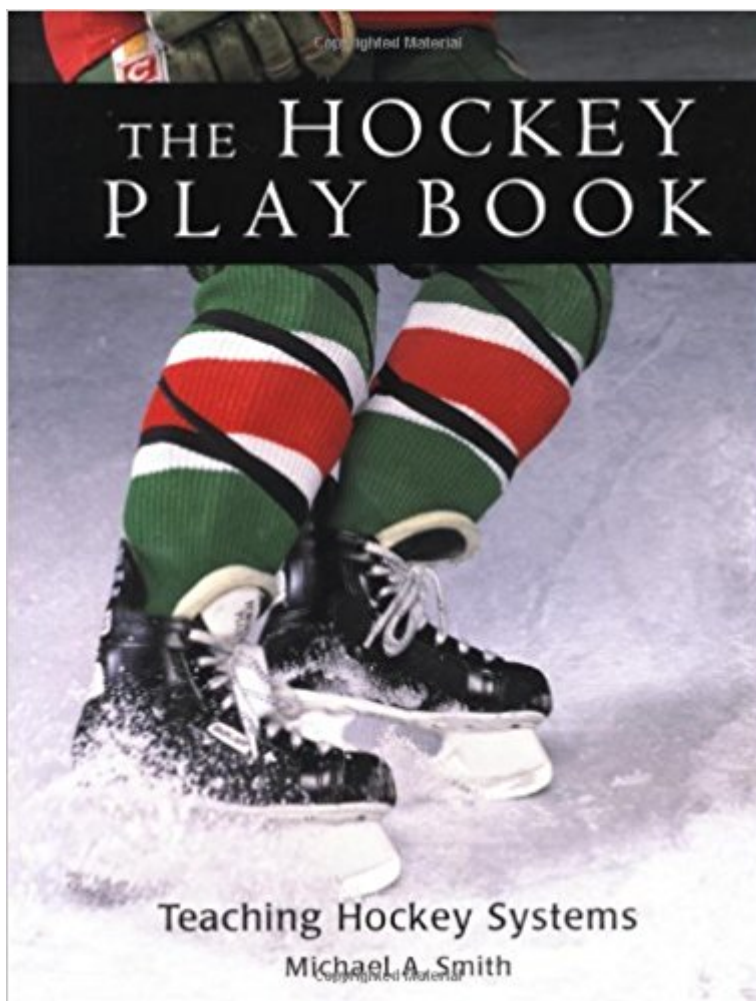


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The Hockey Play Book: Teaching Hockey Systems



Synopsis

The bible for hockey coaches at all levels of competition. The Hockey Play Book is a practical handbook for coaches seeking better players and better team-play. The book features systems for defensive, offensive and special-team situations, all accompanied by annotated, easy-to-understand diagrams. The systems range from conservative to aggressive -- some are intended for big, physical teams; others for fast-skating and highly skilled teams; and some work for both. Also included are teaching methods and drills for honing specific skills. The first challenge for every coach is to determine the abilities of each skater. The approach in The Hockey Play Book is effective with players of all ages and levels of ability. Coaches can match systems with team strategy, bringing a special creative magic to one of the fastest team sports in the world. The Hockey Play Book includes: 500 step-by-step diagrams Dozens of plays and skill-building drills Conservative and aggressive systems Teaching strategies for all levels of play

Book Information

Paperback: 224 pages

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Language: English

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ISBN-13: 978-1552090503

Product Dimensions: 8.5 x 0.5 x 11 inches

Shipping Weight: 1 pounds

Average Customer Review: 4.5 out of 5 starsÂ Â See all reviewsÂ (12 customer reviews)

Best Sellers Rank: #681,428 in Books (See Top 100 in Books) #28 inÂ Books > Sports & Outdoors > Coaching > Hockey #247 inÂ Books > Sports & Outdoors > Hockey #589 inÂ Books > Medical Books > Medicine > Sports Medicine

Customer Reviews

I remember learning basketball as a kid...watching it on TV was boring, one team scored, the other scored and not much looked different. Then I learned about offense and defense and it all changed...became a lot more enjoyable and to this day I can watch a game and get involved. Well, I'm learning Hockey now...as an adult. I don't have coaches around me to teach me...this book gives a good insight on what to look out for in a game...Offense and defense. After one reading I went to a game....and it was a different experience. More enjoyable...a deeper connection with the game. I didn't know exactly what was happening on the ice, but knew the basics and was able to

more fully follow what the guys were trying to do. I look forward to a few more readings through this book...and getting ready to watch the playoffs this year....with a more tuned in eye.

This book is laid out in a well organized easy to read format that explains and describes systems and special teams options for every zone on the ice. I was disappointed that 5 on 3's were not spoken of from a power play and a penalty killing perspective. These can win and lose you hockey games. Overall though, it is and will be a good reference book for coaching.

My son is the head coach of a Tier 1 girls hockey team. This manual has been invaluable for developing plays, systems and a players manual. I highly recommend this to any serious coach.

Easy to read, easy to navigate. A great amount of plays in various game situations in all 3 zones. The best part are the step-by-step diagrams that display the movements and options available within that specific play. The book doesn't just tell you what's supposed to happen with 1 diagram filled with squiggly lines; it shows you the progression of the play, step-by-step. I love that feature! Tremendous resource for any beginning to novice level hockey coach.

After searching the web endlessly for any help with winger positioning, I went ahead and took the risk of buying this book. I was very surprised at how much I didn't know about the game I play. Even though this book is flooded with play after play, I gained a better understanding of all the drills I've had to run over a lifetime of practices. I recommend "reading" this book if you're someone who, like me, needs every line explained and detailed in order to understand why your coach keeps yelling at you when you thought you were executing the play correctly.

The book is layed out well, and the drills are helpful. My only disappointment was that the book is taylored to older kids who can more readily grasp the basic concepts. Most of the book is too advanced for Mites and squirts.

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