

# R4U RURAL LESSON PLAN

When Lesson breaks into 3 groups, divide your players into their 3 stages (Red, Purple & Green) \*Red Groups should be in the middle of the ice (between Blue lines or Ringette Lines)  
\*Waterbreaks through out the lesson when needed

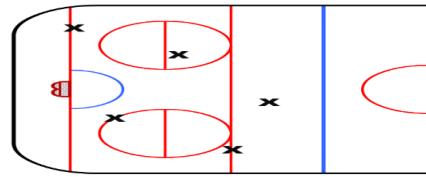


Lesson: One

Week: One

## All Together:

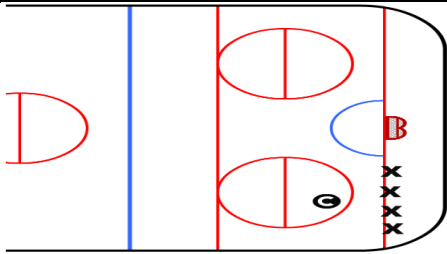
**Freeze Tag:** 2-3 Players are appointed as it. All the players skate around to avoid being "tagged". If a player gets "tagged" they must stand still, hold their arms out and wait for a player to skate under their arms. Now both players can re-join the game.



## Red Drill 1:

**Getting up:** Have players line up a line. Players drop to their knees, do 3 snow angels and then practice getting back up to ready position.

**How to Fall:** -When falling relax the body  
-Always try to fall forward, so you can see where you are falling.



*Introduce the basic steps of how to stand back up after falling down:*

### Key Teaching Points:

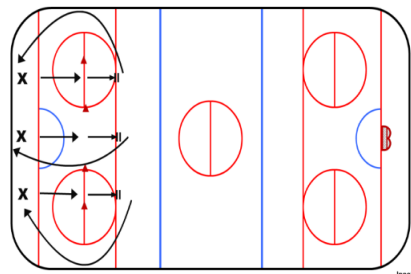
- Get to your knees
- One knee up first

*Use stick as stability point to stand back up.*

## Purple Drill 1:

**Skate/Slide/Stop:** Players get into 3 lines. The first girl from each line begins to skate towards the space between the pylons. As soon as they get to the pylons, they slide on their belly through the pylons. Then the player gets back up, skates to the ringette line and snowplough stops. They then go to the back of the line.

**Snowplough Stop:** -Skate, glide, push outward with inside edge  
-Toes pointing in, Heels pointing out  
-Equal pressure on both feet



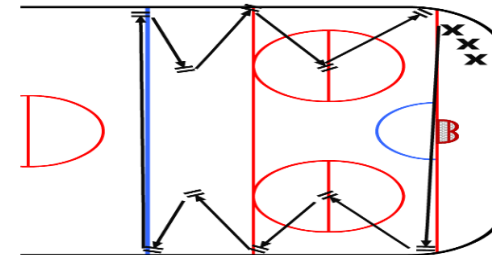
### Common Errors of Snowplough stops:

- Unequal pressure on inside edges
- Watching feet
- Both knees not bent
- Leaning forward instead of leaning back.

## Green Drill 1:

**Stops & Starts:** Instructor must demonstrate the correct way to parallel stop. Players line up in the corner, skating and stopping at all of the pylons as directed. Switch sides half way through.

**Parallel Stops:** -Skate, glide, turn head in direction of stop, then shoulders and hips (skates will follow) -Push outward with equal pressure on both feet -Return to ready position



### Common Errors of Parallel Stops:

- unequal weight distribution on feet
- feet too close or too far
- dragging follow up foot
- knees not bent

## Red Drill 2:

**Passing along the Boards:** Players line up facing the boards with a ring. Players begin passing the ring to bounce off the boards. Players try to stab the ring as it comes back to them. Focus on holding the stick correctly and following the ring in.

**Forehand Sweep Pass:** - Proper grip; top hand pushes in, bottom hand pushes out  
-Body parallel to target, ring start at back skate brought to front skate where it is then released  
-Follow through; transfer weight from back foot to front foot  
-Point at target with stick upon release

## Purple Drill 2:

### V-Starts:

Instructor must demonstrate the correct way to do a v-start. Players line up with their backs to the boards and skate forwards stopping at each pylon "line" and starting over until they reach the other side.

### V-Starts:

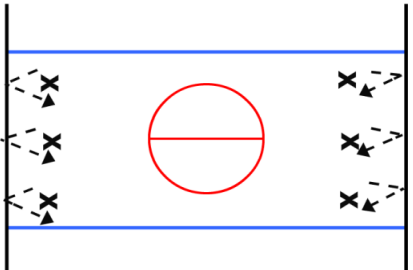
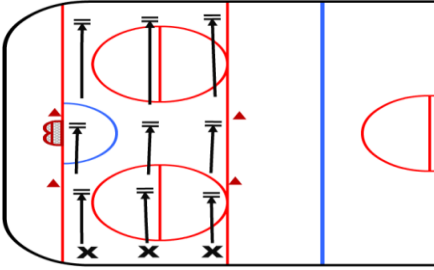
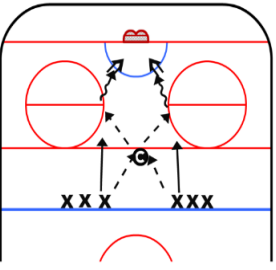
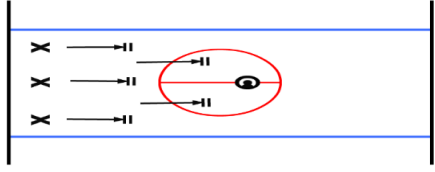
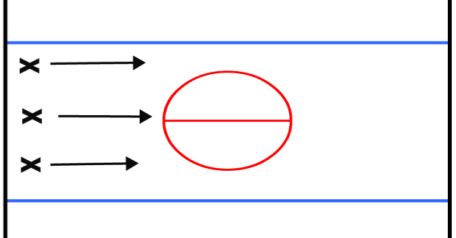
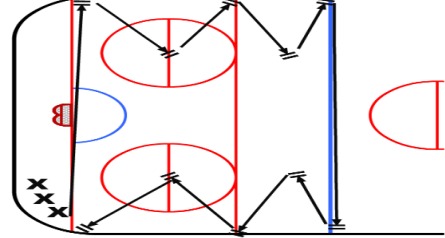
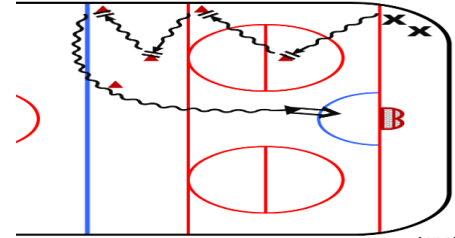
- Ready Position
- Make a "V" with feet (heels don't touch)
- Lean into start, at the point where you "feel" you are going to fall, take a few steps
- Begin skating forward

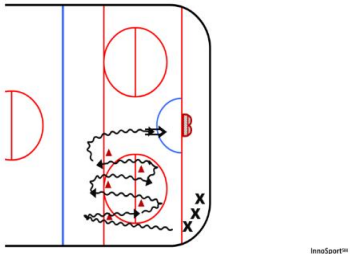
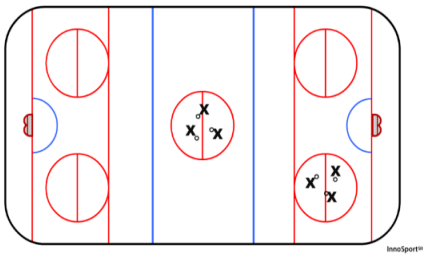
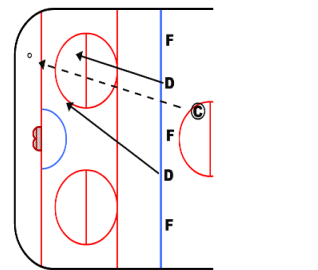
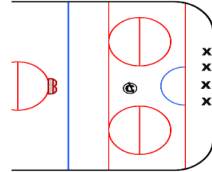
## Green Drill 2:

**Forehand Pass:** Players line up in 2 lines across the blue line. The first player in line will pass to the Instructor and begin skating towards the net. The Instructor will pass back to the player, and the player will shoot on net, then go to the back of the line. The lines alternate.

### Forehand Sweep Pass:

- Proper grip; top hand pushes in, bottom hand pushes out
- Body parallel to target, ring start at back skate brought to front skate where it is then released
- Follow through; transfer weight from back foot to front foot
- Point at target with stick upon release

		
<p><b>Common Errors of Forehand Sweep Pass:</b></p> <ul style="list-style-type: none"> <li>- Bringing ring too far behind back foot</li> <li>- Release of ring not at front foot</li> <li>- follow through; not pointing stick in proper direction</li> <li>- Watching ring instead of the target</li> </ul>	<p><b>Common Errors:</b></p> <ul style="list-style-type: none"> <li>- heels too close together</li> <li>- knees not bent</li> <li>- the fall</li> <li>- stride</li> <li>- not "feeling"</li> <li>- no full extension of the</li> </ul>	<p><b>Common Errors of Forehand Sweep Pass:</b></p> <ul style="list-style-type: none"> <li>- Bringing ring too far behind back foot</li> <li>- Release of ring not at front foot</li> <li>- No follow through; not pointing stick in proper direction</li> <li>- Watching ring instead of the target</li> </ul>
<p><b>All Together:</b></p> <p><b>Red/Green light:</b> Players line up along the Goal line. When the Instructor yells green light, players skate forwards. When the Instructor yells red light, players stop. When the Instructor yells yellow light players stop &amp; turn around in a circle.</p>		
<p><b>Red Drill 3:</b></p>	<p><b>Purple Drill 3:</b></p>	<p><b>Green Drill 3:</b></p>
<p><b>T-Start:</b></p> <p>players will line up with their backs to the boards. Practice gliding with 1 foot, while the other foot pushes all the way to the boards. Practice snowplough stop when reaching the boards. Repeat using the other leg.</p>	<p><b>Stops &amp; Starts:</b></p> <p>Instructor must demonstrate the correct way to do a snowplough stop. Players line up in the corner, skating and stopping at all of the pylons as directed. Switch sides half way through.</p>	<p><b>Stops with the Ring:</b></p> <p>Players line up in the corner with a ring. One at a time players will skate through the pylons, making a complete stop at every pylon. Players will skate around the last pylon and take a shot on net, aiming for the pylon in the net.</p>
<p><b>T-Start:</b></p> <p>Ready Position</p> <ul style="list-style-type: none"> <li>-Make a "T" with one foot</li> <li>-Hard push using back blade</li> <li>-Use all joints in push (ankle, knee, hip)</li> </ul>	<p><b>Snowplough Stop:</b></p> <ul style="list-style-type: none"> <li>-Skate, glide, push outward with inside edge</li> <li>-Toes pointing in, Heels pointing out</li> <li>-Equal pressure on both feet</li> </ul>	<p><b>Parallel Stops:</b></p> <ul style="list-style-type: none"> <li>-Skate, glide, turn head in direction of stop, then shoulders and hips (skates will follow)</li> <li>-Push outward with equal pressure on both feet</li> <li>-Return to ready position</li> </ul>
		
<p><b>Common Errors of T-starts:</b></p> <ul style="list-style-type: none"> <li>* Standing up straight up</li> <li>* pushing on full blade</li> <li>* partially extended</li> <li>* Not</li> <li>* Leg only</li> </ul>	<p><b>Common Errors of snowplough stops:</b></p> <ul style="list-style-type: none"> <li>- Unequal pressure on inside edges</li> <li>- Watching feet</li> <li>- knees not bent</li> <li>- forward instead of leaning back.</li> <li>- Both</li> <li>- Leaning</li> </ul>	<p><b>Common Errors:</b></p> <ul style="list-style-type: none"> <li>- unequal weight distribution on feet</li> <li>- feet too close or too far</li> <li>- dragging follow up foot</li> <li>- knees not bent</li> </ul>
<p><b>Red Drill 4:</b></p>	<p><b>Purple Drill 4:</b></p>	<p><b>Green Drill 4:</b></p>
<p><b>Skating with the Ring:</b></p> <p>Players skate through the obstacle course while carrying the ring. Players shoot the ring into the net once they have skated through the pylons.</p>	<p><b>Keep Away:</b></p> <p>Break squad up into 2 or 3 groups. Inside each circle, only 1 person has a ring. They need to "keep it away" from the other players trying to check them.</p>	<p><b>Know your zone:</b> Give 5 players a position and line them up on the blue line. The instructor will throw a ring into the zone and yell go. Players will then skate to where they are allowed to go: Defence will go and get the ring, forwards will skate to the ringette line. The defence have to get the ring and skate it out and pass over the blue line to the forwards.</p>

<p><b>Skating with the Ring:</b></p> <p>*Make sure players keep 2 hands on the stick and their heads up.</p>	<p><b>Sweep Checking:</b> -Position body facing opponent.</p> <p>-Sweep stick across the body from one side to the other.</p> <p>-Contact is made at point where opponents stick meets the ring.</p> <p>-Strong follow through will direct the ring</p>	<p><i>* Start with saying the zone is the "defensive zone" or "our zone". Once players understand that Defence go into "our zone", tell players that it is now the "offensive zone" or "the other team's zone" and re do the drill with the forwards going in and the defence stopping at the ringette line.</i></p>
		
<p>Encourage the players to protect the ring from the pylons, keeping it close to the body.</p>	<p>Common errors:</p> <ul style="list-style-type: none"><li>• Stick is swung too forcefully</li><li>• Stick makes contact too high</li><li>• Not enough follow through to force the ring off the other stick</li><li>• Check is made on top of the stick rather than underneath (going with opponents stick)</li></ul>	
<p><b>All Together:</b></p> <p><b>British Bulldog:</b></p> <p>Have 2 or 3 players be it in the middle. The players who are it will call "British Bulldog" and the players on the goal line will try to skate by them without begin tagged.</p>		

# R4U RURAL LESSON PLAN

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\*Red Groups should be in the middle of the ice (between Blue lines or Ringette Lines)

\*Waterbreaks through out the lesson when needed



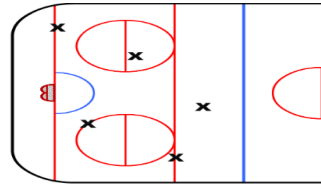
Lesson: Two

Week: Two

## All Together:

### Cops & Robbers:

All the players are the Robbers and the instructor and coaches are the Cops. The Cops have to "tag" the Robbers. Once tagged the Robbers have to go and sit in the net until a coach or Instructor yells "Jail Break"



Even though the diagram indicates half ice, if full ice is available, full ice should be used.

## Red Drill 1:

### Stops & Starts:

Players line up in the corner. 1 at a time the player will skate to each pylon, practicing their snowplough stops at each one.

