

## Quotes of the day for your players

Playing time is not your decision. It is out of your control. You can control doing what it takes to become a better player. If you want to play more, then do more. Attack threats. Practice more. Perfect your role. You are the only person responsible for what you control!

Self evaluation is important to growth. You have to know where you stand in order to continue improving. Always be aware of what you do not know and what you need to know. Just because you have accomplished something does not mean you are done. There's always room for more improvement. Keep building brick by brick!

No coach or trainer can force you to get better. You must choose to put in purposeful work. Practice before practice. Lead during practice. Then practice more after practice. This game rewards those who've put in the time. Getting better is a choice, not an obligation!

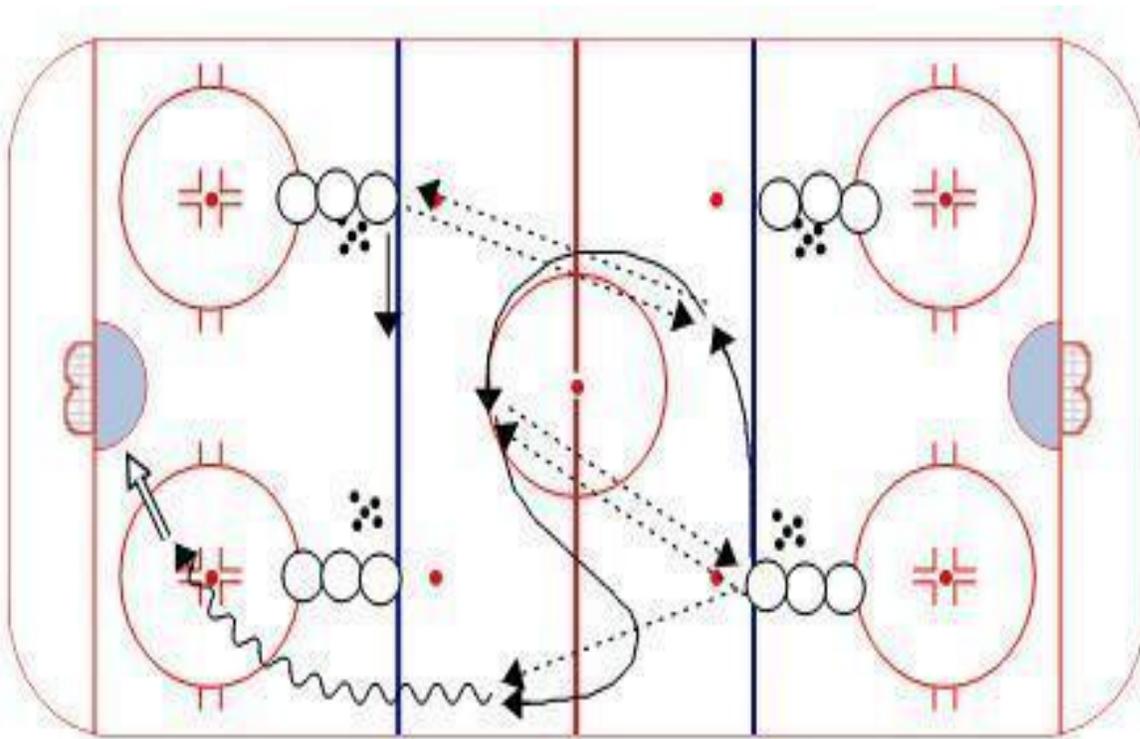
**Players: Ask yourself: What would impress my coach? Is it:**

Fancy, useless skills  
Bragging  
Being disruptive  
Lack of effort  
Undisciplined  
Playing for yourself  
Whining  
Laziness

**Or:**

Grit  
Teamwork  
Thinking outside the box  
Good communication  
Integrity  
Great habits  
Positivity  
Leadership  
Being a great teammate  
Competing

