



The Hockey Drill Book (The Drill Book Series)

Dave Chambers

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Former National Hockey League and World Championship gold-medal coach Dave Chambers has spent thousands of hours in the world's top rinks. In *The Hockey Drill Book* he provides you with the same drills used by North America's and Europe's elite.

Along with detailed diagrams, illustrations, and coaching tips, the 446 drills cover each position, offensive and defensive systems, pregame warm-ups, on-ice conditioning, and game-specific situations, including power plays, penalty killing, and face-offs.

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