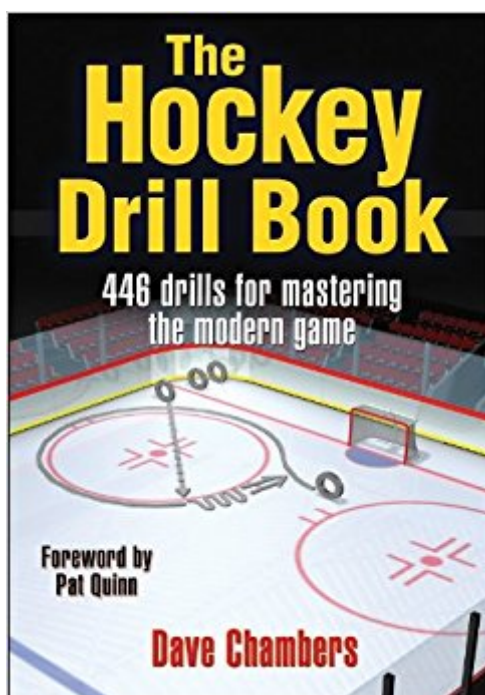


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# The Hockey Drill Book (The Drill Book Series)



## 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

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## Customer Reviews

"The Hockey Drill Book "demonstrates Dave Chambers' intimate knowledge of the game. He has the ability to simplify every skill set. This collection of drills is an absolute must for individual player and team development." Ken Hitchcock Head Coach of Columbus Blue Jackets "The Hockey Drill Book "demonstrates why Dave Chambers is known as the 'professor of coaching.' Chambers uses his practical experience in coaching combined with his strong teaching background to guide coaches and players through the technical and tactical skills of hockey." Johnny R. Misley Executive Vice President Hockey Canada "The Hockey Drill Book "is absolutely outstanding. In the past, it was an exhausting process using multiple Web sites, numerous books and manuals,

and Hockey Canada to find drills related to our coaching plans. Now we have one true source that will service all of our needs from a drill perspective." David ClaggettSimons Valley Giants Hockey Club

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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.

I have been coaching hockey for 2 years and playing all my life. I recently became a head coach and wanted something on hand in case my drills ever got stale.. Something to use as a sort of hockey bible. This book is great. I edit a lot of drills to suit the size and skill of the team but it's very helpful.

Great book for coaches of all levels

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 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.

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 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.

Great help in planning practices. Well organized with simple drill explanations. Every coach should use this book it makes finding an area you need to work on quick with lots of options.

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