## Purple Drill 1:

### Backwards C Cuts:

Players line up facing the boards and skate backwards to the far boards using their backwards "C" cuts with only their left foot. \*\*Repeat using their right foot. \*\* Repeat using both feet.

## Green Drill 1:

**Starts/Stops/Turn:** 1 at a time they skate towards the ringette line, fall on their belly & skate to the 1st pylon & stop. Players then skate to the 2nd pylon, do a tight turn around the pylon & continue to the 3rd pylon & stop. The player will skate to & fall on their belly at the ringette line, get up & skate to the back of the line.

### Snowplough Stop:

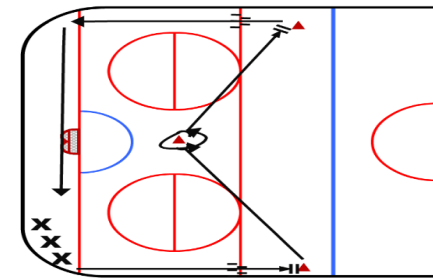
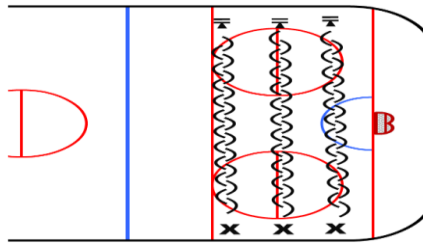
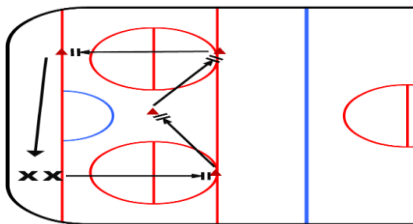
- Skate, glide, push outward with inside edge
- Toes pointing in, Heels pointing out
- Equal pressure on both feet

### Backward C Cuts: -Ready Position

- Weight on starting foot, slightly in front of the other
- Make a full extended "C" with skating foot (cutting ice)
- Return skating foot underneath body

### Parallel Stops:

- Skate, glide, turn head in direction of stop, then shoulders and hips (skates will follow)
- Push outward with equal pressure on both feet
- Return to ready position



### Common Errors of Snowplough stops:

- Unequal pressure on inside edges
- Watching feet
- Both knees not bent
- Leaning forward instead of leaning back.

### Common Errors:

- Watching feet
- "C" not fully extended (not cutting ice)
- Straightening up after start

### Common Errors:

- unequal weight distribution on feet
- too close or too far
- dragging follow up foot
- knees not bent

## Red Drill 2:

**Relay Race:** Players are divided into 2 groups. The first player from each group will start. They must stop at the first and second pylons, going around the last pylon to pick up a ring and shoot on net. Then the player goes to the back of their line.

## Purple Drill 2:

**Backwards Relay Race:** Players line up in 3 groups. The first player from each group will go first. Player skates backwards to the ringette line, transition to forwards and skate to the blue line. Players pick up a ring, skate forwards towards the pylon, slide on their belly, get back up and skate to the goal line. Next player goes.

## Green Drill 2:

### Relay Shooting:

Players are divided into 2 lines. Players will skate with the ring around the pylons and take a shot on net. Players should be practicing their backhand shots while moving.

### Snowplough Stop:

- Skate, glide, push outward with inside edge
- Toes pointing in, Heels pointing out
- Equal pressure on both feet

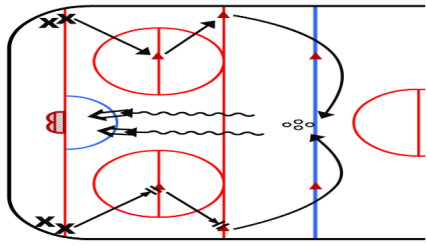
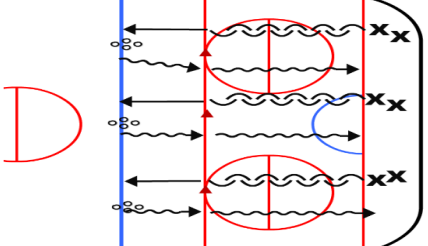
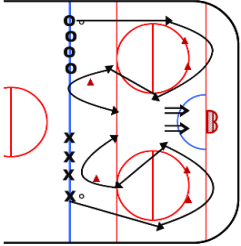

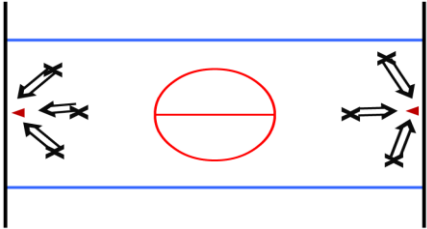
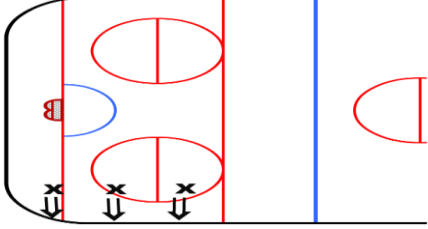
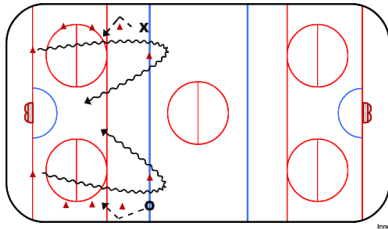
### Backward C Cuts:

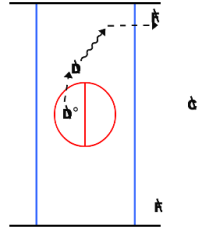
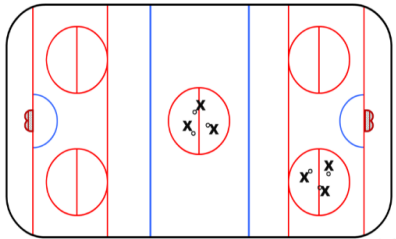
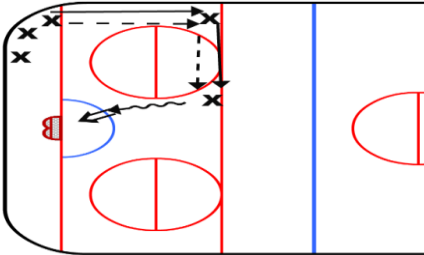
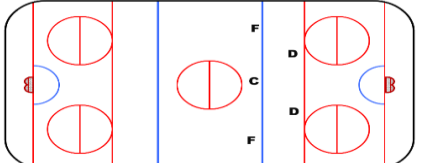
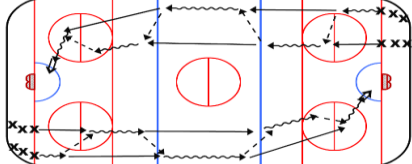
- Ready Position
- Weight on starting foot, slightly in front of the other
- Make a full extended "C" with skating foot (cutting ice)
- Return skating foot underneath body

### Backhand flip shot:

- Same body position as backhand sweep pass
- Arms bent inward; ring closer to your body
- A "shoveling" action from back foot to front foot, releasing by pointing at open area of net



		
<p><b>Common Errors of Snowplough stops:</b></p> <ul style="list-style-type: none"> <li>- Unequal pressure on inside edges</li> <li>- Watching feet</li> <li>Both knees not bent</li> <li>- Leaning forward instead of leaning back.</li> </ul>	<p><b>Common Errors:</b></p> <ul style="list-style-type: none"> <li>-Watching feet</li> <li>- "C" not fully extended (not cutting ice)</li> <li>-Straightening up after start</li> </ul>	<p><b>Common errors:</b></p> <ul style="list-style-type: none"> <li>• Switching grip in order to always use forehand</li> <li>• Incorrect weight transfer</li> <li>• Incorrect follow through; not aiming for an open net</li> <li>• Too high of a follow through</li> </ul>
<p><b>All Together:</b></p> <p><b>Army / Navy:</b> Have all the players in the middle of the ice surface. As each word is called out the players will spread themselves out. towards the clock. <b>Navy</b> - Skate away from the clock.</p> <p><b>Captains coming</b> - You must salute the coaches/instructors.</p> <p><b>Clean the Deck</b> - Get down on your knees and scrub the ice.</p>	<p><b>Army</b> - Skate</p> 	<p>Even though the diagram indicates half ice, if full ice is available, full ice should be used.</p>
<p><b>Red Drill 3:</b></p> <p><b>Forehand Sweep Shooting:</b></p> <p>Instructor will go over the key points of a forehand sweep shot. Players practice shooting against the boards. Instructor will then place a pylon against the boards and Players will practice aiming for a pylon.</p>	<p><b>Purple Drill 3:</b></p> <p><b>Backhand Shots:</b></p> <p>Instructor will demonstrate the basics of the backhand shot. Players will practice on the boards aiming for the yellow strip that separates the boards from the glass.</p>	<p><b>Green Drill 3:</b></p> <p><b>Backhand Passing:</b> You need to have two lines so that all the players are on their back hand. Have them skate along the boards making back hand passes to themselves through the pylons. Once they reach the goalline they skate up to the pylon on the blue line do a tright turn and go and take a shot on the net.</p>
<p><b>Forehand Sweep Shot:</b> -Proper grip; top pushes in, bottom out.</p> <p>Body parallel to target, ring starts at back skate brough to front skate where it is then released.</p> <p>-Follow through; transfer weight from back foot to front foot.</p> <p>-More force and power while aiming at an open area of net.</p>	<p><b>Backhand flip shot:</b></p> <ul style="list-style-type: none"> <li>• Same body position as backhand sweep pass</li> <li>• Arms bent inward; ring closer to your body</li> <li>• A "shoveling" action from back foot to front foot, releasing by pointing at open area of net</li> </ul>	<p><b>Backhand Passing:</b></p> <ul style="list-style-type: none"> <li>• proper grip; back of the bottom hand facing the target</li> <li>• ring is brought from back foot to front foot with sweeping motion across body (arms fully extended)</li> <li>• weight transfer from back foot to front foot</li> </ul>
		
<p><b>Common Errors:</b> -Not looking at target.</p> <p>Not forceful enough.</p> <p>-Bringing ring too far behind back foot.</p> <p>-Release of ring not at front foot.</p> <p>-Follow through; not pointing stick in the right direction.</p>	<p><b>Common errors:</b></p> <ul style="list-style-type: none"> <li>• Switching grip in order to always use forehand</li> <li>• Incorrect weight transfer</li> <li>• Incorrect follow through; not aiming for an open net</li> <li>• Too high of a follow through</li> </ul>	<p><b>Common Errors:</b></p> <ul style="list-style-type: none"> <li>-Pulling ring too far in, causing the ring to be lifted off the ice</li> <li>-improper follow through; not pointing the stick at the target</li> <li>-not releasing ring when arms extended at front foot</li> <li>- watching the ring instead of the target</li> </ul>
<p><b>Red Drill 4:</b> Switch Ice placement with Greens</p> <p><b>Keep Away:</b></p> <p>Break squad up into 2 or 3 groups. Inside each circle, only 1 person has a ring. They need to "keep it away" from the other players trying to check them.</p>	<p><b>Purple Drill 4:</b></p> <p><b>Follow your Pass:</b></p> <p>Players line up as indicated in the diagram. The ring is passed in a box pattern. Players follow their pass and wait in the ready position for the next pass. The last player to receive the pass will skate in and take a backhand shot on net.</p>	<p><b>Green Drill 4:</b> Switch ice, to use centre circle.</p> <p><b>Centre Free Pass:</b> Have 1 D stand inside the circle with the ring. When the Coach/Instructor blows the whistle, the player will pass the ring to the other D. Now that D will skate with the ring to the blue line and pass to one of the Forwards. Remind players to pass over the blue line to their forward players.</p>

<p><b>Sweep Checking:</b> -Position body facing opponent.</p> <p>-Sweep stick across the body from one side to the other.</p> <p>-Contact is made at point where opponents stick meets the ring.</p> <p>-Strong follow through will direct the ring</p>	<p><b>Backhand flip shot:</b></p> <ul style="list-style-type: none"> <li>• Same body position as backhand sweep pass</li> <li>• Arms bent inward; ring closer to your body</li> <li>• A “shoveling” action from back foot to front foot, releasing by pointing at open area of net</li> </ul>	
		<p><b>Defending a Centre Free Pass:</b></p> <p>Line up your players as shown in the diagram. Players are not allowed to enter the centre circle before the ring leaves the circle.</p>
<p><i>Common errors:</i></p> <ul style="list-style-type: none"> <li>• Stick is swung too forcefully</li> <li>• Stick makes contact too high</li> <li>• Not enough follow through to force the ring off the other stick</li> <li>• Check is made on top of the stick rather than underneath (going with opponents stick)</li> </ul>	<p><i>Common errors to look for and correct:</i></p> <ul style="list-style-type: none"> <li>• Switching grip in order to always use forehand</li> <li>• Incorrect weight transfer</li> <li>• Incorrect follow through; not aiming for an open area of the net</li> <li>• Too high of a follow through</li> </ul>	
<p><b>All Together:</b></p> <p><b>Full Ice Partner Passing:</b> Have players line up in 2 lines in each corner. Players will then pass the ring back and forth down the ice. Once they get to the end they will take a shot on net and get in line. Both sides can go at the same time.</p>		<p>Coaches/Instructors should arrange players so that reds are with reds; purples etc.</p>
<p>Should squads finish the scheduled practice early, they are encouraged to play a game of the players choice</p>		

# R4U RURAL LESSON PLAN

When Lesson breaks into 3 groups, divide your players into their 3 stages (Red, Purple & Green) \*Red Groups should be in the middle of the ice (between Blue lines or Ringette Lines)  
\*Waterbreaks through out the lesson when needed

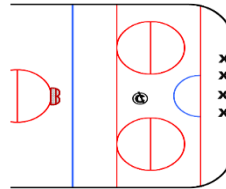


Lesson: Three

Week: Three

## All Together:

**British Bulldog:** Coaches/Instructors select 2 players to be in the middle. All other players line up on the goal line. When the players in the middle yell "British Bulldog" all of the other players try to skate to the Ringette line without being tagged.

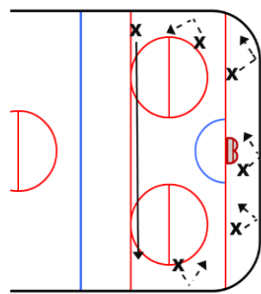


## Red Drill 1:

### Pass along the boards:

Players skate near the boards with a ring, making bounce passes off the boards and picking them up again.

