



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

*Rand Pecknold, 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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