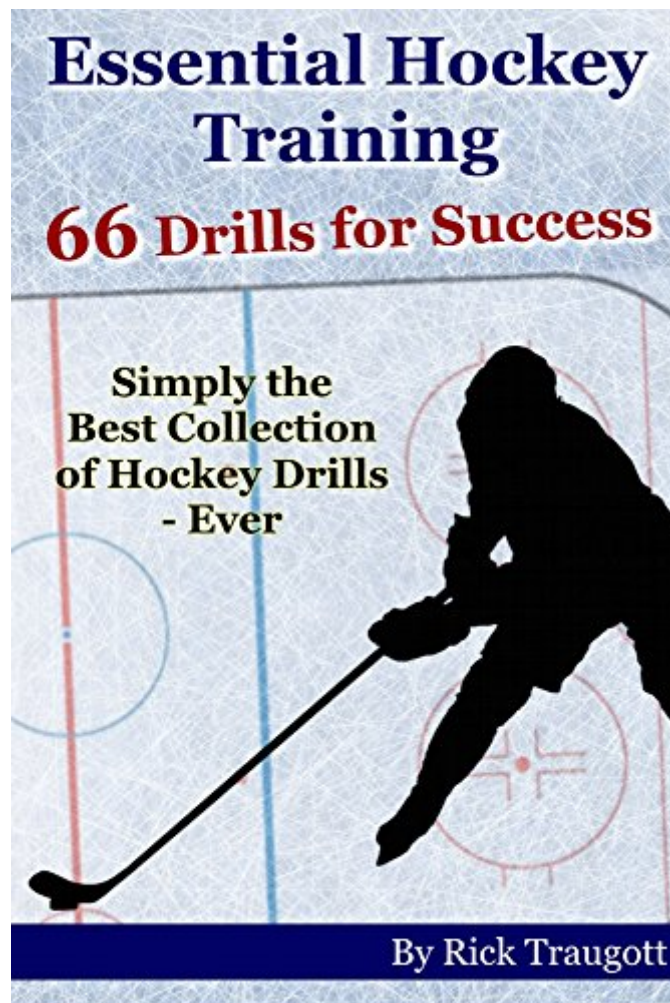


The book was found

Essential Hockey Training: 66 Drills For Success



Synopsis

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.

Book Information

File Size: 5869 KB

Print Length: 167 pages

Publisher: Rick Traugott (September 26, 2015)

Publication Date: September 26, 2015

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B015VFDTX8

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #411,330 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #29

in Amazon Books > Sports & Outdoors > Coaching > Hockey #39 in Amazon Kindle Store > Kindle eBooks > Nonfiction > Sports > Hockey #195 in Amazon Books > Sports & Outdoors > Hockey

Customer Reviews

Informative

[Download to continue reading...](#)

Hockey Workout: Complete Off-Season Hockey Workout: Hockey agility & speed drills, hockey plyometric workouts, hockey core exercises, hockey weight training and anaerobic training for hockey players. Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy

training books Book 3) Essential Hockey Training: 66 Drills for Success Crate Training: Crate Training Puppies - Learn How to Crate Train Your Puppy Fast and Simple Way (Crate Training for Your Puppy): Crate Training (Dog Training, ... Training, Dog Care and Health, Dog Breeds,) MMA, Grappling, and Self-Defense Drills and Warm-Ups: Over 50 Drills, Games, and Warm-Ups That'll Keep Your Students Training Through Black Belt (Martial Arts Business Success Steps Book 9) The Complete Book Of Softball Drills: easy guide to perfect your softball drills today! (Fastpitch Softball Drills) Softball Pitching Drills: Great Pitching Drills for Fastpitch Softball (Fastpitch Softball Drills) Cat Training: The Definitive Step By Step Guide to Training Your Cat Positively, With Minimal Effort (Cat training, Potty training, Kitten training, Toilet ... Scratching, Care, Litter Box, Aggression) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: A Step-by-Step Guide to Crate Training, Potty Training, Obedience Training, and Behavior Training Ultimate Guide to Weight Training for Hockey (Ultimate Guide to Weight Training: Hockey) 45 Professional Soccer Possession Drills: Top Training Drills From the World's Best Clubs Hockey: Hockey Made Easy: Beginner and Expert Strategies for Becoming a Better Hockey Player Spalding's Athletic Library - The Games of Lawn Hockey, Tether Ball, Golf-Croquet, Hand Tennis, Volley Ball, Hand Polo, Wicket Polo, Laws of Badminton, Drawing Room Hockey, Garden Hockey Bodyweight Training: Bodyweight Cross Training WOD Bible: 220 Travel Friendly Home Workouts (Bodyweight Training, Bodyweight Exercises, Strength Training, ... Bodybuilding, Home Workout, Gymnastics) Rowing WOD Bible: 80+ Cross Training C2 Rower Workouts for Weight Loss, Agility & Fitness (Rowing Training, Bodyweight Exercises, Strength Training, Kettlebell, ... Training, Wods, HIIT, Cardio, Cycling) Dog + Puppy Training Box Set: Dog Training: The Complete Dog Training Guide For A Happy, Obedient, Well Trained Dog & Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days Puppy Training: How to Housebreak Your Puppy In Just 7 Days (puppy training, dog training, puppy house breaking, puppy housetraining, house training a puppy,) Brain Games for Dogs: Training, Tricks and Activities for your Dog's Physical and Mental wellness(Dog training, Puppy training, Pet training books, Puppy ... games for dogs, How to train a dog Book 1)

Contact Us

DMCA

Privacy

FAQ & Help