



Summer Reading List 2007

If you are missing the rink and want to get some good reading in while down rigging for lake trout, here are some suggestions:

The Hockey Handbook, by Lloyd Percival.

Originally written nearly 50 years ago, this book is still a classic. It offers so much practical advice about how to coach the players and how to teach the individual skills. The book was updated in 1992 to reflect current training methods and techniques however most of the original ideas and drills remain. Some things never change.

The New Toughness Training For Sports, by James Loehr. This book is excellent for players who want to learn how to compete at a high level. Coaches can learn from this book and share many of the messages with their teams.

Hockey Goaltending for Young Players, by Francois Allaire. Francois spent many years working as a goalie coach for the Montreal Canadiens and more recently the Mighty Ducks of Anaheim. He works with goalies of all ages and has developed many NHL goaltenders. A good primer for coaches of players of all ages.

Hockey Physics of Hockey, by Alain Hache. Did you ever wonder how skates work on ice? Or the physics of skating or the slapshot? This book has it all. Very technical, but quite interesting.

America's Coach, by Ross Bernstein. This is a recent book about the legendary Herb Brooks. Fun reading.

Shoots and Scores: Uncle John's Bathroom Reader. This is quite good reading with short stories and tons of facts about hockey and the legendary players.

Whose Game is it, anyway? A very serious and important book about coaching youth sports. Written by Richard D. Ginsburg, Ph.D., Stephen Durant, Ed.D., and Amy Baltzell, ED.D. This book covers the full range of youth sports from the very early years all the way through college athletics. Of importance for youth hockey coaches are the sections dealing with kids ages 5 through 16. A serious coach will learn about child development patterns, ages of maximum receptivity for skill development, and the impact of the pressures to win.

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