**Forehand Sweep Pass:** - Proper grip; top hand pushes in, bottom hand pushes out  
-Body parallel to target, ring start at back skate brought to front skate where it is then released  
-Follow through; transfer weight from back foot to front foot



### Common Errors:

- Bringing ring too far behind back foot
- Release of ring not at front foot
- No follow through; not pointing stick in proper direction
- Watching ring instead of the target

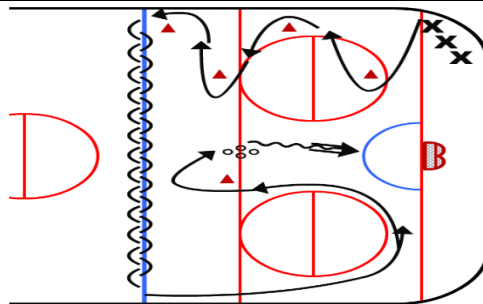
## Red Drill 2:

**Follow your pass:** Players line up as indicated in the diagram. The ring is passed in a box pattern. Players follow their pass and wait in the ready position for the next pass. The last player to receive the pass will skate towards the net and take a shot.

## Purple Drill 1:

**Backwards Obstacle Course:** Players start out in the corner. They skate through the pylon obstacle course, staying close to the pylon. Players skate backwards down the blue line and stop at the boards. The player then skates around the circle and the pylon, grab a ring and shot on net.

**Backward C Cuts:** -Ready Position  
-Weight on starting foot, slightly in front of the other  
-Make a full extended "C" with skating foot (cutting ice)  
-Return skating foot underneath body  
-Begin striding



### Common Errors:

- Watching feet
- "C" not fully extended (not cutting ice)
- Straightening up after start

## Purple Drill 2:

### Shooting:

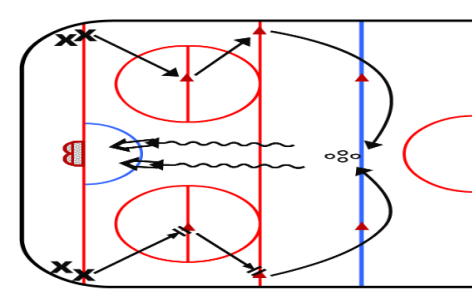
Players line up at ringette line without rings. 1 coach stands at ringette line with rings. One player at a time will skate around pylon and receive a pass from coach. The player will stab the ring and will take a backhand shot.

## Green Drill 1:

**Parallel Stops & Turns:** Players are divided into 2 groups. The first player from each group will start. They must stop at the first and second pylons, go around the last pylon, pick up a ring and shoot on the net. Then go to the back of their line.

### Parallel Stops:

-Skate, glide, turn head in direction of stop, then shoulders and hips (skates will follow)  
-Push outward with equal pressure on both feet  
-Return to ready position

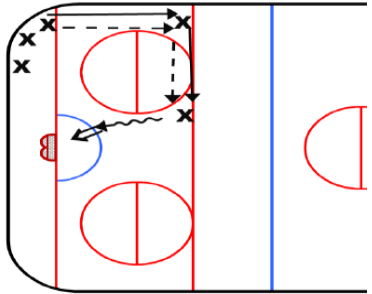
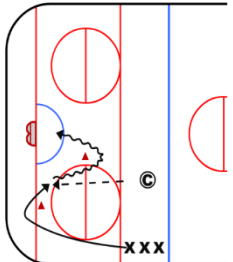
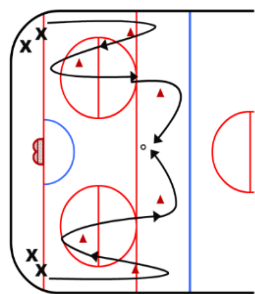
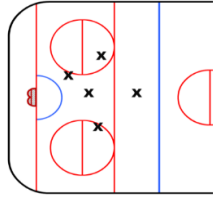

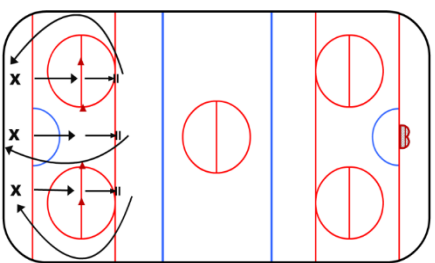
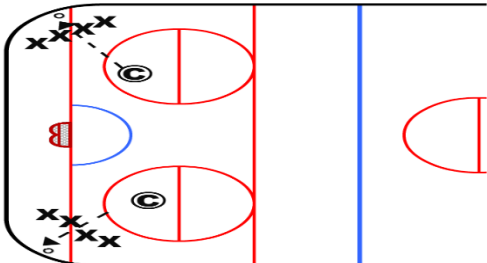


### Common Errors:

- unequal weight distribution on feet
- feet too close or too far
- dragging follow up foot
- knees not bent

## Green Drill 2:

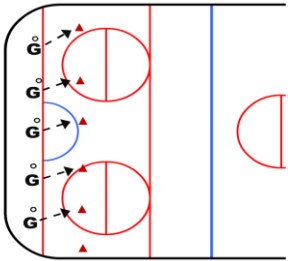
**Race 4 the Ring:** Players are divided into 1 line in each corner. one at a time, 1 player from each corner will race a player from the other corner to the ring. The player who gets the ring first will attempt to shoot. The other player will check the player with the ring.

<b>Forehand Sweep Pass:</b> <ul style="list-style-type: none"><li>- Proper grip; top hand pushes in, bottom hand pushes out</li><li>-Body parallel to target, ring start at back skate brought to front skate where it is then released</li><li>-Follow through; transfer weight from back foot to front foot</li></ul>	<b>Backhand flip shot:</b> <ul style="list-style-type: none"><li>• Same body position as backhand sweep pass</li><li>• Arms bent inward; ring closer to your body</li><li>• A “shoveling” action from back foot to front foot, releasing by pointing at open area of net</li></ul>	<b>Tight Turns:</b> <ul style="list-style-type: none"><li>• Skate, glide, inside foot is ahead of other foot (around turn)</li><li>• Knees are flexed</li><li>• On entering the turn, rotate head &amp; shoulders around the point of the turn (pylon)</li><li>• On completing turn, cross outside foot over inside foot to gain speed and balance</li></ul>
		
<b>Common Errors:</b> <ul style="list-style-type: none"><li>- Bringing ring too far behind back foot</li><li>Release of ring not at front foot</li><li>No follow through; not pointing stick in proper direction</li><li>- Watching ring instead of the target</li></ul>	<b>Common errors to look for and correct:</b> <ul style="list-style-type: none"><li>-<ul style="list-style-type: none"><li>• Switching grip in order to always use forehand</li><li>• Incorrect weight transfer</li><li>• Incorrect follow through; not aiming for an open area of the net</li><li>• Too high of a follow through</li></ul></li></ul>	<b>Common Errors:</b> <ul style="list-style-type: none"><li>• Head and shoulders are not turned to lead the way</li><li>• Lead foot too far ahead; wrong foot used as lead foot</li><li>• Wide turn; pressure not applied on edges</li></ul>
<b>All Together:</b> <b>Frenamies:</b> Players in group of 3's will start as friends and pass while skating, when coach yells "enemies" the players will start checking, coach will yell "friends" and players will start passing again.		
<b>Red Drill 3:</b> <b>Skating with the Ring:</b> Players skate through the obstacle course while carrying the ring. Players shoot the ring into the net once they have skated through the pylons.	<b>Purple Drill 3:</b> <b>Skate/Slide/Stop:</b> Players get into 3 lines. The first girl from each line begins to skate towards the space between the pylons. As soon as they get to the pylons, they slide on their belly through the pylons. Then the player gets back up, skates to the ringette line and snowplough stops. They then go to the back of the line.	<b>Green Drill 3:</b> <b>Queens Corner:</b> 3-4 Girls line up facing the boards. The Assistant coachs tosses the ring in the corner above the players heads. The players then try to get the ring and skate it out. Players who do not have the ring are checking the player with the ring.
<b>Skating with the Ring:</b> *Make sure players keep 2 hands on the stick and their heads up.	<b>Snowplough Stop:</b> <ul style="list-style-type: none"><li>-Skate, glide, push outward with inside edge</li><li>-Toes pointing in, Heels pointing out</li></ul> pressure on both feet	<b>Side Stick Checking:</b> <ul style="list-style-type: none"><li>- must beside with opponent on the ring carrying side</li><li>- aim for ring at the bottom of stick; making contact on the ice</li><li>- follow through on check must be low in order to knock the ring away from the opponent</li></ul>
		

<i>Encourage the players to protect the ring from the pylons, keeping it close to the body.</i>	<i>Common Errors:</i> <ul style="list-style-type: none"><li>- Unequal pressure on inside edges</li><li>- Watching feet</li><li>- Both knees not bent</li><li>- Leaning forward instead of leaning back.</li></ul>	<i>Common Errors:</i> <ul style="list-style-type: none"><li>- player reaching to opposite side (in wrong position)</li><li>- clipping gloves or legs of opponent with stick in a slashing manner</li><li>- too far behind opponent's stick and reaching</li></ul>

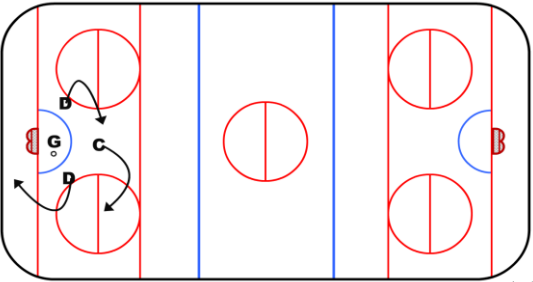
**All Together:**

**Goalie Ring:** Have the players line up with a ring. You will need to set up pylons so that when you tell the players to throw to their RIGHT ( or the pylon closest to a certain board) they have a pylon to throw to. When you tell them to throw to their LEFT ( or the pylon closest to a certain borads) they also have a pylon to throw too. Once they are good at throwing to their target you can get them into pairs and have one player throw the ring and one player receiving the ring.



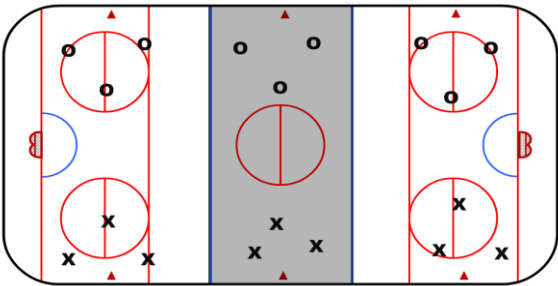
*Remind the players it is like throwing a frisbee and aim by pointing your arm & hand where you want the ring to go after you have thrown the ring.*

**Goalie Break-out:** Start out by getting the girls set up as if it was a goalie ring. When the coach says go all the girls have to move and try and get to an open area so the gaolie can throw them the ring. Once they are good at getting open add in some stationary players so the goalie know they can't pass to those areas. the next progression would be to have 3 checkers that the defense needs to get away from as in a real game. You can have one girl at a time being goalie.



*Talk about the positions in the defensive zone. Goalie, 2 Defense and one Center. Remind the players that only the goalie is allowed to go in the crease and that they only have 5 seconds to hold the ring before they have to find one of their team mates to throw it out to so they have to get open as fast as they can.*

**Mini Games:** *\*Depending on amount of players you may have 1, 2 or 3 mini games going on.*  
*\* Divide players into teams of 3. Teams have to hit the other teams pylon to score a goal.*



# R4U RURAL LESSON PLAN

When Lesson breaks into 3 groups, divide your players into their 3 stages (Red, Purple & Green) \*Red Groups should be in the middle of the ice (between Blue lines or Ringette Lines) \*Waterbreaks through out the lesson when needed

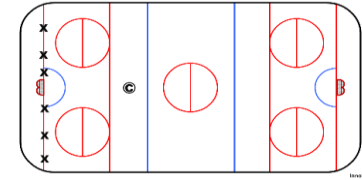


Lesson: Four

Week: Four

## All Together:

**What Time is it Mr. Wolf:** The Coach is the wolf. Mr. Wolf stands with their back towards the other players. The players then ask in unison "What time is it Mr. Wolf?" Mr. Wolf then answers with a time - such as "It's 7 o'clock". The players then take that many steps towards Mr. Wolf. At any time Mr. Wolf can answer "Desert Time!" When the wolf answers "Desert Time" When the wolf turns around, all the players must fall to the ice and be super still so the wolf doesn't "see" them.



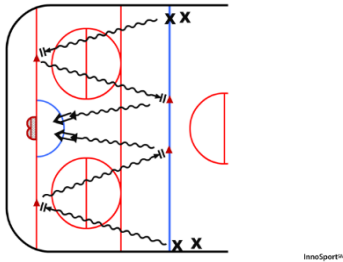
## Red Drill 1:

### Stops & Starts:

Players start at blue line with rings. Skate to the first pylon goal line and stop. Players skate to next pylon at blue line and stop. The players will then go in and shoot.

### Snowplough Stop:

- Skate, glide, push outward with inside edge
- Toes pointing in, Heels pointing out
- Equal pressure on both feet



### Common Errors:

- Unequal pressure on inside edges
- Watching feet
- Both knees not bent
- Leaning forward instead of leaning back.

## Red Drill 2:

**Forehand Passing:** Players line up in 2 lines along the boards. The first player in line will pass to the Instructor and begin skating towards the net \*That is placed at the far boards\*. The Instructor will pass back to the player, and the player will shoot on net, then go to the back of the line. The lines alternate.

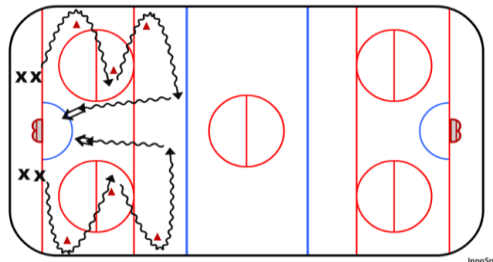
### Forehand Sweep Pass:

- Proper grip; top hand pushes in, bottom hand pushes out
- Body parallel to target, ring start at back skate brought to front skate where it is then released
- Follow through; transfer weight from back foot to front foot
- Point at target with stick upon release

## Purple Drill 1:

**Tight Turns w/ Ring:** Players line up in 2 lines. The first player begins to skate through the pylon course. Stay as close to the pylon as they can while protecting the ring. Once finished the course, the player can then go in and shoot on net. After the first player gets to the second pylon, the next player can go.

- Tight Turns:**
- Skate, glide, inside foot is ahead (leading)
  - Knees are flexed
  - On entering the turn, rotate head and shoulders around the point of the turn (pylon)
  - On completing turn, cross outside foot over inside foot.



### Common Errors to look for and Correct:

- Head and shoulders are not turned to lead the way
- Lead foot too far ahead; wrong foot used as lead foot
- Wide turn; pressure not applied on edges

## Purple Drill 2:

**Mini Pancake Passing:** Players line up in 2 lines on the blue line. 1 line has rings. 1 player from each line will go at the same time. Players will skate to the first set of pylons, turn towards each other. The player with the ring will pass to the other player and continue skating. \*repeat\* Players will shoot on net at the end.

