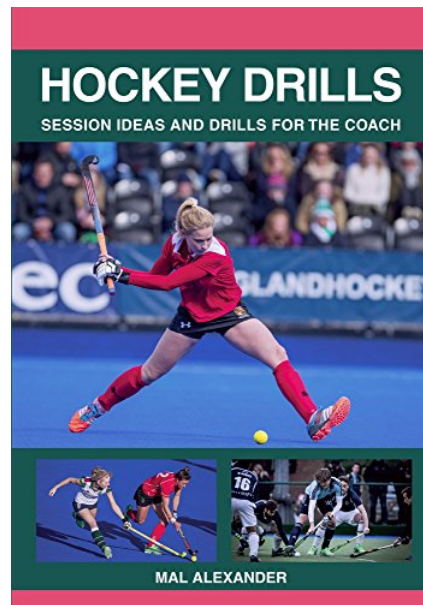


wXW4D [GET] Hockey Drills: Session Ideas and Drills for the Coach



CONTINUE ►

Hockey Drills is a collection of activities and practices designed to enliven and improve coaching sessions at all levels of the game. The drills are organized into chapters according to a particular skill or phase of the game; from the warm up and cool down through ball carrying and receiving, defending, and attacking, to goal scoring and goal-keeping. A vital section on pre-season fitness drills is also included. Each chapter starts with an analysis of the types of skill needed for that particular aspect of the game, before progressing to a series of activities to develop them. Clear diagrams show the moves of the individual players.

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