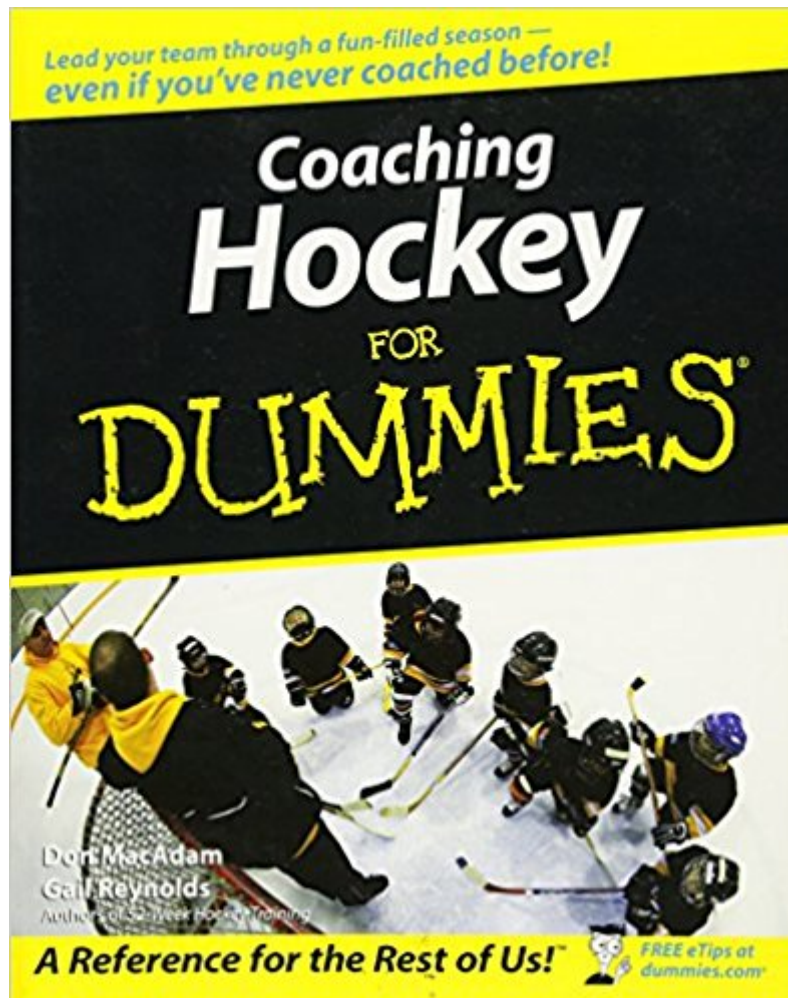




The book was found

# Coaching Hockey For Dummies



## Synopsis

The fun and easy way to coach youth hockey â “ no experience required! Hockey is growing in leaps and bounds around the world, but the demand for qualified coaches far outstrips availability. Moms and dads are being recruited to step in and assume the role of coach even with nothing more than feigned interest for credentials. Coaching Hockey For Dummies is ideally suited to meet these growing needs: its message is clear, the information thorough and user friendly, and it brings along a great attitude. For anyone new to coaching, Coaching Hockey For Dummies will provide an invaluable reference. Unlike other coaching books, which only cover what happens on the ice, Coaching Hockey For Dummies covers every aspect of hockey coaching, from what equipment a coach needs, to holding player-parent meetings, to the perfect drills to develop individual and team skills.

## Book Information

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## Customer Reviews

Packed with drills and tips for practices and game days. "A fun and interesting read that will help everyone understand the game better." â "Andy Murray, former head coach, Los Angeles Kings  
Volunteering as a hockey coach can be a fun, rewarding experience, both for you and your team. But what if you've never coached before? Have no fear - this friendly guide explains the r4ules of hockey, gives you expert advice on running great practices, and offers tips on coaching players of every level, from beginner to advanced. Discover how to: Develop a coaching philosophy Teach hockey fundamentals Coach offense, defense, and special teams Ensure safety on the ice Lead your team during games Communicate effectively Explanations in plain English "Get in, get Out"

Information Icons and other navigational aids. Tear-out cheat sheet Top ten lists A dash of humor and fun Get Smart! @ [www.dummies.com](http://www.dummies.com) Find listings of all our books Choose from many different subject categories Sign up for eTips at [etips.dummies.com](http://etips.dummies.com)

Don MacAdam is head coach and co-owner of the Dayton Bombers. A former professional ice hockey player himself, MacAdam has more than 25 years of coaching experience at various elite levels, including teams in the National Hockey League (Detroit Red Wings), the American Hockey League (Edmonton Oilers and Ottawa Senators Farm Teams), the IHL (Milwaukee Admirals), Major Junior (500 Greyhounds), and the Japan Ice Hockey League (the Nippon Paper Cranes), as well as several minor-league teams. He has also served as a consultant with Canada's world championship team, evaluating NHL players as candidates for Team Canada and coaching the team during the Bauer Cup. With a special focus on conditioning for the sport, he lectures at hockey clinics throughout Canada and the United States. MacAdam earned his master's degree in physical education from the University of New Brunswick. Gail Reynolds is an exercise physiologist who has been developing training programs for amateur and elite hockey players and teams over the past 22 years, including NHL stars. A former professor of exercise physiology at the University of New Brunswick, she currently runs her own fitness consulting company. A member of the committee that developed Canada's coaching certification program, Reynolds has also spoken at several Canadian Amateur Hockey Association Level 4 and 5 clinics and lectured at the York symposium for elite coaches. Her articles have appeared in Coaching Review and the Journal of Applied Physiology. Reynolds earned her master's degree in physical education from the University of Western Ontario, where she specialized in exercise physiology and psychology.

This book is great for all new coaches. I would suggest all read this before coaching. This makes suggestions that apply to all sports not just hockey. Remember it is about the kids not your ego.

great book

As a coach who learned to play hockey as an adult, I'm always looking for more information. Many coaching books say the same things, and most leave out the kind of information that you probably would already know if you grew up playing the sport in organized leagues. By contrast, this book does an excellent job at pointing out things that may not be obvious to a new coach. It's extremely well-organized and well-written, with a mixture of theory and practical tips. One of the best hockey

coaching books out there, and definitely not just for dummies...

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