



Coaching Hockey For Dummies

Don MacAdam, Gail Reynolds

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DESCRIPTION

The fun and easy way to coach youth hockey – 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.

ABOUT THE AUTHOR

Don MacAdam has coached in the Detroit Red Wings, Dayton Bombers, Edmonton Oilers, Ottawa Senators, and Hockey Canada organizations.

Gail Reynolds is an exercise physiologist who has developed training programs for amateur and elite hockey players.

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