



# Hockey Drill Book

*Michael Smith*

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## **Hockey Drill Book** Michael Smith

Any hockey team's success, whether measured in player improvement, games won or just plain fun, is directly dependent on practice.

No player, and no team, is too good to skip regular practice sessions. For young players and inexperienced teams, practice is the only way to improve basic skills and learn the fundamentals.

**The Hockey Drill Book** presents a comprehensive selection of 200 drills in eight different chapters which cover the fundamentals of:

- Skating
- Conditioning
- Stickhandling
- Goal Tending
- Passing
- Checking
- Shooting
- Game Situations

There is a diagram, a purpose, and a description for each drill along with tempo, variation, and number of participants.

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