

# HOCKEY MADE EASY

## **CANADA'S BEST INSTRUCTIONAL MANUAL**



**Developed For  
Parents and Coaches  
Teaching  
Male and Female  
Minor/Youth Hockey Players  
in  
House League/Recreational or Competitive/Travel Programs  
Revised  
2007/08  
Eighth Edition  
by  
*John Shorey***

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Written and Published by John Shorey

Edited by Sonya Shorey

Designed and Illustrated by Chris Courneya

Orders and Inquiries to:

**Hockey Made Easy**  
**334 King St. West**  
**Brockville, Ontario,**  
**Canada, K6V 3S3**

Telephone or Fax (613) 342-8630

email - [jshorey@hockeymadeeasy.com](mailto:jshorey@hockeymadeeasy.com)

Web Site: [www.HockeyMadeEasy.com](http://www.HockeyMadeEasy.com)

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## **A Note On Changes In This Eighth Edition**

The Eighth (2007/08) edition of **Hockey Made Easy** has been completely reviewed and revised where applicable. It is now both longer and more focused than in previous editions. All units have been updated to reflect any new rule or penalty changes. Also the words explaining the basic skill development sections have been expanded or fine tuned to help the reader easily understand the expressed ideas. All of these changes have enhanced the books usefulness as a teaching tool and reference guide for Youth and Minor Hockey coaches, parents, young male and female players, or new hockey fans. This manual has been deliberately written in a style and vocabulary to help younger or first time players and coaches understand the skills required to play this fine game.

Please note the use of the word “he” and “his” in this publication is intended to include both masculine and feminine genders. Because Hockey is such a great team game it is now played by millions of Boys and Girls, Men and Women in over 35 countries around the world.

**Teaching Tip:** If you are a first time Minor/Youth Hockey coach, I offer a small suggestion. You must instill a **fun** element at the very start of the season to make all participants fall in love with this game so they will continue playing from age 5 to 75. If young players don’t have fun, or are put under too much pressure to win, from either their coaches or parents, they won’t enjoy the game and they won’t continue playing no matter how good they get at it. **Hockey Must Be Fun.**

Parents should also remember that most Minor and Youth Hockey Programs are about having fun while at the same time about teaching new skills and learning a new sport. They are not about developing NHL hockey players. Some very talented players will develop their skills to such a high level they will make the NHL, but most will not. But if taught properly, everyone will still have fun, will love playing the game and love watching it live or on television most of their life.

The goal of this book is to provide coaches, parents and players with the information they need to have fun playing hockey, to improve their basic skills and knowledge of the playing rules, to fall in love with the game and to continue playing and/or enjoying it throughout their adult life.

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John Shorey

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