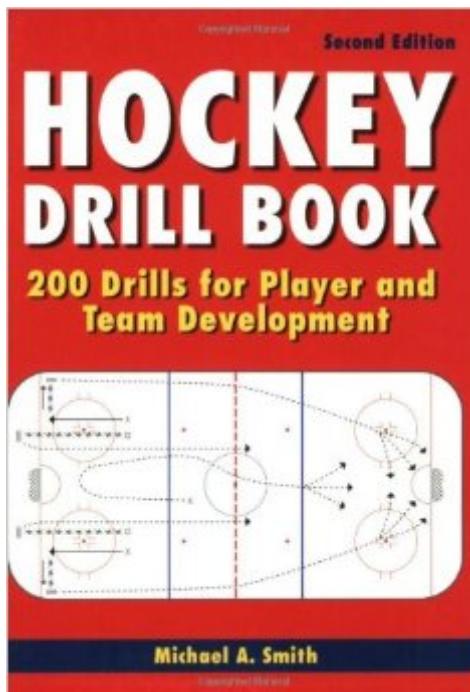


The book was found

# Hockey Drill Book: 200 Drills For Player And Team Development



## **Synopsis**

A classic how-to hockey title now fully redesigned with full-color diagrams. No hockey player or team can successfully play at any level without practice, and lots of it. The design of this new edition of Hockey Drill Book makes all that sweat and effort worthwhile. The book features 200 drills in a comprehensive practice regimen that covers every essential skill needed to master the fundamentals of the game, including: Skating Stick handling Passing Shooting Conditioning Goaltending Checking Game situations Each drill has a defined purpose, and the techniques are described step by step and shown in full-color diagrams. Suggestions for drill tempo, variations of the drill and numbers of participants guide coaches in designing practices that are challenging, effective and appropriate for their players. Hockey Drill Book is the essential training tool for players and coaches at all levels of the game.

## **Book Information**

Paperback: 240 pages

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Product Dimensions: 5 x 0.6 x 7 inches

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Average Customer Review: 5.0 out of 5 starsÂ  See all reviewsÂ (5 customer reviews)

Best Sellers Rank: #606,738 in Books (See Top 100 in Books) #25 inÂ Books > Sports & Outdoors > Coaching > Hockey #214 inÂ Books > Sports & Outdoors > Hockey #528 inÂ Books > Sports & Outdoors > Winter Sports

## **Customer Reviews**

Hockey Drill Book. The title says it all. The book is laid out very well. It opens with warm up and skating drills. Then the book moves to stick handling to passing to shooting. It continues with conditioning, goaltending, checking, situations and finishes with practice. The nice part about the book is that each drill has an illustration with a description of how to perform it. Each drill also contains an explanation of the purpose, tempo and who can participate. Another nice feature is the variations section, which offers an idea of a different approach to the drill. This is a great book for beginning coaches as well as more seasoned coaches looking for something different. This book will help your confidence as a coach and help your team move to the next level.

My nephew recently got into hockey and wanted to learn how to play. I knew the game and rules but didn't know how to help him develop as a player. I got this book and so far I've teaching him conditioning and some team building exercises that has developed his overall game. This book is a coach's guidebook because he is learning both offensive and defensive strategies and executing them well. I recommend this book for anyone who wants to either coach or just learn the game in general.

A quick-fire reference guide to standard drills and game situations. And, may I add, there's even a section specifically for goaltenders! Glad to see they're not neglected. A page a drill, clearly drawn and concisely explained. A variety of practice sessions outlined, too. Players, goaltenders, coaches - go buy it. This pocket-size book is a little wonder. Just about perfect.

The book met my expectations. It provides team drills for all aspects of the game. It's a great value; I recommend it.

Very usefull!!

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