



# The Incredible Hockey Drill Book

*Dave Chambers*

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## **The Incredible Hockey Drill Book** Dave Chambers

"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.

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