



Hockey Drill Book: 200 Drills for Player and Team Development (Paperback)

By Professor of European Politics Michael Smith

FIREFLY BOOKS, 2009. Paperback. Condition: New. 2nd ed.. Language: English . Brand New Book. 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.

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