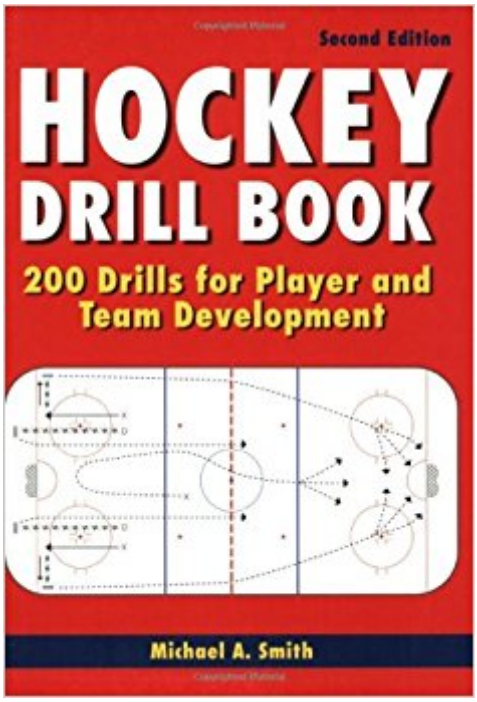
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Hockey Drill Book: 200 Drills For Player And Team Development



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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
Publisher: Firefly Books; 2 edition (September 1, 2009)
Language: English
ISBN-10: 1554075521
ISBN-13: 978-1554075522
Product Dimensions: 5 x 0.6 x 7 inches
Shipping Weight: 1.5 pounds (View shipping rates and policies)
Average Customer Review: 4.3 out of 5 stars 6 customer reviews
Best Sellers Rank: #1,208,269 in Books (See Top 100 in Books) #48 inÃ Â Books > Sports & Outdoors > Coaching > Hockey #406 inÃ Â Books > Sports & Outdoors > Hockey #930 inÃ Â Books > Sports & Outdoors > Winter Sports

Customer Reviews

Over a career of more than 40 years, Michael A. Smith has been a player, coach and general manager in the National Hockey League, working with the New York Rangers, Winnipeg Jets and Colorado Rockies. He is also an expert on European hockey training methods from Russia and Sweden.

Introduction The success of a hockey team, whether it is measured in individual skill improvement, winning, or fun, is directly dependent on practice. The better the practice, the better the team. What goes into a practice, how a practice is conducted and what is accomplished during a practice is

critical. In this sense, the drills that a practice is comprised of are essential to the development of the team. This book presents 200 drills in eight different chapters: skating, stickhandling, passing, shooting, conditioning, goaltending, checking and situations. The book presents a comprehensive selection of drills for the different stages of development. The book is meant to serve all coaches, either as a readily available on-ice drill reminder, or as reference for new and different drills. Each drill features: a full-color diagram, a purpose, a brief description, the number of participating players and the tempo of the drill's execution. All of this information is clearly displayed for quick reference. Many of the drills have variations listed as well. No drill is too simple to be used. Drills are where the fundamental skills of the game are taught. All teams should constantly practice fundamentals and as a team develops its skills, the drills provided can be made more complex. Teams should, at some time, begin to use drills that combine multiple skills in one exercise. The most important thing for the coach to consider when selecting a drill is that the drill should be fun: substantial, worthwhile and enjoyable. Good drills make coaching and playing a good experience.

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.

The book I bought was suppose to be new. It was actually a withdrawn library book. Strange.

Very usefull!!

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

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.

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.

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