### Forehand Sweep Pass:

- Proper grip; top hand pushes in, bottom hand pushes out
- Body parallel to target, ring start at back skate brought to front skate where it is then released
- Follow through; transfer weight from back foot to front foot
- Point at target with stick upon release

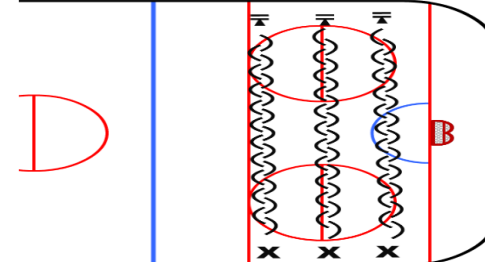
## Green Drill 1:

### Backwards C Cuts: \*\* Review\*\*

Players line up facing the boards and skate backwards to the far boards using their backwards "C" cuts with only their left foot. \*\*Repeat using their right foot. \*\* Repeat using both feet.

### Backward C Cuts:

- Ready Position
- Weight on starting foot, slightly in front of the other
- Make a full extended "C" with skating foot (cutting ice)
- Return skating foot underneath body



### Common Errors:

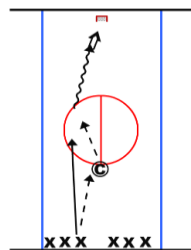
- Watching feet
- "C" not fully extended (not cutting ice)
- Straightening up after start

## Green Drill 2:

**Backhand Passing:** You need to have two lines so that all the players are on their back hand. Have them skate along the boards making back hand passes to themselves through the pylons. Once they reach the goalline they skate up to the pylon on the blue line do a tight turn and go and take a shot on the net.

### Backhand Passing:

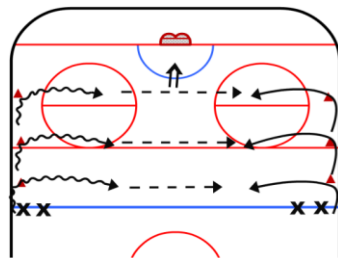
- proper grip; back of the bottom hand facing the target
- ring is brought from back foot to front foot with sweeping motion across body (arms fully extended)
- weight transfer from back foot to front foot
- follow through at front foot



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**Common Errors:**

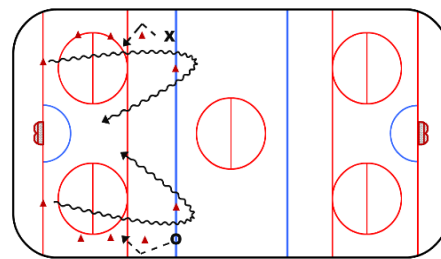
- Bringing ring too far behind back foot
- Release of ring not at front foot
- No follow through; not pointing stick in proper direction
- Watching ring instead of the target



InnoSport™

**Common Errors:**

- Bringing ring too far behind back foot
- Release of ring not at front foot
- No follow through; not pointing stick in proper direction
- Watching ring instead of the target



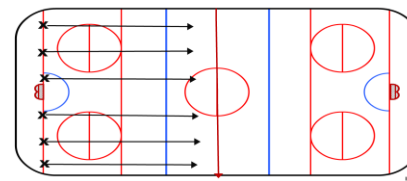
InnoSport™

**Common Errors:**

- Pulling ring too far in, causing the ring to be lifted off the ice.
- Improper follow through; not pointing the stick at the target
- Not releasing ring when arms extended at front foot
- Watching the ring instead of the target

**All Together:**

**Snow Queen:** Make sure that you have all your players lined up on the goal line at one end. You can either have the players go one at a time or as a group. When the coach says "go" the players skate as hard as they can to the blue line, then they slide on their tummy and see how much snow they have on their jerseys.



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**Red Drill 3:**

**\*\*Switch Ice position with GREEN'S**

**Lead Passing:** Players are split into 2 lines in the corner. First player skates and receives a ring from the other line. Player stabs the ring and skates around the pylon at the ringette line and shoots. The player who passed the ring will go.

**Purple Drill 3:**

**Horse Shoe W/ Goalie:** Players line up in each corner. 1 player from the first corner will skate around the pylon and receive a pass from the second corner and shoot. The player who just passed the ring will skate around the pylon and receive a pass from the other corner and shoot.

**Green Drill 3:**

**\*\*Switch Ice position with RED's**

**Station 1: Backhand Flip Shot:**

Players in partners will take turns holding their stick against the boards giving a target. Using their backhand shot they will try to hit their partners stick.

**Lead Passing**

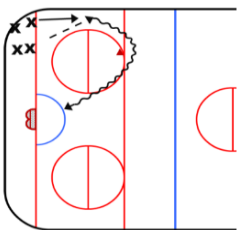
- Proper grip on stick
- Point at target with stick upon release
- Explain that the ring should be in front of their teammate

**Forehand Sweep Pass:**

- Proper grip; top hand pushes in, bottom hand pushes out
- Body parallel to target, ring start at back skate brought to front skate where it is then released
- Follow through; transfer weight from back foot to front foot
- Point at target with stick upon release

**Backhand flip shot:**

- Same body position as backhand sweep pass
- Arms bent inward; ring closer to your body
- A "shoveling" action from back foot to front foot, releasing by pointing at open area of net

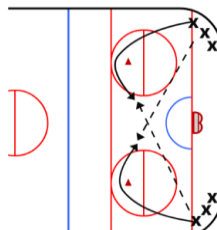


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**Common Errors:**

- Not looking at target.
- Not forceful enough.
- Bringing ring too far behind back foot.
- Release of ring not at front foot.

-Not



InnoSport™

**Common Errors:**

- Bringing ring too far behind back foot
- Release of ring not at front foot
- No follow through; not pointing stick in proper direction
- Watching ring instead of the target

-

**Common errors to look for and correct:**

- Switching grip in order to always use forehand
- Incorrect weight transfer
- Incorrect follow through; not aiming for an open area of the net
- Too high of a follow through

**Red Drill 4:**

**Race 4 the Ring:** Players are divided into 1 line in each corner. one at a time, 1 player from each corner will race a player from the other corner to the ring. The player who gets the ring first will attempt to shoot. The other player will check the player with the ring.

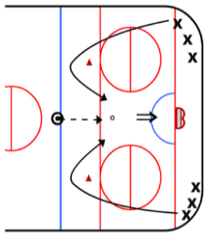
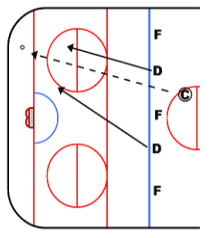
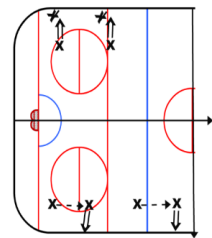
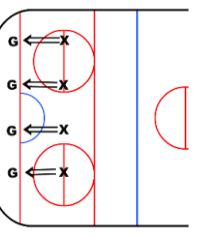
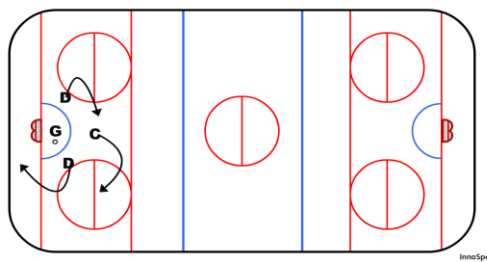
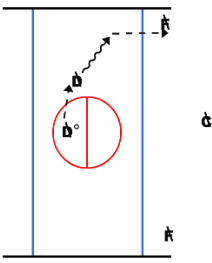
**Purple Drill 4:**

**Know your zone:** Give 5 players a position and line them up on the blue line. The instructor will throw a ring into the zone and yell go. Players will then skate to where they are allowed to go: Defence will go and get the ring, forwards will skate to the ringette line. The defence have to get the ring and skate it out

**Green Drill 4:**

**Station 2:**

One timer Backhand Shot: In partners players will take turns passing to each other practicing their backhand one timers.

<p><b>Introduction to Tight Turns:</b> Challenge players to stay as close to the pylon as they can. <b>Checking:</b> -Position body facing opponent. -Sweep stick across the body from one side to the other. -Contact is made at point where opponents stick meets the ring. -Strong follow through will direct the ring</p>	<p>ringette line. The defence have to get the ring and skate it out and pass over the blue line to the forwards.</p>	<p><b>Backhand flip shot:</b></p> <ul style="list-style-type: none"> <li>• Same body position as backhand sweep pass</li> <li>• Arms bent inward; ring closer to your body</li> <li>• A "shoveling" action from back foot to front foot, releasing by pointing at open area of net</li> </ul>
		
<p><b>** Instructors and Coaches may need to go through the lines so match different players up so they are not always going with the same person on the other side.</b></p>	<p><b>* Start with saying the zone is the "defensive zone" or "our zone". Once players understand that Defence go into "our zone", tell players that it is now the "offensive zone" or "the other team's zone" and re do the drill with the forwards going in and the defence stopping at the ringette line.</b></p>	<ul style="list-style-type: none"> <li>• Make sure players are receiving the ring on their backhands (might have to switch spots with passer)</li> <li>• Passer to try to pass the ring to the shooters back foot</li> </ul>
<p><b>All Together:</b></p>		
<p><b>Playing Goalie:</b></p> <p>Have players set up in partners. One partner will be the 'goalie' and the other partner will be shooting. Have the player who is shooting to shoot on the ice and aim for the 'goalies' feet. The 'goalie' player will practice dropping to her knees to stop the ring.</p>		
<p><b>Goalie Break-out:</b> Start out by getting the girls set up as if it was a goalie ring. When the coach says go all the girls have to move and try and get to an open area so the goalie can throw them the ring. Once they are good at getting open add in some stationary players so the goalie know they can't pass to those areas. the next progression would be to have 3 checkers that the defense needs to get away from as in a real game. You can have one girl at a time being goalie.</p>		<p><i>Talk about the positions in the defensive zone. Goalie, 2 Defense and one Center. Remind the players that only the goalie is allowed to go in the crease and that they only have 5 seconds to hold the ring before they have to find one of their team mates to throw it out to so they have to get open as fast as they can.</i></p>
<p><b>Centre Free Pass: ** Review with everyone**</b></p> <p>Have 1 D stand inside the circle with the ring. When the Coach/Instructor blows the whistle, the player will pass the ring to the other D. Now that D will skate with the ring to the blue line and pass to one of the Forwards. Remind players to pass over the blue line to their forward players.</p>		



# R4U RURAL LESSON PLAN

When Lesson breaks into 3 groups, divide your players into their 3 stages (Red, Purple & Green) \*Red Groups should be in the middle of the ice (between Blue lines or Ringette Lines)

\*Waterbreaks through out the lesson when needed

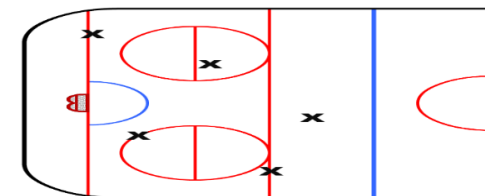


Lesson: Five

Week: Five

## All Together:

**Freeze Tag:** 2-3 Players are appointed as it. All the players skate around to avoid being "tagged". If a player gets "tagged" they must stand still, hold their arms out and wait for a player to skate under their arms. Now both players can re-join the game.



## Red Drill 1:

### T-Start:

All players will line up with their backs to the boards. Practice gliding with 1 foot, while the other foot pushes all the way to the boards. Practice snowplough stop when reaching the boards. Repeat using the other leg.

## Purple Drill 1:

**Backwards Relay Race:** Players line up in 3 groups. The first player from each group will go first. Player skates backwards to the ringette line, transition to forwards and skate to the blue line. Players pick up a ring, skate forwards towards the pylon, slide on their belly, get back up and skate to the goal line. Next player goes.

## Green Drill 1:

### V-Starts: \*Review\*

Instructor must demonstrate the correct way to do a v-start. Players line up with their backs to the boards and skate forwards stopping at each pylon "line" and starting over until they reach the other side.

### T-Start:

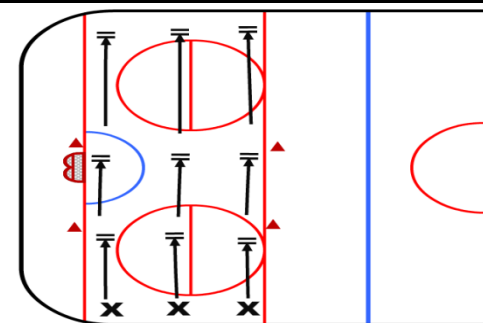
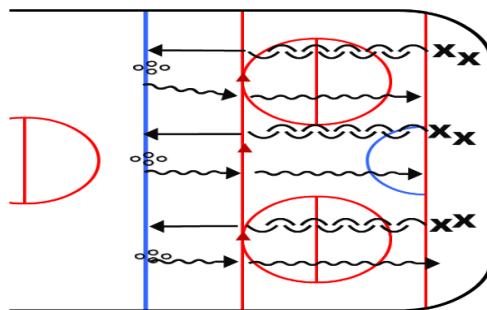
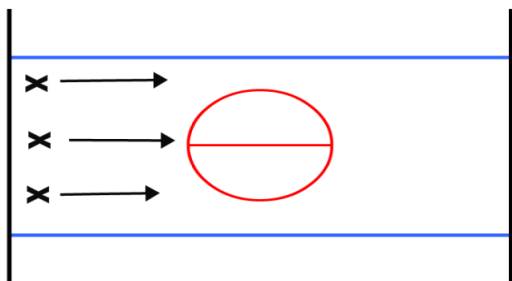
- Ready Position
- Make a "T" with one foot
- Hard push using back blade
- Use all joints in push (ankle, knee, hip)

### Backward C Cuts:

- Ready Position
- Weight on starting foot, slightly in front of the other
- Make a full extended "C" with skating foot (cutting ice)
- Return skating foot underneath body

### V-Starts: -Ready Position

- Make a "V" with feet (heels don't touch)
- Lean into start, at the point where you "feel" you are going to fall, take a few steps
- Begin Striding
- Proper Grip on the stick



### Common Errors of T-starts:

- \* Standing up straight up
- \* Not pushing on full blade
- Leg only partially extended

### Common Errors:

- Watching feet
- "C" not fully extended (not cutting ice)
- Straightening up after start

