

Common Men Rules for the Predators: Kirk Twyman's Uncommon Guide to Hockey Success

Kirk Twyman is a former NHL player and coach who has spent decades studying the game of hockey. He has coached players of all ages and skill levels, from youth hockey to the professional ranks. In his book, *Common Men Rules for the Predators*, Twyman shares his insights on what it takes to be successful in hockey.

The book is divided into five sections, each of which covers a different aspect of the game. The first section, "The Basics," covers the fundamentals of hockey, such as skating, shooting, and passing. The second section, "The Mental Game," focuses on the mental aspects of the game, such as confidence, focus, and motivation. The third section, "The Team Game," covers the importance of teamwork and communication. The fourth section, "The Coaching Game," provides advice for coaches on how to develop their players and teams. The fifth and final section, "The Parent Game," offers guidance for parents on how to support their children's hockey careers.

Twyman's book is full of practical advice and insights that can help players, coaches, and parents at all levels of the game. He draws on his own experiences as a player and coach, as well as the experiences of other successful hockey people. The result is a book that is both informative and inspiring.



Common Men - Rules For The Predators (Kirk

Twyman's Common Men) by Kirk Twyman

★★★★☆ 4.5 out of 5

Language : English
File size : 912 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 56 pages
Lending : Enabled



Twyman's book is based on a set of core principles that he believes are essential for success in hockey. These principles include:

- **Hard work:** There is no substitute for hard work in hockey. Players who are willing to put in the time and effort will always have an advantage over those who don't.
- **Dedication:** Hockey is a demanding sport that requires a lot of time and commitment. Players who are dedicated to the game will be more likely to achieve their goals.
- **Teamwork:** Hockey is a team sport, and no one player can do it alone. Players who are willing to work together and sacrifice for the team will be more successful than those who are only interested in their own individual statistics.
- **Mental toughness:** Hockey is a mental as well as a physical game. Players who are mentally tough will be better able to handle the challenges and setbacks that come with the sport.

- **Character:** Hockey is a game of character. Players who have good character will be more likely to succeed both on and off the ice.

Twyman believes that these principles are essential for success in hockey, and he provides practical advice on how to develop these qualities in yourself and your players.

Common Men Rules for the Predators is an essential read for anyone who is serious about hockey. Twyman's insights on the game are invaluable, and his book is full of practical advice that can help players, coaches, and parents at all levels of the game. Whether you're a young player just starting out or a seasoned veteran looking to improve your game, Twyman's book has something to offer you.

About the Author

Kirk Twyman is a former NHL player and coach. He played for the Minnesota North Stars, Winnipeg Jets, and St. Louis Blues. He also coached the Minnesota Wild and the Manitoba Moose. Twyman is currently a player development consultant for the Nashville Predators. He is also the author of the book Common Men Rules for the Predators.

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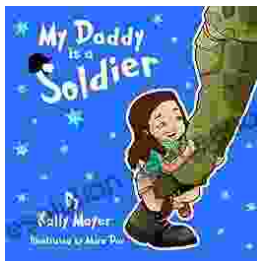
Kirk Twyman, a former NHL player and coach, is the author of the book Common Men Rules for the Predators. The book provides practical advice and insights on how to achieve success in hockey.

Common Men - Rules For The Predators (Kirk Twyman's Common Men) by Kirk Twyman



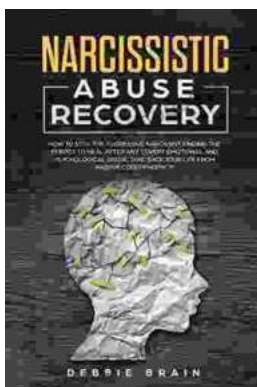
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