



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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A lot of people always spent their free time to vacation as well as go to the outside with them family or their friend. Were you aware? Many a lot of people spent they will free time just watching TV, or playing video games all day long. In order to try to find a new activity this is look different you can read any book. It is really fun for you. If you enjoy the book that you simply read you can spent the entire day to reading a guide. The book Coaching Beginner Hockey Skills and Drills In A Day For Dummies it doesn't matter what good to read. There are a lot of those who recommended this book. We were holding enjoying reading this book. Should you did not have enough space to create this book you can buy the actual e-book. You can m0ore very easily to read this book from a smart phone. The price is not very costly but this book has high quality.

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