



## Sports Motivational Quote

***"Ability is what you're capable of doing.  
Motivation determines what you do.  
Attitude determines how well you do it."***

**Lou Holtz, Football Coach**

## Team Building

### Water Hold

**Equipment required:** 30 gallon rubber garbage can, water, and stopwatch

**Description:** Divide the group into two or three teams. Players lie on their backs in a circle with their legs and butts pressed tightly together with feet up in the air to form a pedestal. Group leaders fill a 30 gallon garbage can with ice water and place it on the team's "pedestal", balancing the can for a few seconds until the team is ready. Players must balance the can using only their feet. Teams are timed until the can completely spills.

If after five minutes the can has not spilled, players must take their shoes and socks off while holding up the can. While taking off his/her shoes and socks no player may touch the can with his/her hands. Once each player has removed his/her shoes and sock, the team is finished. If two or more teams reach the five minute limit, the team that gets their shoe and socks off the fastest – wins.

## Recommended Book

**How to Succeed in the Game of Life:** 34 interviews with the world's greatest coaches.

**From the Office of:**

*Terry Ewasiuk*

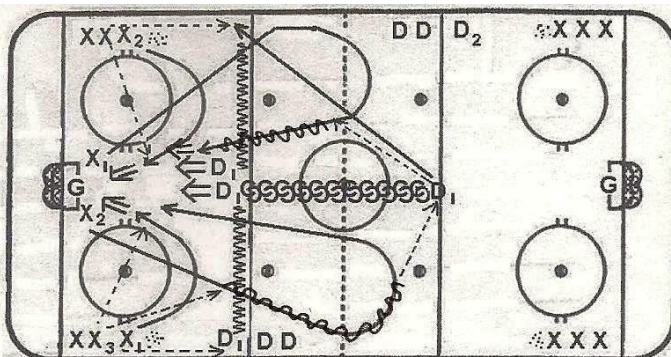
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### DETROIT GAME DAY 5 SHOTS WARM-UP DRILL

### SKILL DRILL ALTERNATE ENDS

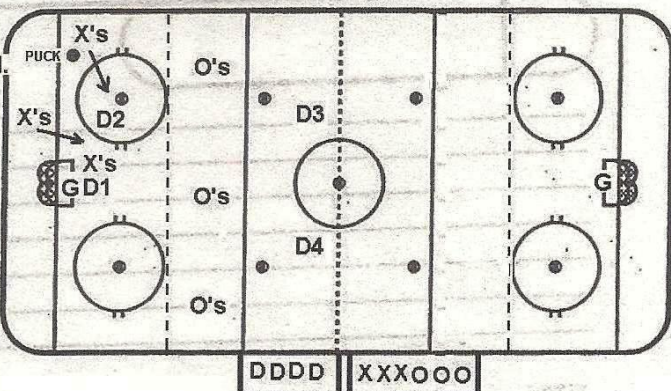
On whistle X1 skates to the top of the circle and gets a pass from his corner and skates in for a shot on net. On the coach's 2nd whistle X2 executes the same sequence from his side. Both X1 and X2 screen the goalie. X3 now passes to D1 who drags to the middle and shoots. X1 and X2 now receive a pass from a corner and skate into the neutral zone to regroup with D1 who returns the pass. X1 and X2 skate back into the zone for a shot. X1 and X2 screen the goalie and D1 receives a pass from the corner, drags to the middle and takes a second shot on net.



### RUSSIAN 3 ON 2 CONTINUOUS

Great flow drill.  
Excellent offensive drill.

On the coach's whistle X's battle D1 and D2 below the top of the face-off circle (imaginary line). The d-men try to regain possession of the puck to break-out the O's forward line. The O's will then attack D3 and D4, 3 on 2, back to the other end. The X's now skate off the ice and a new forward line skates into position so that D3 and D4 can break them out against a new defensive pairing going back in the other direction. The O's can't go below the imaginary line to help the defencemen.

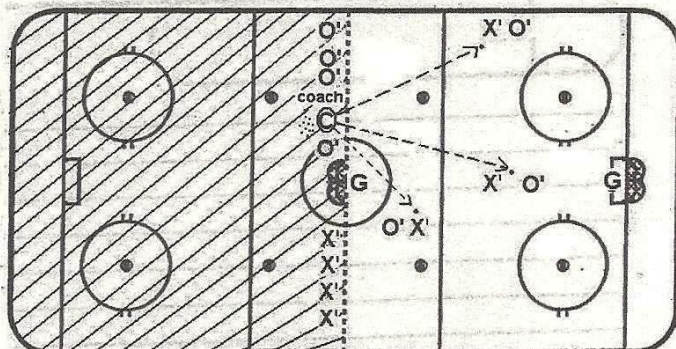


### 1/2 ICE - 3 ON 3 DRILL

FAVORITE DRILL  
KEEP SCORE  
LOSERS SKATE

Move one net to the center ice red line. Then make-up two teams that will have three one-on-one battles on the 1/2 ice area at the same time using three pucks. As each puck is scored those two players can now skate over and help their teammates. This can lead to 2 on 2 battles, 2 on 1 battles and eventually a 3 on 3 battle. After the last puck is scored replace the six players.

The coach will spot the players 3 pucks in different locations.



### 10 PUCK - FUN DRILL

Losers do a skating drill.

Two teams each in it's own bench. 10 pucks are placed on each blue line. On the whistle the first player leaves the bench and tries to score. If he scores then two new players (2 on 0) try to score. If they score then three new players try to score. When all three players score the drill reverts back to one player and it starts all over again. If at anytime a goal isn't scored the drill reverts back to one player. The drill continues until all the pucks have been scored. The first team to score all 10 goals wins.

