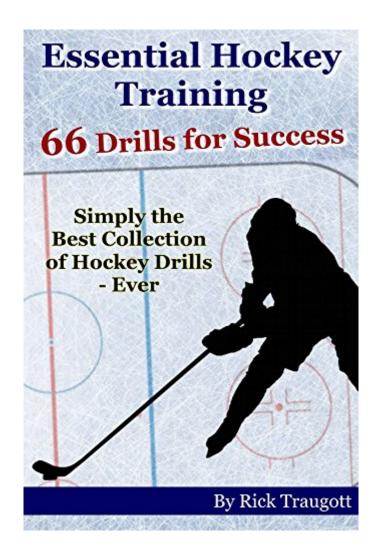
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# Essential Hockey Training: 66 Drills For Success





## **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 tempoDrills are easily explained and demonstratedMany drills have multipart progressionsEach drill works on multiple skills and tacticsDrills have an â coffence firstâ • mindsetThis eBook is a â cemust haveâ • for coaches of all ages and levels.

#### **Book Information**

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