

Hockey Drills for Puck Control

By Vern Stenlund, K. Vern Stenlund

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Provides 70 challenging instructional drills that focus on specific puck-control skills.

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Editorial Review

From the Publisher
"Hockey Drills for Puck Control is a must for coaches and players. It can assist both the expert and volunteer coach in improving puck-handling skills of players at all levels of the game."

Gary Agnew General Manager and Head Coach Kingston Frontenacs Canadian Hockey League

"Very informative and easy to follow, this book has many useful drills for any level of competition."

Marc Crawford Head Coach Colorado Avalanche National Hockey League

About the Author
Vern K. Stenlund is one of the world's leading hockey instructors. He has played professional hockey and coached the sport at all levels. Founder and director of the Hockey Academy in Windsor, Ontario, he is also a consultant to the Huron Hockey School, which he assisted in establishing satellite clinics in St. Louis; Bayonne, NJ; Chicago; Sun Valley, ID; Ridgefield, CT; and Jackson, WY. Stenlund has also conducted on-site coaching workshops at Ridgefield; Montreal; Sun Valley; and Cornwall, Ontario.

A first-round choice of the London Knights of the Ontario Hockey League, Stenlund led the team in scoring with 119 points during the 1975-76 season. The National Hockey League's California Golden Seals selected Stenlund in the second round of the 1976 NHL entry draft. He eventually played for the Cleveland Barons of the NHL and the Phoenix Roadrunners and Salt Lake City Eagles of the Central Hockey League. He also played for one year as a member of Bergen's team in the Norwegian Olympic Division League.

Stenlund began his coaching career directing the London Southwest Midgets of the Ontario Minor Hockey Association to a provincial championship in 1981-82. He was assistant coach at the University of Western Ontario in 1984-85 prior to coaching the Chatham Maroons of the Western Jr. "B" League for two seasons. He assisted in coaching the University of Windsor to the Final Four of the Ontario University Athletic Association in 1987-88. During the 1990-91 campaign, Stenlund directed the Windsor Bulldogs of the Western Jr. "B" League to a regular season title. Since 1992 he has been head coach of the Leamington Flyers of the Western Jr. "B" League, which has twice named him Coach of the Year.

Stenlund is an assistant professor of education at the University of Windsor. He received an EdD from the University of Michigan in 1994. A former area scout for the NHL's Mighty Ducks of Anaheim, Stenlund is a consultant for the Praxis Group (Provo, Utah).

Users Review

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