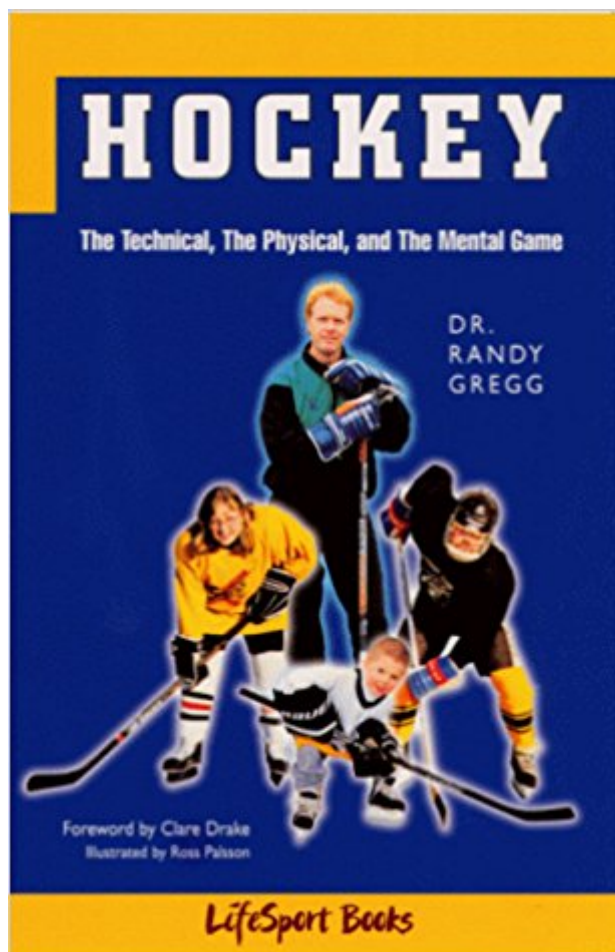


The book was found

Hockey: The Technical, The Physical, And The Mental Game



Synopsis

This comprehensive guide for coaches, parents and players is packed with information and strategies for helping young players achieve their potential while keeping the "game" in perspective. Using his experience as a professional player, a medical doctor, and a minor hockey coach, Dr. Gregg has included information on: skill development for all positions including goal; nutrition, stretching and warm up, fitness training; equipment fitting and maintenance; injury prevention and recognition; attitudes in hockey; coaching philosophy; and mental preparation. The appendix provides sample practice plans for both on-ice and dry land training.

Book Information

Paperback: 200 pages

Publisher: Fitzhenry & Whiteside (September 1, 1999)

Language: English

ISBN-10: 0968297072

ISBN-13: 978-0968297070

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 1.2 pounds

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #1,254,292 in Books (See Top 100 in Books) #53 in [Books > Sports & Outdoors > Coaching > Hockey](#) #428 in [Books > Sports & Outdoors > Hockey](#) #984 in [Books > Sports & Outdoors > Winter Sports](#)

Customer Reviews

...Dr. Randy Gregg has taken the time to write and share with us, should become the hockey bible.
-- Edmonton Sports Scene Being a coach, or a hockey parent, is hard enough. Give yourself or one you know a break...this book. -- The Toronto Star

Randy Gregg, family man, medical doctor, minor hockey coach, and community activist is likely best remembered as a defenseman for the Edmonton Oilers from 1982 to 1990. During that time the club won five Stanley Cup Championships. Gregg began his hockey career with the University of Alberta Golden Bears and he was also a member of the Canadian Olympic Hockey team, the Canada Cup Championship Team (1984) and the Izvestia Cup Championship Team (1987). Following his last year of professional hockey as a member of the Vancouver Canucks, he went on to complete his medical training. He is presently Director of Medicine at the Edmonton Sports Institute and the

MacEwan Medical Clinic where the focus is on sports-related health issues.

Randy Gregg's book is a must read for any new or experienced hockey coach. Randy teaches the technical aspects of the game with a progressive method to improve skills. The Physical Game section outlines excellent pregame and postgame strategies; and offers tremendous illustrations on how to improve hockey fitness levels. The Mental Game provides insights into coaching philosophies and mental preparation. Dr Gregg most importantly, offers many real life NHL lessons that remind every coach that their number one goal in every game and practice is to have FUN! Paul Dziedzic-Valley of the Sun Hockey Association Travel Coach-Certified USA Hockey Referee

[Download to continue reading...](#)

Hockey Workout: Complete Off-Season Hockey Workout: Hockey agility & speed drills, hockey plyometric workouts, hockey core exercises, hockey weight training and anaerobic training for hockey players. Hockey: The Technical, the Physical, and the Mental Game Hockey: Hockey Made Easy: Beginner and Expert Strategies for Becoming a Better Hockey Player Spalding's Athletic Library - The Games of Lawn Hockey, Tether Ball, Golf-Croquet, Hand Tennis, Volley Ball, Hand Polo, Wicket Polo, Laws of Badminton, Drawing Room Hockey, Garden Hockey Game of Thrones: 100 Question Trivia Game For True Fans (Epic Fantasy Series, Game of Thrones Books, Game of Thrones, Fantasy Books) (Epic Fantasy, Fantasy ... TV, TV Guide, Game of Thrones Book) The Mental Game of Volleyball (Masters of The Mental Game Book 19) Mental Game Changers Rodeo: How to Change Your Mental Game in 10 Short Stories ADHD: A Mental Disorder or A Mental Advantage (2nd Edition) (ADHD Children, ADHD Adults, ADHD Parenting, ADD, Hyperactivity, Cognitive Behavioral Therapy, Mental Disorders) Train Your Brain & Mental Strength : How to Train Your Brain for Mental Toughness & 7 Core Lessons to Achieve Peak Mental Performance: (Special 2 In 1 Exclusive Edition) The Mental Game of Poker 2: Proven Strategies for Improving Poker Skill, Increasing Mental Endurance, and Playing in the Zone Consistently Roller Hockey: The Game Within the Game: A Player and Coach Handbook Coaching Baseball Technical and Tactical Skills (Technical and Tactical Skills Series) Coaching Football Technical and Tactical Skills (Technical and Tactical Skills Series) Day And Night The Only Two Times I Think About Hockey Practice: Hockey Books For Kids, Journal & Personal Stats Tracker, 100 Games, 7 x 10 Hockey Confidence: Train Your Brain to Win in Hockey and in Life Coaching Volleyball Technical & Tactical Skills (Technical and Tactical Skills Series) The Technical Director's Toolkit: Process, Forms, and Philosophies for Successful Technical Direction (The Focal Press Toolkit Series) Technical Writing Process: The simple, five-step guide that anyone can use to create technical documents such as

user guides, manuals, and procedures Hockey Journal: Boys Hockey Toys, Personal Stats Tracker , 100 Games, 7 x 10 Hockey Journal: Hockey Books For Boys 9 12, Personal Stats Tracker , 100 Games, 7 x 10

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)