



Hard Core Hockey: Essential Skills, Strategies, and Systems from the Sport's Top Coaches

By Rand Pecknold Head Coach Men's Ice Hockey, Aaron Foeste

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“Coach Pecknold has created a no-gimmicks system for teaching skills and strategy that gets players to the next level.”

--George Gwozdecky, head coach of the University of Denver men's ice hockey team, and 2005 National Coach of the Year

Hard Core Hockey is an all-in-one guide to playing high-caliber hockey from a veritable who's who of the world's top coaches. Including advanced skating and stick-handling techniques, collegiate-level systems, and effective drills, it features contributions from Ted Donato, head coach of Harvard University; Frank Serratore, head coach at the United States Air Force Academy; and more.

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Editorial Review

About the Author

Rand Pecknold is the head coach of Quinnipiac University's men's ice hockey team. Named the 2005 Atlantic Hockey Coach of the Year, he lives in Bedford, New Hampshire.

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