# Rungsted 5 Pass and Shot Drill

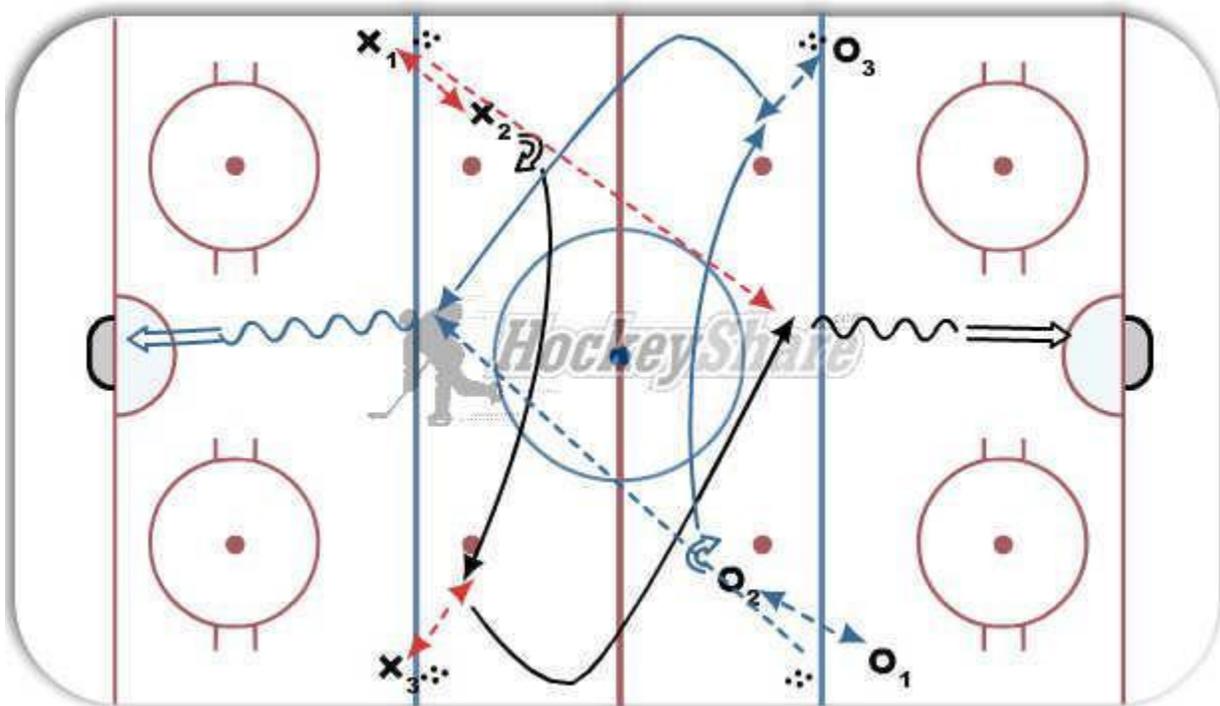


## Description

1. On whistle, first player from each diagonal line leaves without a puck (only one line shown here to keep the diagram simple).
2. First player skates across the blue line, receives a pass from the second player of the opposite line, then touch-passes it back.
3. After passing it back, the player loops around the top of the center-ice circle, receives a pass from the same line the player left from, then touch-passes it back.
4. After the second touch pass, player loops out wide, opens up as an outlet pass, receives another pass from the same line they left from, and attacks 1 on 0.

