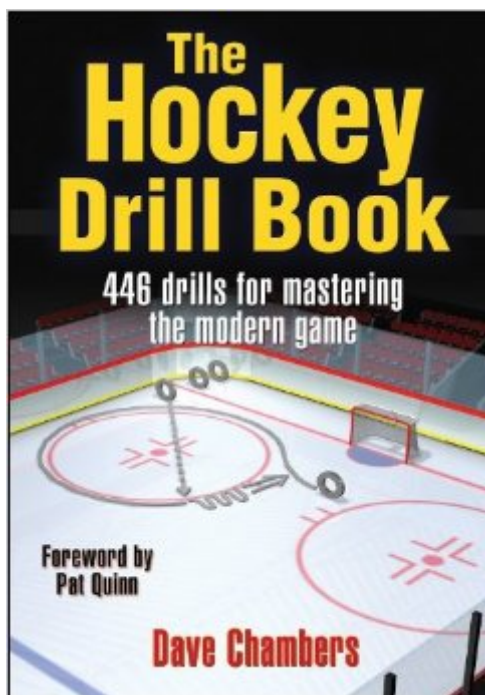


The book was found

The Hockey Drill Book (The Drill Book Series)



Synopsis

With 446 drills covering every facet of the sport, The Hockey Drill Book is the most comprehensive resource for today's players and coaches. Former National Hockey League and World Championship gold-medal coach Dave Chambers has spent thousands of hours in the world's top rinks. In The Hockey Drill Book he provides you with the same drills used by North America's and Europe's elite. Along with detailed diagrams, illustrations, and coaching tips, the 446 drills cover each position, offensive and defensive systems, pregame warm-ups, on-ice conditioning, and game-specific situations, including power plays, penalty killing, and face-offs. Whether your goal is to improve your game or lead your team to glory, rely on The Hockey Drill Book—it is the only drill book you'll ever need.

Book Information

Series: The Drill Book Series

Paperback: 392 pages

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Language: English

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ISBN-13: 978-0736065344

Product Dimensions: 7 x 0.9 x 10 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars — See all reviews (13 customer reviews)

Best Sellers Rank: #79,482 in Books (See Top 100 in Books) #3 in Books > Sports & Outdoors > Coaching > Hockey #25 in Books > Sports & Outdoors > Hockey #45 in Books > Sports & Outdoors > Winter Sports

Customer Reviews

I've had the book for about a month and it's already paid for itself. I've already used or modified a dozen drills in Squirt-level practice. Speaking as a house-level and part-time-travel coach, this book is a terrific guide for adding to your practice plan repertoire.

This text provides more drills than I imagined. I got more ideas for practice plans in the first ten minutes of reading this than the other books in which I read the whole thing. This will help my team now.

this drill book is excellent. dave chambers does a great job of diagraming various drills that are easy to understand. A coach from any level can benefit from this book. Also, .com is very prompt in sending anything you purchase through them. I've had a great experience doing business with them. Thanks, Wayne Glover

Great drill book, has almost every drill you could ever want. It is good for any age group. Very easy to use, and understand. I was a big help for me to create my coaching drill planner.

This book is good for a beginner coach. I've played hockey competitively enough to spend time in the minors and believe more in the USNDP principals and theories of keeping as many players moving as possible. This book may work better for a team that has more skills already pronounced where they can get more repetitions through ease of the drills. If you have a team of 20 players, generally 17 of your kids may be waiting in line as the others run the drill. I bought it and wish I previewed it better. It wasn't much help to me but if you don't know where to start for something specific like "how to breakout on the power play" then this may be good for you.

Excellent book. I will never run out of ideas to challenge my skaters. The book is well diagramed with full explanations for each drill. The drills are presented in well-defined categories and progressions. Highly recommended for coaches of all levels.

This book is a great training asset. I coach 6th grade Dek hockey and I am using this book to turn my kids around from a slower non aggressive team to a quicker more aggressive one and we are having a lot of fun doing it. It is well written and illustrated to help explain the drills. Just a great book.

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