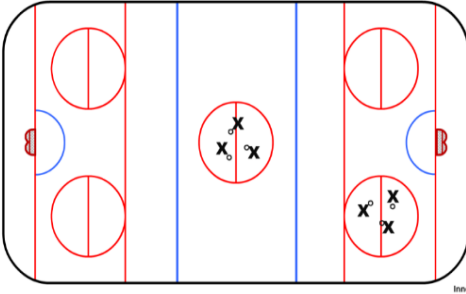
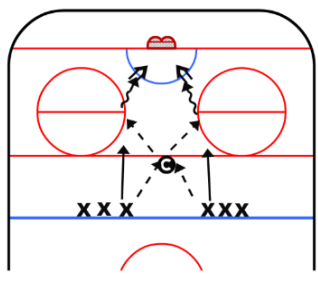
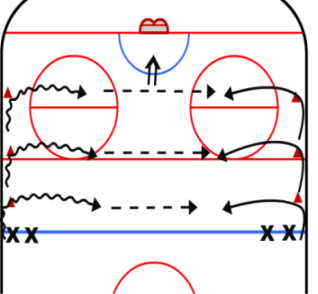
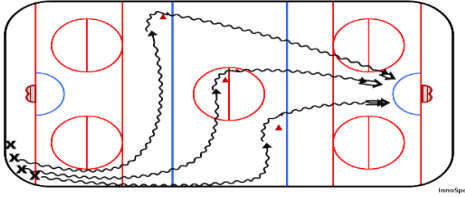
### Common Errors:

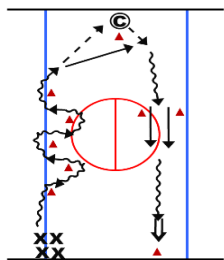
- heels together
- knees not bent
- not "feeling" the fall
- no full extension of the stride

## Red Drill 2:

## Purple Drill 2:

## Green Drill 2:

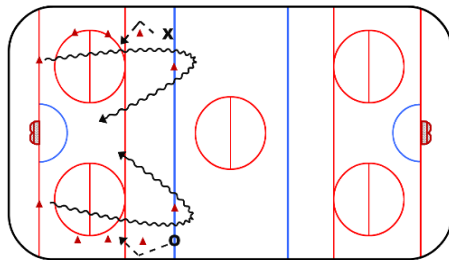
<p><b>Keep Away:</b></p> <p>Inside the centre circle, only 2 (or 3 if large squad) person has a ring. They need to "keep it away" from the other players trying to check them.</p>	<p><b>Forehand Pass:</b> Players line up in 2 lines across the blue line. The first player in line will pass to the Instructor and begin skating towards the net. The Instructor will pass back to the player, and the player will shoot on net, then go to the back of the line. The lines alternate.</p>	<p><b>Mini Pancake Passing:</b> Players line up in 2 lines on the blue line. 1 line has rings. 1 player from each line will go at the same time. Players will skate to the first set of pylons, turn towards each other. The player with the ring will pass to the other player and continue skating. *repeat* Players will shoot on net at the end.</p>
<p><b>Sweep Checking:</b></p> <ul style="list-style-type: none"> <li>-Position body facing opponent.</li> <li>-Sweep stick across the body from one side to the other.</li> <li>-Contact is made at point where opponents stick meets the ring.</li> <li>-Strong follow through will direct the ring</li> </ul>	<p><b>Forehand Sweep Pass:</b></p> <ul style="list-style-type: none"> <li>- Proper grip; top hand pushes in, bottom hand pushes out</li> <li>-Body parallel to target, ring start at back skate brought to front skate where it is then released</li> <li>-Follow through; transfer weight from back foot to front foot</li> <li>-Point at target with stick upon release</li> </ul>	<p><b>Head on Pass:</b></p> <ul style="list-style-type: none"> <li>* Point your stick to where you want the ring to be passed, then follow the ring in with your stick to catch it.*</li> <li>- Proper grip; top hand pushes in, bottom hand pushes out</li> <li>-Follow through; transfer weight from back foot to front foot</li> <li>-Point at target with stick upon release</li> </ul>
		
<p><b>Common errors:</b></p> <ul style="list-style-type: none"> <li>• Stick is swung too forcefully</li> <li>• Stick makes contact too high</li> <li>• Not enough follow through to force the ring off the other stick</li> <li>• Check is made on top of the stick rather than underneath (going with opponents stick)</li> </ul>	<p><b>Common Errors of Forehand Sweep Pass:</b></p> <ul style="list-style-type: none"> <li>- Bringing ring too far behind back foot</li> <li>- Release of ring not at front foot</li> <li>- No follow through; not pointing stick in proper direction</li> <li>- Watching ring instead of the target</li> </ul>	<p><b>Common Errors:</b></p> <ul style="list-style-type: none"> <li>- Bringing ring too far behind back foot</li> <li>- Release of ring not at front foot</li> <li>- No follow through; not pointing stick in proper direction</li> <li>- Watching ring instead of the target</li> </ul>
<p><b>All Together:</b></p> <p><b>3 Lane Shooting:</b></p> <p>Players line up in the corner. 3 at a time they will begin. The first player will skate to the far blue line, skate across the blue line, around their pylon and go shoot on net. The second player will skate to the red line, skate across the red line, around their pylon and go shoot on net. The third player will skate to the close blue line, skate across the blue line, around their pylon and go shoot on net.</p>		
<p><b>Red Drill 3:</b></p> <p>Obstacle Course: Players line up on the blue line with a ring, they skate through the pylons turning as close to the pylons as they can. Then the player passes to the coach at the boards, and gets a pass back, before sliding through the pylons and taking a shot aiming for the pylon.</p>	<p><b>Purple Drill 3:</b></p> <p><b>Backhand Passing:</b> You need to have two lines so that all the players are on their back hand. Have them skate along the boards making back hand passes to themselves through the pylons. Once they reach the goalline they skate up to the pylon on the blue line do a tight turn and go and take a shot on the net.</p>	<p><b>Green Drill 3:</b></p> <p><b>Backwards Relay Race:</b> Players line up in each corner. The first player goes, skating backwards towards the ringette line. Then they transition to forwards, pick up a ring and skate around the pylon. Then players transition to backwards at the blue line, skate backwards to the ringette line, transition to forwards and shoot on net.</p>
<p><b>Tight Turns:</b></p> <ul style="list-style-type: none"> <li>• Skate, glide, inside foot is ahead (leading)</li> <li>• Knees are flexed</li> <li>• On entering the turn, rotate head and shoulders around the point of the turn (pylon)</li> <li>• On completing turn, cross outside foot over inside foot. <b>Getting back up</b></li> </ul>	<p><b>Backhand Passing:</b></p> <ul style="list-style-type: none"> <li>• proper grip; back of the bottom hand facing the target</li> <li>• ring is brought from back foot to front foot with sweeping motion across body (arms fully extended)</li> <li>• weight transfer from back foot to front foot</li> <li>• follow through at front foot</li> </ul>	<p><b>Transitions:</b></p> <ul style="list-style-type: none"> <li>• skate forward / backward; glide right before turn</li> <li>• Turn Head, Twist shoulders, then waist/hips, then knees, (feet will follow)</li> <li>• begin backwards / forwards skating motion.</li> <li>• Keep your head up and glancing behind you</li> </ul>



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**Common Errors to look for and Correct:**

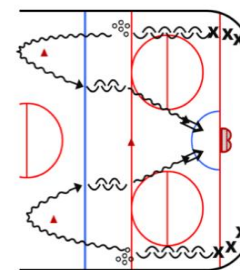
- Head and shoulders are not turned to lead the way
- Lead foot too far ahead; wrong foot used as lead foot
- Wide turn; pressure not applied on edges



InnoSport™

**Common Errors:**

- Pulling ring too far in, causing the ring to be lifted off the ice
- improper follow through; not pointing the stick at the target
- not releasing ring when arms extended at front foot
- watching the ring instead of the target



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**Common Errors:**

- Stopping before turning
- gliding too soon in order to slow down
- lifting a foot up to turn the body
- head down

**Red Drill 4:**

You will have one player lined up on the boards and the other players in your group lined up just off the blue line but staggered as shown. The Player who is on the boards with the ring will start skating and as she skates towards each player she will pass to them and receive the pass back. If you have a lot of players in your group you can always do this in two lines.

**Purple Drill 4:**

**Race for the Ring:** Players are divided into 1 line in each corner. one at a time, 1 player from each corner will race a player from the other corner to the ring. The player who gets the ring first will attempt to shoot. The other player will check the player with the ring.

**Green Drill 4:**

**Stops with the Ring:**

Players line up in the corner with a ring. One at a time players will skate through the pylons, making a complete stop at every pylon. Players will skate around the last pylon and take a shot on net, aiming for the pylon in the net.

**Forehand Sweep Pass:**

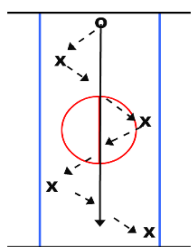
- Proper grip; top hand pushes in, bottom hand pushes out
- Body parallel to target, ring start at back skate brought to front skate where it is then released
- Follow through; transfer weight from back foot to front foot
- Point at target with stick upon release

**Tight Turns:**

- Skate, glide, inside foot is ahead (leading)
- Knees are flexed
- On entering the turn, rotate head and shoulders around the point of the turn (pylon)
- On completing turn, cross outside foot over inside foot.

**Parallel Stops:**

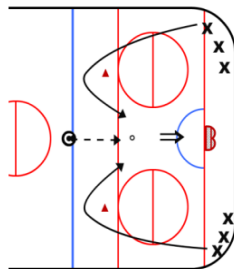
- Skate, glide, turn head in direction of stop, then shoulders and hips (skates will follow)
- Push outward with equal pressure on both feet
- Return to ready position



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**Common Errors of Forehand Sweep Pass:**

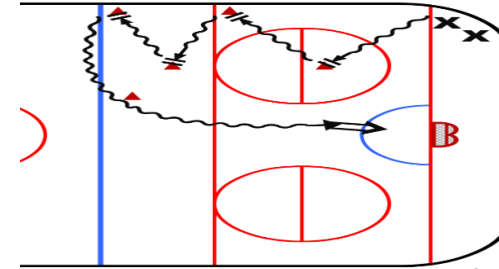
- Bringing ring too far behind back foot
- Release of ring not at front foot
- No follow through; not pointing stick in proper direction
- Watching ring instead of the target



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**Common Errors to look for and Correct:**

- Head and shoulders are not turned to lead the way
- Lead foot too far ahead; wrong foot used as lead foot
- Wide turn; pressure not applied on edges



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**Common Errors:**

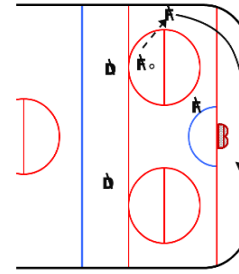
- unequal weight distribution on feet
- feet too close or too far
- dragging follow up foot
- knees not bent

**All Together:**

**Divide players into 2 groups. Players spend approximately 10 minutes in each station before switching.**

**STATION #1 Offensive Free Pass:**

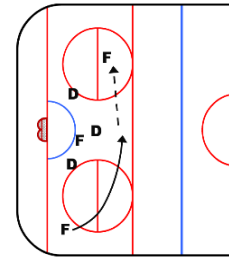
Have 1 Forward stand in the circle with the ring. They pass to the forward standing right outside the circle. That forward will then skate with the ring and pass to another line mate. Once every player has touched the ring they will try and score.



*Get players used to passing in 5 seconds.  
Only the Forwards are allowed in the offensive zone.  
Teach players when/why they get an offensive free pass.*

**STATION #2 Playing Forward:**

Give each player a position (forward or D). Have the D stand in front of the net. The forwards will skate and pass in the offensive zone and try to shoot on net and score. The D will try and stop the forwards.



*Encourage players to pass the ring to their line mates.  
Encourage players to shoot on net after everyone on their team has touched the ring.*

# R4U RURAL LESSON PLAN

When Lesson breaks into 3 groups, divide your players into their 3 stages (Red, Purple & Green) \*Red Groups should be in the middle of the ice (between Blue lines or Ringette Lines)

\*Waterbreaks through out the lesson when needed



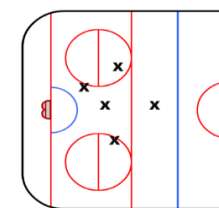
Lesson: Six

Week: Six

## All Together:

### Frenamies:

Players in group of 3's will start as friends and pass while skating, when coach yells "enemies" the players will start checking, coach will yell "friends" and players will start passing again.



### Red Drill 1:

#### Partner Passing:

Players line up in 2 lines. The first player from each line will go together, passing back and forth until they reach the crease. Whichever player has the ring will then shoot. \* this drill can be modified to take place in the middle of the ice.\*

### Purple Drill 1:

#### Backhand Lead Passes:

Players line up in 2 lines. 1 player from the first line will begin to skate, the first player from the second line will make a lead pass to the player from the first line. The player receiving the pass will go in and shoot. The player who made the pass will begin skating and receive a pass from the other line.

### Green Drill 1:

Players are split into 4 lines. 1 line on each dot by the blue line and 1 on each dot in the circles. One line has rings. Players with rings pass to the line in front of them then follow their pass. Line #2 pass to the line in the next circle and follow their pass. Line #3 passes to the line at blue line and follow their pass. Line #4 goes in a shoots then lines up in line #1. Drill is continuous.