**Keys:** Touch passes, timing, heads up, tape-to-tape passes, net drive, attack the dots.

# Aalborg Passing Drill

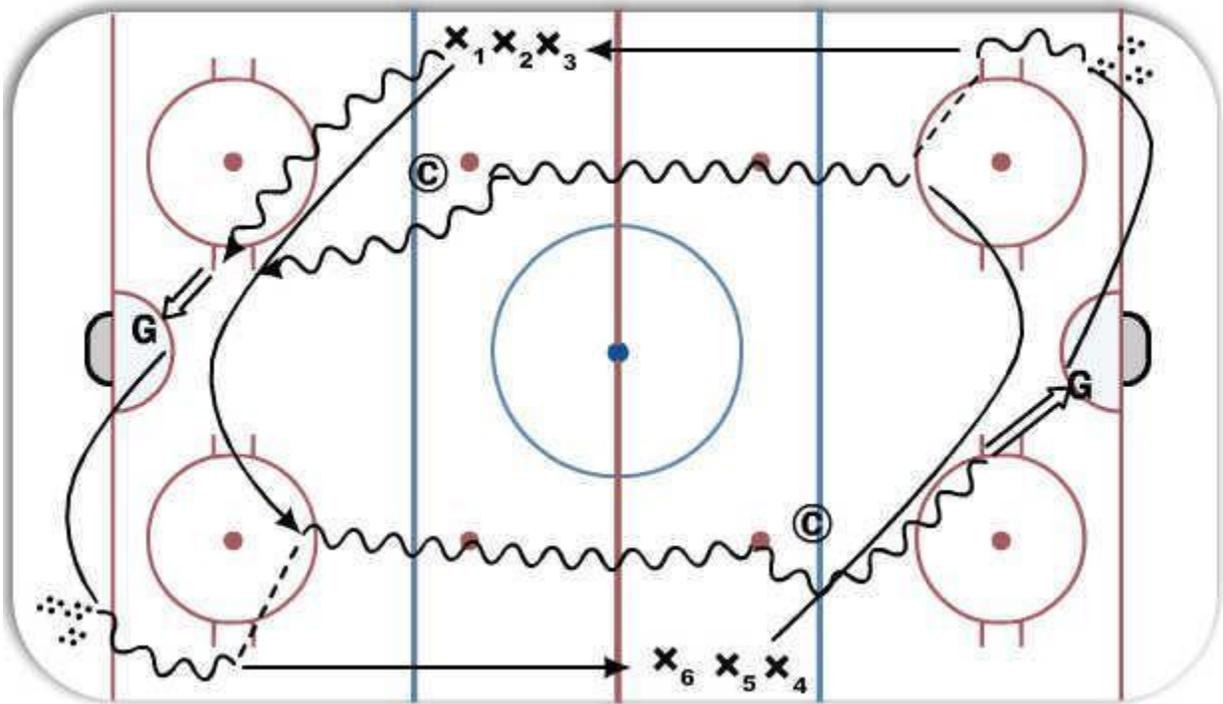


## Description

1. This drill runs both ways, starting from opposite corners.
2. Drill always starts on whistle. Alternate corners each time.
3. X2 starts facing X1 and backs up as X1 makes pass.
4. X2 passes right back to X1 and pivots to the right, skating towards X3.
5. As X2 approaches the dot, X3 gives pass to X2, who passes it right back. X2 curls towards the boards and drives to the centre near the far blueline, looking for pass from X1.
6. X2 drives to the net for a shot on net.
7. At the same time O1, O2, and O3 do the same drill the other way.

**Key Points:** Heads up, timing, tape to tape passes, keep feet moving, communication.

# Turnhout Continuous Angle Shooting Drill



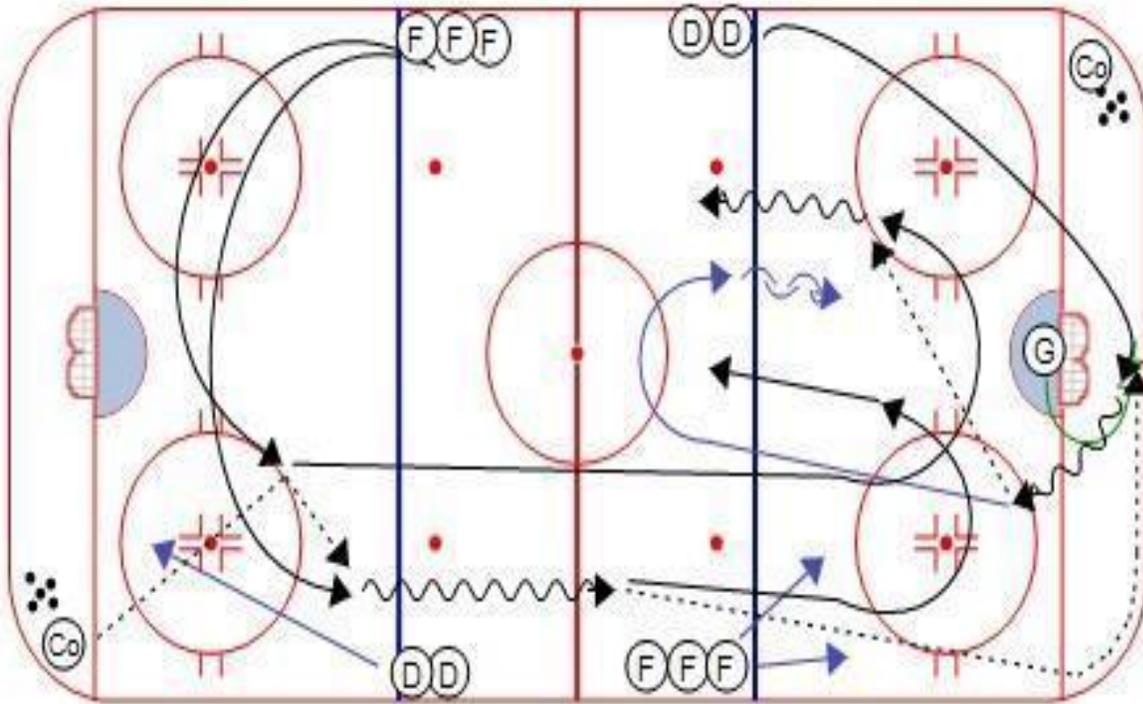
## Description

1. X1 and X4 start the drill with a puck and skating in for shot.
2. X2 and X5 take off when the shot leaves the stick of X1 and X4 shooting the puck. X2 and X5 both curl deep through hash marks coming across in a flat curl through the face-off circle.
3. X1 and X4 pick up a puck from the opposite corners and hits a breakout pass to the X2 and X5.
4. X2 and X5 then carries puck up ice, makes move on coach and takes a shot and the drill repeats.

**Keys:** breakaway push puck, time pass, one shot or deke, attack dots, go far post.



# CBJ 2v1 Drill



## Description

1. Both sides go at the same time. After the dump in and breakout, both defensemen play 2 on 1 against the other line's forwards.
2. The two forwards swing low and receive a pass from the coach, then step over the center line and dump it in with velocity.
3. The goalie stops the puck for the defenseman, who initiates the breakout, then plays 2 on 1 against forwards from the other line.
4. The forwards attack 2 on 1 against the defenseman from the other line.

**Keys:** Breakouts, 2 on 1, passing, timing, low support on breakout, hard dump ins, heads up, gap control.