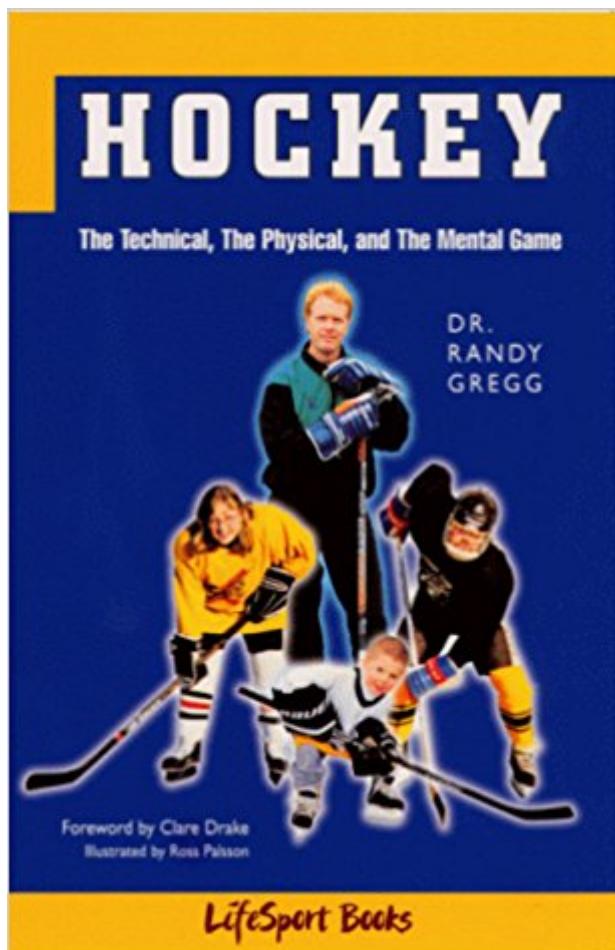


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# Hockey: The Technical, The Physical, And The Mental Game



## **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**

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## **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

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