



The Hockey Coach's Manual: A Guide to Drills, Skills and Conditioning

Michael Smith

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"Hockey is a game that demands good sound skills as the foundation for both individual players and the team, " writes Mike Smith. And team success, he adds, is simply a reflection of coaching success.

In **The Hockey Coach's Manual: A Guide to Drills, Skills, Tactics and Conditioning**, Smith presents a winning formula for the hockey season.

Complete with over 125 step-by-step diagrams, this book helps coaches set up a season-long program and walks them through a host of dryland and on-ice training regimens that will build team cooperation and enhance individual ability. Dozens of skill-building drills provide coaches with the tactical and strategic advantage vital for matching a tailor-made hockey system--whether based on conservative or aggressive play -- to the achievement level of players aged 9 to 18.

A timeless and accessible handbook, **The Hockey Coach's Manual** is invaluable both as an introduction and as a quick refresher course to the challenging responsibility of coaching hockey.

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