



Youth Ice Hockey Drills, Plays, and Games Handbook (Drills and Plays Series 3, Book 8)

Bob Swope

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This is a book for Youth Ice Hockey coaches. It has drills to build your team's speed, coordination, agility and fundamental ice hockey skills. It has offensive and defensive plays covering all phases of the game. There are 108 drill variations, all numbered to help a team. There are 35 play variations, all numbered, covering all phases of the game. There are 12 different games to play, all numbered, that are directly related to a skill they need to learn.

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