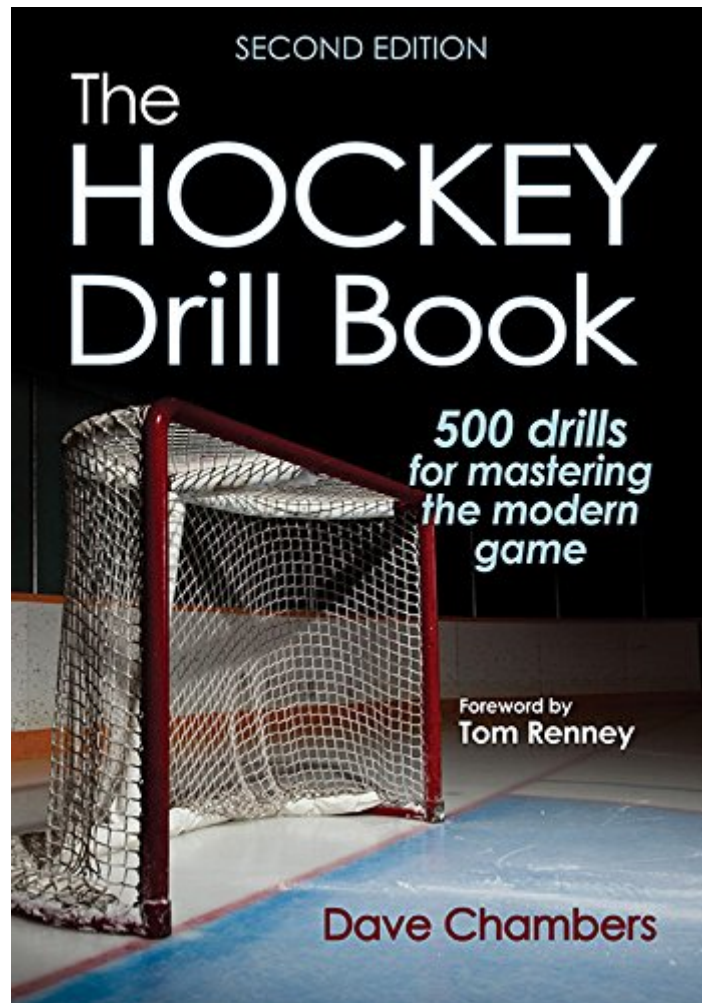




Ebook Directory
the best source of ebook

The book was found

The Hockey Drill Book - 2nd Edition



Synopsis

The best-selling hockey drill book returns, bigger and better than ever! Now with 500 drills for all aspects of the game, The Hockey Drill Book, Second Edition, is a must-have for every coach and player! With more than 40 years at the junior, university, NHL, international, and World Championship levels, five-time Coach of the Year Dave Chambers has spent countless hours on the ice developing players at every level (the Russian Ice Hockey Federation translated and distributed the previous edition to all its coaches). Practice after practice, he puts drills to the test, compiling the best here in the second edition of The Hockey Drill Book. Accompanied by step-by-step instructions, diagrams, illustrations, and coaching tips, the 500 drills cover essential skills for each position, offensive and defensive systems, pregame warm-ups, on-ice conditioning, and game-specific situations, including power plays, penalty killing, and face-offs. A collection of skill evaluation drills will help players and coaches identify strengths, weaknesses, and areas for improvement. Whether your goal is to raise your game or coach your team to the top, The Hockey Drill Book is the go-to resource. It's the only drill book you'll ever need.

Book Information

File Size: 34488 KB

Print Length: 440 pages

Publisher: Human Kinetics; 2 edition (August 2, 2016)

Publication Date: August 2, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01JK9WNDS

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #1,000,099 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #40

in Books > Sports & Outdoors > Children's & Youth Sports #70 in Books > Sports & Outdoors > Coaching > Hockey #157 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Hockey

Customer Reviews

Son in law coaches hockey and he uses the book daily.

[Download to continue reading...](#)

Hockey Workout: Complete Off-Season Hockey Workout: Hockey agility & speed drills, hockey plyometric workouts, hockey core exercises, hockey weight training and anaerobic training for hockey players. The Hockey Drill Book (The Drill Book Series) The Baseball Drill Book (The Drill Book Series) The Women's Basketball Drill Book (The Drill Book Series) The Tennis Drill Book (Tennis Drill Book, Paper) The Tennis Drill Book (The Drill Book) The Hockey Drill Book - 2nd Edition Hockey Drill Book 2nd Edition, The How To Dig A Well: Pictured Guide On How To Drill A Well And Provide Your Homestead With Fresh Water: (How To Drill A Well) Drill Here, Drill Now, Pay Less: A Handbook for Slashing Gas Prices and Solving Our Energy Crisis Hockey: Hockey Made Easy: Beginner and Expert Strategies for Becoming a Better Hockey Player Spalding's Athletic Library - The Games of Lawn Hockey, Tether Ball, Golf-Croquet, Hand Tennis, Volley Ball, Hand Polo, Wicket Polo, Laws of Badminton, Drawing Room Hockey, Garden Hockey The Incredible Hockey Drill Book Hockey Drill Book: 200 Drills for Player and Team Development Swimming Drill Book 2nd Edition, The Tennis Drill Book-2nd Edition, The Wrestling Drill Book-2nd Edition, The Beckett 2015 Hockey Price Guide 24th Edition (Beckett Hockey Card Price Guide) Hockey Journal: Hockey Book For Kids, Personal Stats Tracker , 100 Games, 7 x 10 Hockey Journal: Book Children Hockey, Personal Stats Tracker , 100 Games, 7 x 10

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)