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Are you getting bored with your own practices? Running the same drills? Are your players just going through the motions? ESSENTIAL HOCKEY TRAINING will super-charge your practices. This is a compilation of the best drills Coach Traugott has collected and used for the past 30+ years. What makes them the best? Drills are high tempo. Drills are easily explained and demonstrated. Many drills have multipart progressions. Each drill works on multiple skills and tactics. Drills have an offence first mindset. This eBook is a must have for coaches of all ages and levels.

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