



Coaching Beginner Hockey Skills and Drills In A Day For Dummies

Don MacAdam, Gail Reynolds

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Learn the skills and drills you need as a first-time hockey coach—in a day!

For first-time coaches, *Coaching Beginner Hockey Drills and Skills In a Day For Dummies* presents the basic practice drills that will sharpen player skills and make coaching fun and effective.

- Includes simple hockey drills that make practice fun
- Features strategies for dealing with challenging parents, preventing injury, and more
- Written by a former professional hockey player and coach and a professional exercise physiologist

This e-book also links to an online component at dummies.com that extends the topic into step-by-step tutorials and other "beyond the book" content.

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