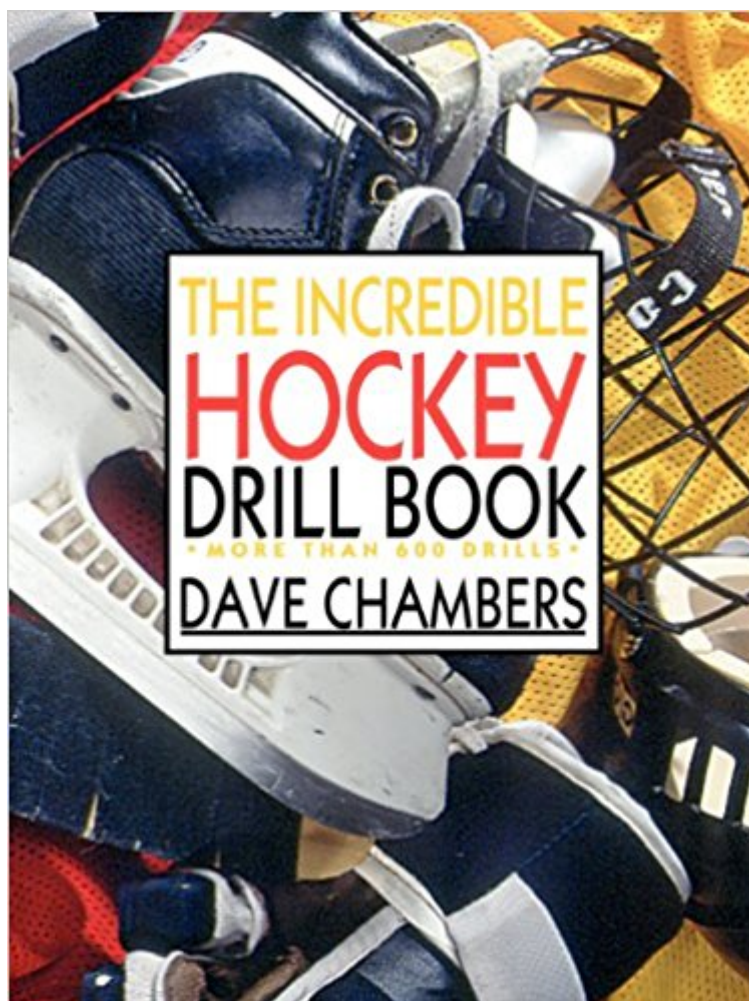


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# The Incredible Hockey Drill Book



## Synopsis

"Dave has produced what every coach dreams about . . . a smarter drill book for all situations and ages!" -- Roger Nielson, National Hockey League head coach for 20 years "The Incredible Hockey Drill Book is of great use for all coaches as well as young and older hockey players." -- Jacques Demers, National Hockey League head coach for 10 years (coached the Montreal Canadiens to the Stanley Cup championship in 1993) Properly run practices with well-executed drills are the pillars of effective coaching. In The Incredible Hockey Drill Book, former NHL coach Dave Chambers provides more than 600 illustrated, easy-to-follow drills for both novice and experienced coaches. These drills, divided into 24 categories, are designed to teach and improve conditioning, skating, checking, offensive and defensive play, goaltending, special teams, and much more. To help implement these drills, Chambers discusses teaching and learning theories and supplies ideas for drill and practice organization. Also included are 175 motivational slogans that may be used in various coaching situations. Coaches will find The Incredible Hockey Drill Book an invaluable resource for coaching hockey at all levels. Dave Chambers, author of Complete Hockey Instruction, has coached a number of championship teams at the junior, university, and international levels. In the NHL, he has worked as head coach and assistant coach with the Quebec Nordiques and the Minnesota North Stars. He teaches at York University in Toronto.

## Book Information

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## Customer Reviews

It served it's purpose

## MY HUSBAND TOOK OVER COACHING OUR SONS HOCKEY TEAM. THIS HELPED OUT ALOT & HELPED THE TEAM GET INTO SHAPE

This is my husband's first year as head coach of a squirt hockey team. This book has been a tremendous help for new ideas! It's both educational and fun for the kids and him. Highly recommend.

Great info

This book is full of drills. I believe after looking through it that I could coach a team with the way it lays things out for you and shows you how to manage a practice. It has slogans for getting motivation and a bunch of other handy coach type things. That's only the first chapter or two. After that there is hundreds of drills for all sorts of situations. They break out each type of skill (skating, shooting, passing, checking, etc...) and give 20 to 30 drills for each skill. Each drill comes with illustration, an explanation, and variations to throw into the drill to mix it up. I only got this book to help me get some drills to do to practice but after looking through it I believe it would be a great addition to any coach or wannabe coaches library. This would be perfect for the beginner coach.

As a coach of a club level 11-up girl's team, this book is the "go to" book for drills for skating, stick handling, shooting, etc. The drills are described in detail, and each one has a drawing to make explanations to the players more simple. This is the book I refer to the most, (second only to the USA Hockey info) for coming up with practice plans and season goals.

Excellent resource book. It covers all skill levels, ages and will make a fine addition to the avid Ice Hockey player or coach. If you can't find a drill in this book that will help you take up figure skating.

I use this many times a season to grab a drill or two when needed.

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