### Forehand Sweep Pass:

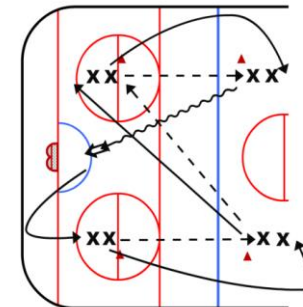
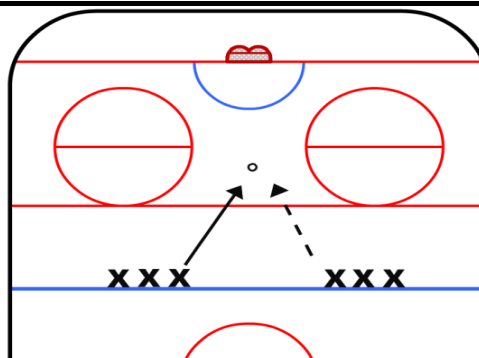
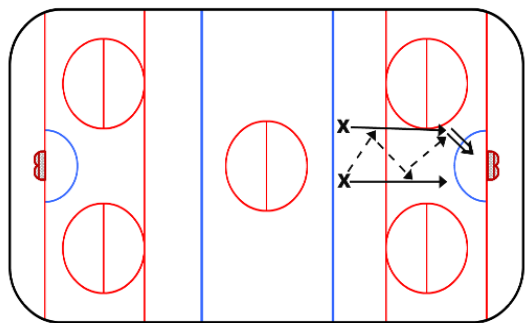
- Proper grip; top hand pushes in, bottom hand pushes out
- Body parallel to target, ring start at back skate brought to front skate where it is then released
- Follow through; transfer weight from back foot to front foot
- Point at target with stick upon release

### Backhand Passing:

- proper grip; back of the bottom hand facing the target
- ring is brought from back foot to front foot with sweeping motion across body (arms fully extended)
- weight transfer from back foot to front foot
- follow through at front foot

### Forehand Sweep Pass:

- Proper grip; top hand pushes in, bottom hand pushes out
- Body parallel to target, ring start at back skate brought to front skate where it is then released
- Follow through; transfer weight from back foot to front foot
- Point at target with stick upon release



**Common Errors:** - Bringing ring too far behind back foot  
- Release of ring not at front foot  
follow through; not pointing stick in proper direction  
- Watching ring instead of the target

- No

**Common Errors:**  
-Pulling ring too far in, causing the ring to be lifted off the ice  
-improper follow through; not pointing the stick at the target  
-not releasing ring when arms extended at front foot  
- watching the ring instead of the target

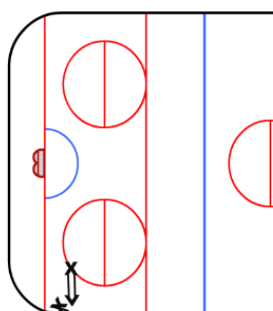
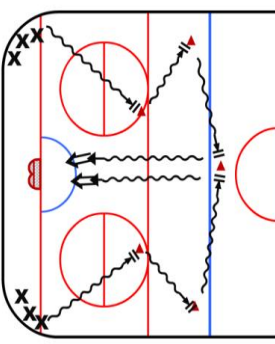
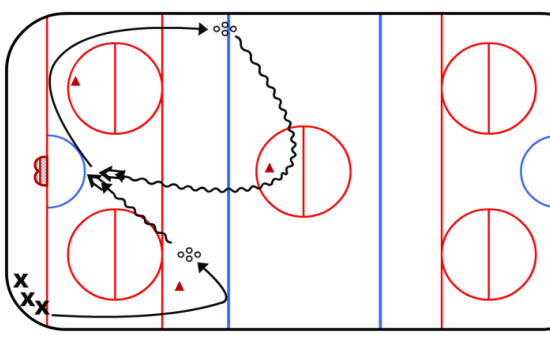
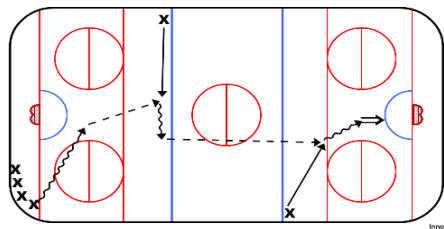
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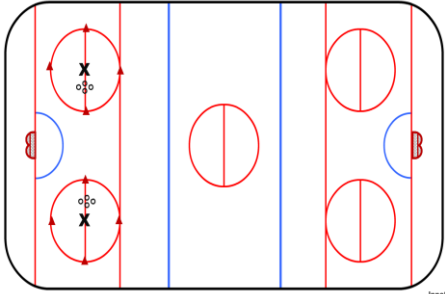
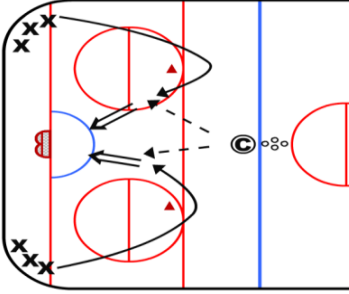
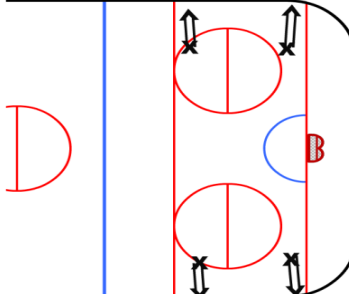
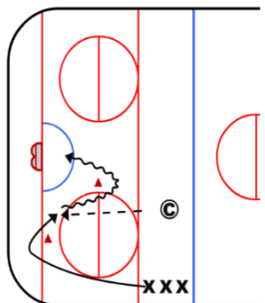
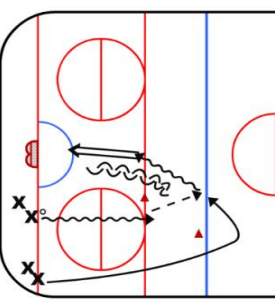
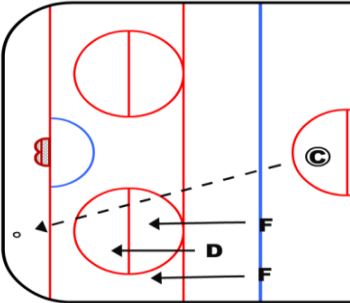
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### Red Drill 2:

### Purple Drill 2:

### Green Drill 2:

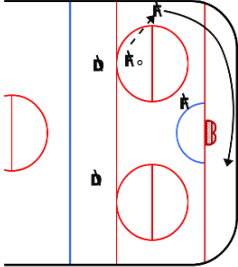
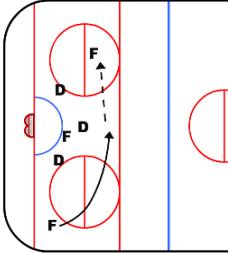
<p><b>Shooting accuracy:</b> Get players into partners. One player will point stick on ice against boards, the players are trying to hit the stick with their shot.</p>	<p><b>Parallel Stops:</b> Players start in corner with ring. The parallel stop at each pylon, practicing stopping on both sides. Make sure players are keeping the ring close to the body.</p>	<p>Players line up in the corner. 2-3 at a time players begin to skate towards first pylon. Players pick up a ring and take a shot on net. The players continue around the next pylon and up to the next pile of rings. Players grab a ring, skate around the last pylon and go take a shot on net. Encourage players to use crossovers around pylons.</p>		
<p><b>Forehand Sweep Shot:</b> -Proper grip; top hand pushes in, bottom hand pushes out. -Body parallel to target, ring starts at back skate brought to front skate where it is then released. -Follow through; transfer weight from back foot to front foot. -More force and power while aiming at an open area of net.</p>	<p><b>Parallel Stop:</b></p> <ul style="list-style-type: none"><li>• Skate, glide, turn head in direction of stop then turn shoulders and hips (skates will follow)</li><li>• Push outward with equal pressure on both feet</li><li>• Return to ready position</li></ul>	<p><b>Forward crossovers:</b></p> <ul style="list-style-type: none"><li>• The outside foot pushes outward and then is “stepped” across in front of the inside leg, weight transfers onto this leg when it placed on the ice</li><li>• The inside foot pushes outward behind the opposite skate as it is being placed on the ice; recover this foot to the starting position</li></ul>		
				
<p><i>Common errors:</i></p> <ul style="list-style-type: none"><li>• Not looking at target</li><li>• Not forceful enough</li><li>• Bringing ring too far behind back foot</li><li>• Release of ring not at front foot</li><li>• No follow through; not pointing stick in the proper direction</li></ul>	<p><i>Common errors:</i></p> <ul style="list-style-type: none"><li>• Unequal weight distribution on feet</li><li>• Feet too close or too far apart</li><li>• Dragging follow up foot</li><li>• Head, shoulders and hips not facing in the direction of stop</li></ul>	<p><i>Common errors to look for and correct:</i></p> <ul style="list-style-type: none"><li>• Incorrect foot crossing over</li><li>• Crossover leg too high</li><li>• Knees too bent</li></ul>		
<p><b>All Together:</b> Players line up in the corner, with 2 additional players lining up where indicated. The player from the corner starts out with the ring. They pass to player B on the first blue line who is skating across for the pass. Player B then passes to Player C who is skating on the far blue line for the pass. Player C goes in and shoots.</p>				
<p>Red Drill 3:</p>		<p>Purple Drill 3:</p>	<p>Green Drill 3:</p>	
<p><b>Stationary Target Passing:</b> You need to set up 4 pylons around the circle. Have one girl in each circle at a time. She has 4 rings to try and knock down/away the pylon. Once she is done the next girl can go. Have all the other grls who are not in the circle, passing with a partner.</p>	<p><b>Receiving the Ring:</b> Have the players lined up at either end of blue line without rings. Coach will stand at the ringette line in the middle. One at a time 1 player will skate around pylon and receive a pass from the coach, they will then turn and shoot.</p>		<p>Players will practice their flip shots against boards</p>	

<b>Forehand Sweep Pass:</b> <ul style="list-style-type: none"> <li>- Proper grip; top hand pushes in, bottom hand pushes out</li> <li>-Body parallel to target, ring start at back skate brought to front skate where it is then released</li> <li>-Follow through; transfer weight from back foot to front foot</li> <li>-Point at target with stick upon release</li> </ul>	<b>Receiving the Ring:</b> <ul style="list-style-type: none"> <li>• head up; body behind the ring</li> <li>• keep stick close to the ice; "telescope" the ring with your stick until they meet before your feet</li> <li>is in the air stop it with hand; do not catch</li> </ul>	<b>Forehand flip shot:</b> <ul style="list-style-type: none"> <li>• Body and toes facing your target</li> <li>• Bring ring towards body and rotate wrists to lift the ring off the ice</li> <li>• Follow through pointing stick at open area of net</li> </ul>
		
<b>Common Errors of Forehand Sweep Pass:</b> <ul style="list-style-type: none"> <li>- Bringing ring too far behind back foot</li> <li>- Release of ring not at front foot</li> <li>- No follow through; not pointing stick in proper direction</li> <li>- Watching ring instead of the target</li> </ul>		<b>Common errors to look for and correct:</b> <ul style="list-style-type: none"> <li>• Lifting stick too high; resulting in too high of a shot</li> <li>• Stick not skinny side up</li> <li>• Not turning wrists</li> </ul>
<b>Red Drill 4:</b>	<b>Purple Drill 4:</b>	<b>Green Drill 4:</b>
<b>Shooting:</b> <p>Players line up at ringette line without rings. 1 coach stands at ringette line with rings. One player at a time will skate around pylon and receive a pass from coach. The player will stab the ring and will take a shot.</p>	<p>Players are divided into a defense line and a forward line. The defense starts with the ring. The defense and forward begin to skate at the same time towards their respective pylons. The defense passes to the forward skating around the pylon. The forward is now skating one on one in on the defense. This drill can be run out of both corners, <u>staggering so they do not conflict</u></p>	<p>Have 2 lines of forwards and 1 line of defense at blue line (defense can get a bit of a head start). Coach will toss a ring into the corner and all three players will chase after it. Forwards are checking the defence to go shoot. Defence is trying to bring the ring out over the ringette line.</p>
<b>Forehand Sweep Shot:</b> -Proper grip; top hand pushes in, bottom hand pushes out. <ul style="list-style-type: none"> <li>-Body parallel to target, ring starts at back skate brought to front skate where it is then released.</li> <li>-Follow through; transfer weight from back foot to front foot.</li> <li>-More force and power while aiming at an open area of net.</li> </ul>	<b>Defense &amp; Offence Tactics</b> <p>Explain the difference between defense and offence</p> <ul style="list-style-type: none"> <li>• Where do the defense play? Where do the forwards play?</li> <li>• What do the defense do? What do the forwards do?</li> </ul>	<b>Encourage the forwards to split up and "sandwich" defence.</b>
		

<p>Common errors:</p> <ul style="list-style-type: none"> <li>• Not looking at target</li> <li>• Not forceful enough</li> <li>• Bringing ring too far behind back foot</li> <li>• Release of ring not at front foot</li> <li>• No follow through; not pointing stick in the proper direction</li> </ul>	<p>Coaches should skate with the players and help them through this drill for the first couple tries. Focus on the distance between players and how to check in this situation.</p>	<p>Remind the Defence to keep their feet moving and skate through trouble. It is easier for the Defence to skate in the direction that the forward is pulling the ring.</p>
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All Together:      \*\*review from last week \*\*\*

Divide players into 2 groups. Players spend approximately 10 minutes in each station before switching.

<p><b>STATION #1 Offensive Free Pass:</b></p> <p>Have 1 Forward stand in the circle with the ring. They pass to the forward standing right outside the circle. That forward will then skate with the ring and pass to another line mate. Once every player has touched the ring they will try and score.</p>	 <p>innosport®</p>	<p>Get players used to passing in 5 seconds.</p> <p>Only the Forwards are allowed in the offensive zone.</p> <p>Teach players when/why they get an offensive free pass.</p>
<p><b>STATION #2 Playing Forward:</b></p> <p>Give each player a position (forward or D). Have the D stand in front of the net. The forwards will skate and pass in the offensive zone and try to shoot on net and score. The D will try and stop the forwards.</p>	 <p>innosport®</p>	<p>Encourage players to pass the ring to their line mates.</p> <p>Encourage players to shoot on net after everyone on their team has touched the ring.</p>

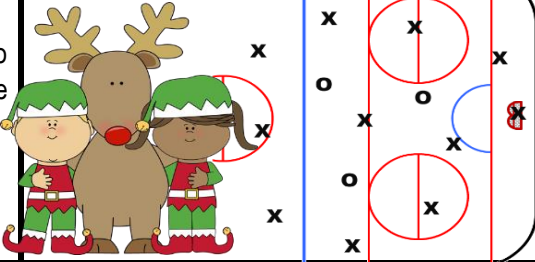
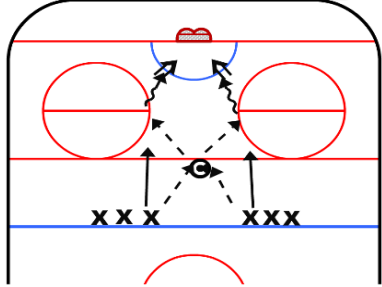
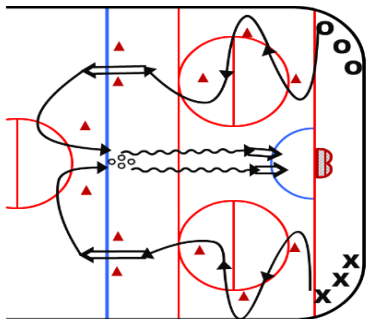
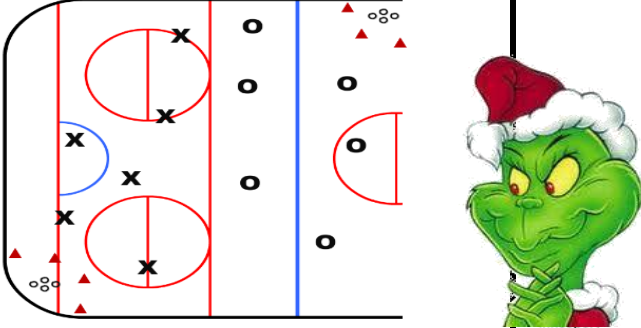


# R4U SQUAD PARTY LESSON PLAN

ONE SQUAD IS HAVING THEIR SQUAD PARTY ON HALF THE ICE WHILE THE OTHER SQUAD IS TAKING THEIR REGULARLY SCHEDULED LESSON ON THE OTHER HALF.



DRILL & EXPLANATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:
<b>Warm up:</b> 1 or 2 laps around the ice depending on the level of participants. * Review Safety Rules*			<b>Safety Rules:</b> -Keep your stick pointed down. -Do not hit anyone with your stick. -No pushing/shoving -Always listen to the Instructor/Coaches
<b>Red / Green light:</b> Players line up along the boards. When the Instructor yells green light, players skate forwards. When the Instructor yells red light, players stop. When the Instructor yells yellow light players stop & turn around in a circle.	<b>Forward Skating &amp; Stops:</b> (Friends - Snowplow Stops) (Red / Purple - Snowplow Stops) (Green - Parallel Stops)		Give Friends a little instruction on how to snowplow stop. Encourage current players to stop using the stop they are currently working on.
<b>Partner Passing:</b> Instructors introduce and demonstrate the basics of the sweep pass (for friends). Players work in pairs, passing the ring back and forth. Count out loud how many complete passes they can make in a row. (Encourage Purple/Green players to exclusively use backhand passes)	<b>Forehand Sweep Pass:</b> -Proper grip; top hand pushes in, bottom hand pushes out -Body parallel to target, ring start at back skate brought to front skate where it is then released -Follow through; transfer weight from back foot to front foot -Point at target with stick upon release		<b>Backhand Passing: (for Existing Players)</b> <ul style="list-style-type: none"> <li>proper grip; back of the bottom hand facing the target</li> <li>ring is brought from back foot to front foot with sweeping motion across body (arms fully extended)</li> <li>weight transfer from back foot to front foot</li> <li>follow through at front foot</li> </ul>
<b>Snowball Fight:</b> Divide players evenly into 2 teams. The goal of the game is to have no "snowballs" left on your side of the playing surface when the Instructor says stop. Players are not allowed to cross the pylon line.	<b>Forehand Sweep Pass:</b> -Proper grip; top hand pushes in, bottom hand pushes out -Body parallel to target, ring start at back skate brought to front skate where it is then released -Follow through; transfer weight from back foot to front foot -Point at target with stick upon release		Ensure that you are dividing players equally with the same amount of "friends" on each side.

Drill & Explanation:	Skill Breakdown:	Diagram:	Instructor/Coach Tips:
<p><b>Elves &amp; Reindeer:</b></p> <p>All the players are the Reindeer and the instructor and coaches are the Elves. The Elves have to tag or "catch" the Reindeer. Once tagged the Reindeer have to go and sit in the net (barn) until a coach or Instructor yells "Merry Christmas" then all the Reindeer escape and start skating again.</p>			<p>Switch it up and have the players be the Elves and the coaches/instructors be the Reindeer.</p>
<p><b>Give &amp; Go Shooting:</b></p> <p>Players line up in 2 lines across the blue line. The first player in line will pass to the Instructor and begin skating towards the net. The Instructor will pass back to the player, and the player will shoot on net, then go to the back of the line. The lines alternate.</p>	<p><b>Forehand Sweep Shot: (For Friends)</b></p> <ul style="list-style-type: none"> <li>-Proper grip; top hand pushes in, bottom hand pushes out.</li> <li>-Body parallel to target, ring starts at back skate brought to front skate where it is then released.</li> <li>-Follow through; transfer weight from back foot to front foot.</li> </ul>		<p><b>Backhand Flip Shot: (Teach ALL)</b></p> <ul style="list-style-type: none"> <li>• Same body position as backhand sweep pass</li> <li>• Arms bent inward; ring closer to your body</li> <li>• A "shoveling" action from back foot to front foot, releasing by pointing at open area of net</li> </ul>
<p><b>Relay Race:</b></p> <p>Players are divided into 2 teams. One player from each team will begin skating around the pylons, sliding on their belly through the pylons, pick up a ring and go shoot on net.</p>	<p><i>Encourage all players to cheer on their "team mates" loudly.</i></p>		<p><b>Tight Turns: (for existing players)</b></p> <ul style="list-style-type: none"> <li>• Skate, glide, inside foot is ahead of other foot (leading around turn)</li> <li>• Knees are flexed</li> <li>• On entering the turn, rotate head and shoulders around the point of the turn (pylon)</li> <li>• On completing turn, cross outside foot over inside foot to gain speed and balance</li> </ul>
<p><b>Mr. Grinch:</b></p> <p>Players are divided into 2 teams. Each team has a corner of "presents". The object of the game is to steal the other teams presents. Players are safe on their home side of the ringette line. As soon as they cross the line they may be tagged and have to sit where they are tagged. To be saved, a team mate must come and grab their hand. Both players get a free pass to skate back to their side.</p>			

# R4U RURAL LESSON PLAN

When Lesson breaks into 3 groups, divide your players into their 3 stages (Red, Purple & Green) \*Red Groups should be in the middle of the ice (between Blue lines or Ringette Lines)

\*Waterbreaks through out the lesson when needed



Lesson: Eight

Objective:  
Skating & Checking

All Together:

## Instructor / Coach Game of Choice.

Red Drill 1:

**V-Starts:** *(Run this drill in between the 2 blue lines)* Instructor must demonstrate the correct way to do a v-start. Players line up with their backs to the boards and skate forwards stopping at each pylon "line" and starting over until they reach the other side.

Purple Drill 1:

**Backwards C Cuts with V Stops:**

Players line up facing the boards and skate backwards to the blue line using their backwards "C" cuts. Players practice stopping in their Backwards "V" Stop.

Green Drill 1:

**Forward Cross-overs:** Instructor will demonstrate the proper way to do a crossover. Players will skate around the circles practicing their cross overs on both sides. Switch corners. Players will go 2 players at a time. Once the set of players completes 1 full circle, the next set will begin.

**V-Starts:** -Ready Position

-Make a "V" with feet (heels don't touch)

-Lean into start, at the point where you "feel" you are going to fall, take a few steps

Begin Striding

- Proper Grip on the stick

**BACKWARD "C" START:** - ready position, facing forward

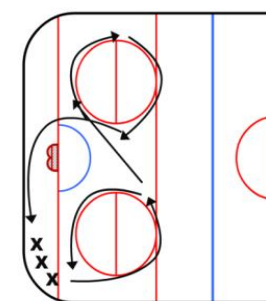
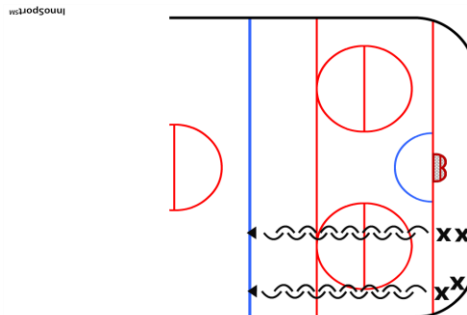
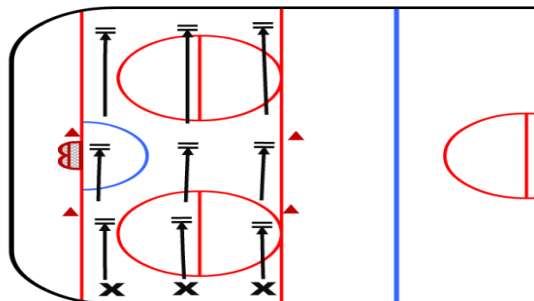
- weight on starting foot, slightly in front of the other foot

- make a full extended "C" with skating foot (cutting ice)

- return skating foot underneath body

- begin striding

**Forward Crossovers:** · the outside foot pushes outward and then is "stepped" across in front of the inside leg, weight transfers onto this leg when it is placed on the ice  
· the inside foot pushes outward behind the opposite skate as it is being placed on the ice; recover this foot to the starting position



**Common Errors:**

· heels together

· knees not bent

"feeling" the fall  
of the stride

· not

· no full extension

**Common Errors:**

· watching feet

· weight not completely on starting foot

- "C" not fully extended (not cutting ice)

-straightening up after start

**Errors to look for and correct:**

· foot doing the crossing over

· crossover leg too high

too bent (straight leg)

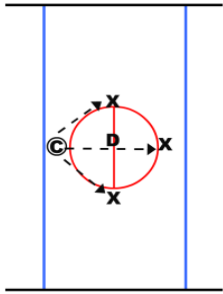
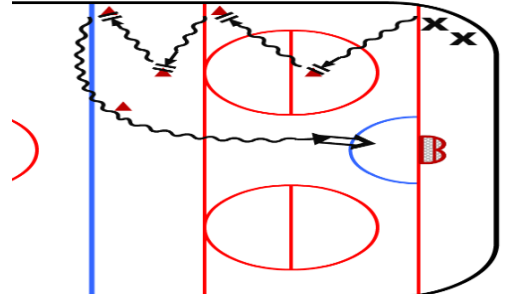
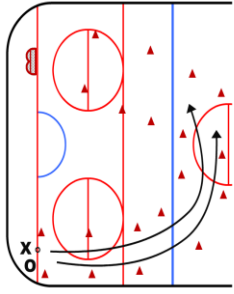
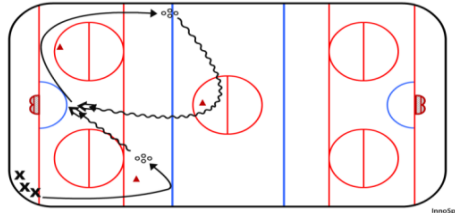
· incorrect

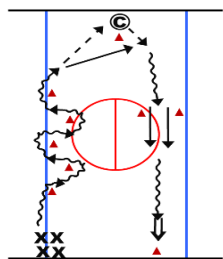
· knees

Red Drill 2:

Purple Drill 2:

Green Drill 2:

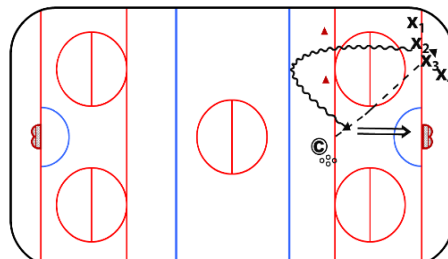
<b>Attacking the Ring:</b> The coach will pass to one of the players on the outside of the circle, that player will then pass it back to the coach and the coach will pass it to someone else. The player in the middle will skate towards the player who just received the pass and try to check them. If they get the ring then they will switch with that player.	<b>Stops with the Ring:</b> Players line up in the corner with a ring. One at a time players will skate through the pylons, making a complete stop at every pylon. Players will skate around the last pylon and take a shot on net, aiming for the pylon in the net. Switch sides half way through.	<b>One on One Side Checking:</b> Have the girls start in one corner. Two girls go at the same time. One girl has the ring. They must skate through the pylons. The one carrying the ring is trying to go take a shot while the other is checking her.
<b>Sweep Checking:</b> -Position body facing opponent. -Sweep stick across the body from one side to the other. -Contact is made at point where opponents stick meets the ring. -Strong follow through will direct the ring	<b>Introducing Parallel Stops:</b> -Skate, glide, turn head in direction of stop, then shoulders and hips (skates will follow) -Push outward with equal pressure on both feet -Return to ready position	<b>Side Check:</b> -must be in stride with opponent on the ring carrying side -aim for ring at the bottom of stick; making contact by sweeping on the ice -follow through on check must be low in order to knock the ring away from the opponent -this requires timing, patience and skating mobility
		
<b>Common errors:</b> <ul style="list-style-type: none"> <li>• Stick is swung too forcefully</li> <li>• Stick makes contact too high</li> <li>• Not enough follow through which will force the ring off opponents stick</li> <li>• Check is made on top of the stick rather than underneath</li> </ul>	<b>Common Errors:</b> <ul style="list-style-type: none"> <li>• unequal weight distribution on feet</li> <li>• feet too close or too far</li> <li>• dragging follow up foot</li> </ul> knees not bent	<b>Common Errors:</b> <ul style="list-style-type: none"> <li>- player reaching to opposite side (in wrong position)</li> <li>- clipping gloves or legs of opponent with stick in a slashing manner</li> <li>- too far behind opponent's stick and reaching</li> </ul>
<b>All Together: Snake Shooting Drill</b> <b>Snake Shooting:</b> Players line up in the corner. 2 at a time players begin to skate towards first pylon. Players pick up a ring and take a shot on net. The players continue around the next pylon and up to the next pile of rings. Players grab a ring, skate around the last pylon and go take a shot on net. Encourage Green players to use crossovers around pylons.		
<b>Red Drill 3:</b> <b>Obstacle Course:</b> Players line up on the blue line with a ring, they skate through the pylons turning as close to the pylons as they can. Then the player passes to the coach at the boards, and gets a pass back, before sliding through the pylons and taking a shot aiming for the pylon.	<b>Purple Drill 3:</b> <b>Queen's Corner:</b> 4 players are set up in the corner facing the boards. The instructor then throws a ring to the boards and the player who gets the ring tries to skate it out through the pylons while the other 3 players are checking. Once the player skates it out through the pylons the drill is done and they can go and take a shot on the net. Make sure the players are staying on the side of the ice that they are set up on.	<b>Green Drill 3:</b> <b>Lightening Drill:</b> All players line up on the goal line and begin drill together. Players skate from the goal line to the ringette line, stop, then skate back to the goal line and stop. Players then skate to the blue line and stop, then skate back to the ringette line and stop. Players then skate to the Red line and stop, then skate back to the blue line and stop. Players then skate to the Red line, stop and then skate all the way back to the goal line and stop.
<b>Tight Turns:</b> <ul style="list-style-type: none"> <li>• Skate, glide, inside foot is ahead (leading)</li> <li>• Knees are flexed</li> <li>• On entering the turn, rotate head and shoulders around the point of the turn (pylon)</li> <li>• On completing turn, cross outside foot over inside foot. <b>Getting back up</b></li> </ul>	<b>Side Check:</b> -must be in stride with opponent on the ring carrying side -aim for ring at the bottom of stick; making contact by sweeping on the ice -follow through on check must be low in order to knock the ring away from the opponent	<b>Forward Striding</b> -ready position -full push outward extending one leg, using all joints (hip, knee, ankle, toes) returning leg to ready position -alternate legs -arm motion should be forward (running motion)



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#### Common Errors to look for and Correct:

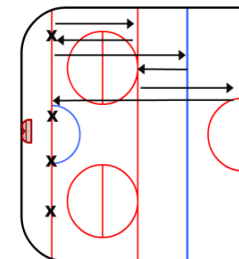
- Head and shoulders are not turned to lead the way
- Lead foot too far ahead; wrong foot used as lead foot
- Wide turn; pressure not applied on edges



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#### Common Errors:

- player reaching to opposite side (in wrong position)
- clipping gloves or legs of opponent with stick in a slashing manner
- too far behind opponent's stick and reaching



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**\*\*Red Line may need to be omitted as the Red's practice between the blue lines.\*\***

#### Red Drill 4: Switch Red & Green Ice position

**Follow your pass:** Players line up as indicated in the diagram. The ring is passed in a box pattern. Players follow their pass and wait in the ready position for the next pass. The last player to receive the pass will skate towards the net and take a shot.

#### Purple Drill 4:

**Mini Pancake Passing:** Players line up in 2 lines on the blue line. One line has rings. One player from each line will go at the same time. Players will skate to the first set of pylons, turn towards each other. The player with the ring will pass to the other player and continue skating. Players will then skate up to the next set of pylons and continue. Players will shoot once they reach the net.

#### Green Drill 4: Switch Red & Green Ice position

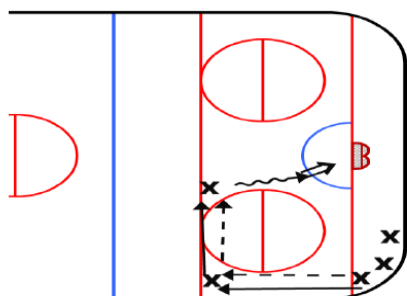
Instructor will demonstrate how to do a forehand flip shot.

Players will practice their flip shots against boards, with coaches and instructors providing assistance to all players.

**Forehand Sweep Pass:** - Proper grip; top hand pushes in, bottom hand pushes out  
-Body parallel to target, ring start at back skate brought to front skate where it is then released  
- Follow through; transfer weight from back foot to front foot  
-Point at target with stick upon release

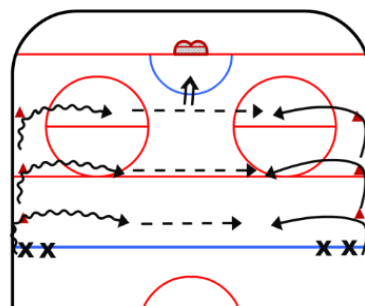
**Forehand Sweep Pass:** - Proper grip; top hand pushes in, bottom hand pushes out  
-Body parallel to target, ring start at back skate brought to front skate where it is then released  
- Follow through; transfer weight from back foot to front foot  
-Point at target with stick upon release

**INTRO TO FOREHAND FLIP SHOT**  
-body and toes facing your target  
-bring the ring towards body and shovel forwards; lifting ring off the ice  
-follow through pointing stick at open area of the net



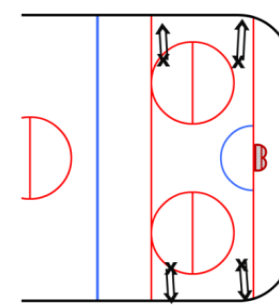
**Common Errors:**  
- Bringing ring too far behind back foot  
- Release of ring not at front foot  
- follow through; not pointing stick in proper direction  
- Watching ring instead of the target

All Together:



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**Common Errors:**  
- Bringing ring too far behind back foot  
- Release of ring not at front foot  
- follow through; not pointing stick in proper direction  
- Watching ring instead of the target



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**Common Errors:**  
-lifting stick too high; resulting in too high of a shot  
-Not flicking their wrist to raise the ring

**Instructor / Coach Drill of Choice.**

# R4U RURAL LESSON PLAN

**WHEN LESSON BREAKS INTO 3 GROUPS, DIVIDE YOUR PLAYERS INTO THEIR 3 STAGES (RED, PURPLE & GREEN) \*RED GROUPS SHOULD BE IN THE MIDDLE OF THE ICE (BETWEEN BLUE LINES OR RINGETTE LINES)**



**LESSON: NINE**

Skating Skills &  
Ring Protection

All Together:

## Instructor / Coach Game of Choice.

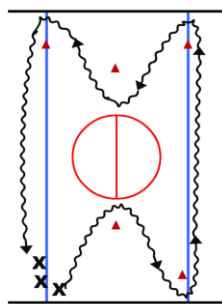
Red Drill 1:

**Forward Skating:** Players line up as shown. The first player will begin by skating towards the first pylon and make a turn (as close as they can), then continue skating towards the next one. Once the first player is on their way to the second pylon, the next player can go.

**Forward Skating:**

- ready position
- full push outward extending one leg, using all joints (hip, knee, ankle, toes) returning leg to ready position
- alternate legs

• arm motion should be forward (running motion)



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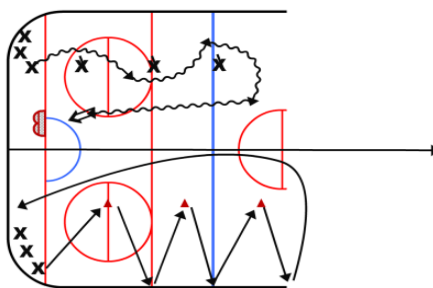
Purple Drill 1:

**Station #1 Ring Protection:**

Players line up in the corner. The coach will assign 3 players to stand at pylons. The player in line will then try and skate around each pylon player, protecting the ring from being checked.

**Protecting the Ring:**

When approaching the pylon/player, the ring carrier should be protecting the ring by placing their own body inbetween the pylon/player and the ring.



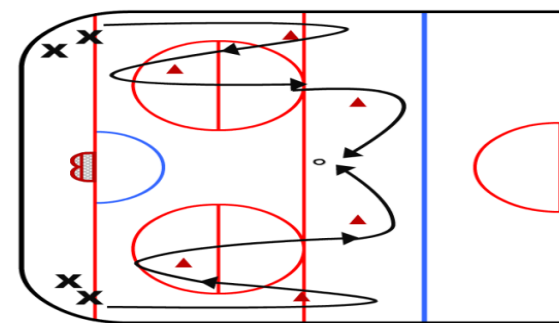
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Green Drill 1:

**Race for the Ring:** (5 min) Players are divided into 1 line in each corner. one at a time, 1 player from each corner will race a player from the other corner to the ring. The player who gets the ring first will attempt to shoot. The other player will check the player with the ring.

**Tight Turns:**

- Skate, glide, inside foot is ahead (leading)
- Knees are flexed
- On entering the turn, rotate head and shoulders around the point of the turn (pylon)
- On completing turn, cross outside foot over inside foot.



**COMMON ERRORS**

- weak push; partial extension
- dragging feet on return
- straightening up between strides (bobbing)
- stance too wide

**IF THE PLAYERS ARE SKATING FAR AWAY FROM THEIR TEAM MATES INSTEAD OF PROTECTING THE RING WITH THEIR BODIES THEN ADD SOME PYLONS ON THE SIDE SO THEY CAN'T GO PAST THE PYLONS.**

**Common Errors to look for and Correct:**

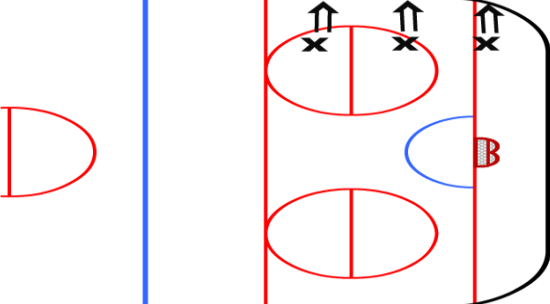
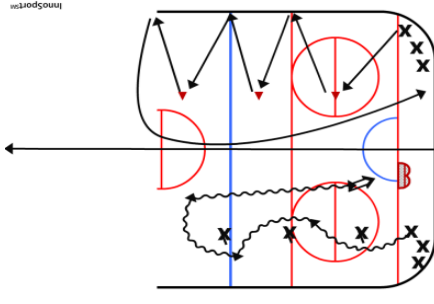
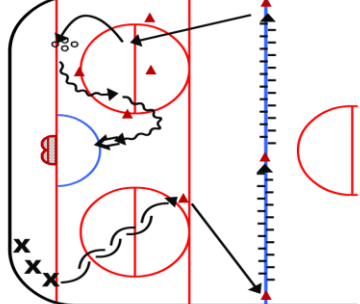
- Head and shoulders are not turned to lead the way
- Lead foot too far ahead; wrong foot used as lead foot
- Wide turn; pressure not applied on edges

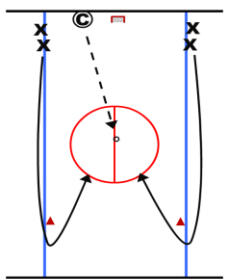
Red Drill 2:

Purple Drill 2:

Green Drill 2:



<b>Introduction to Backhand Flip Shot:</b> Instructor will demonstrate the basics of the backhand shot. Players will practice on the boards aiming for the yellow strip that separates the boards from the glass.	<b>Parallel Stops:</b> Players line up in the corner. The first player in line will skate to the first pylon and complete a parallel stop. Once the first player is skating towards the second pylon, the next player can go.	<b>Obstical Course:</b> (7 min) Players line up in the corner. Players start off skating backwards to the first pylon and stop. Then they skate forwards to the pylon on the blue line and stop. Players then do chopovers facing the far net until they get to the pylon in the middle of the blue line, players switch and now face their own net and continue the chopovers to the boards. Players skate as hard as they can and slide on their belly through the 2 pylons. Players get up, pick up a ring and take a shot on net.
<b>BACKHAND FLIP SHOT</b> <ul style="list-style-type: none"> <li>• same body position as backhand sweep pass</li> <li>• arms bent inward; ring closer to your body</li> <li>• a “shoveling” action from back foot to front foot, releasing by pointing at open area of net</li> </ul>	<b>Introduction to Parallel Stops:</b> -Skate, glide, turn head in direction of stop, then shoulders and hips (skates will follow) -Push outward with equal pressure on both feet -Return to ready position	
		
<b>COMMON ERRORS</b> <ul style="list-style-type: none"> <li>• switching of grip in order to always use forehand</li> <li>• incorrect weight transfer</li> <li>• incorrect follow through; not aiming for an open area of the net</li> <li>• too high of a follow through</li> </ul>	<b>Common Errors:</b> <ul style="list-style-type: none"> <li>• unequal weight distribution on feet</li> <li>• feet too close or too far</li> <li>• dragging follow up foot</li> <li>• knees not bent</li> </ul>	<b>Chop-over Tips:</b> <ul style="list-style-type: none"> <li>-Starting at boards facing the end of the rink – cross outside foot over inside foot (i.e. right over left etc)</li> <li>-Continue across width of ice – keep shoulders straight and maintain a side stepping motion.</li> </ul>
<b>All Together:</b>		
<h2 style="text-align: center; color: red;">Instructor / Coach Drill of Choice.</h2>		
<b>Red Drill 3:</b> <b>Race 4 the Ring:</b> Players will line up in 2 lines. When the Instructor blows the whistle, 1 player from each line will race around the pylon to the ring sitting in the middle. The player who gets the ring will go in and shoot while the other player is trying to check the ring off of them.	<b>Purple Drill 3:</b> <b>Backwards Relay Race:</b> Players line up in 3 groups. The first player from each group will go first. Player skates backwards to the ringette line, transition to forwards and skate to the blue line. Players pick up a ring, skate forwards towards the pylon, slide on their belly, get back up and skate to the goal line. Next player goes. <b>Backward C Cuts:</b> -Ready Position -Weight on starting foot, slightly in front of the other -Make a full extended "C" with skating foot (cutting ice) -Return skating foot underneath body	<b>Green Drill 3:</b> <b>Backwards Turns:</b> (5 min) Players are split into 2 groups. The first player from each group will begin skating backwards around the pylons. At the blue line they will transition to forwards, skate around the last pylon, pick up a ring and shoot on net. <b>Backwards Striding:</b> -ready position -a full extended "C" with one leg, returning to ready position -alternate legs



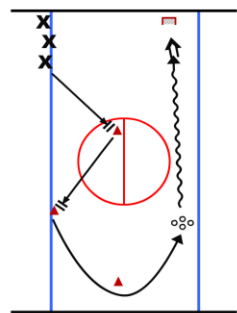
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*Should the race appear to be un-even, the coach/instructor should toss an extra ring into the middle so that both players have the opportunity to go shoot.*

Red Drill 4:

**Stopping & Ring Protection:** Players line up in the corner. The first player will skate towards the first pylon with a ring and make a stop. Then continue to the next pylon and stop. The player will then skate around the last pylon towards the rings, and pick up a ring, before going to shoot on net.

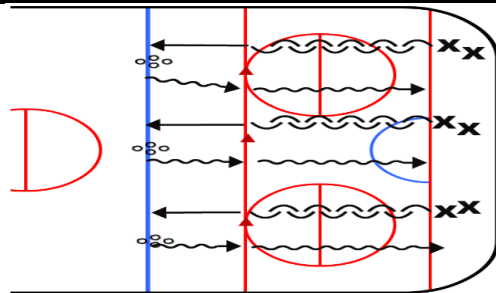
**Coach should set up between the rings and the net, and have the player "protect the ring" from the coach before shooting.**



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*Show players how to move the ring so that their body is between their coach and the ring. Coaches should start out being stationary, and then begin to move a little to make it harder.*

All Together:



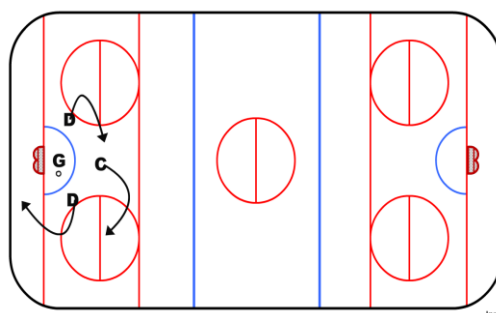
*Common Errors:*

- Watching feet
- "C" not fully extended (not cutting ice)
- Straightening up after start

Purple Drill 4:

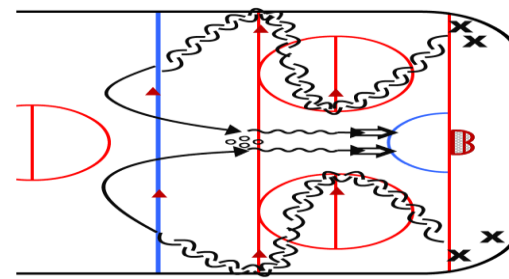
**Station #4 Defensive Postitioning:**

Start out by getting the players set up as if it was a goalie ring. When the coach says go all the players have to move and try and get to an open area so the gaolie can throw them the ring. Once they are good at getting open add in some stationary players so the goalie know they can't pass to those areas. the next progression would be to have 3 checkers that the defense needs to get away from as in a real game. You can have one girl at a time being goalie.



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*Talk about the positions in the defensive zone. Goalie, 2 Defense and one Center. Remind the players that only the goalie is allowed to go in the crease and that they only has 5 seconds to hold the ring before they have to find one of their team mates to throw it out to so they have to get open as fast as they can.*



*Common Errors: -straightening up between strides*

*-“bum wiggling”*

*no full extension of the stride*

*-feet too far apart*

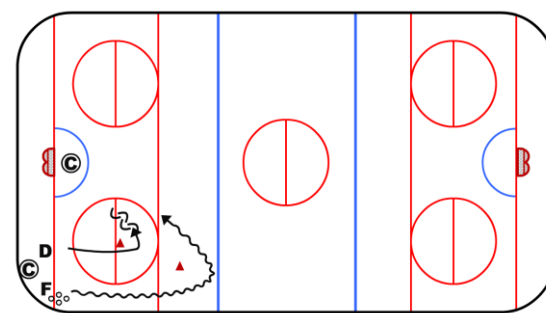
*\*Remind players to keep their heads up and glancing behind them to avoid the pylons.\**

Green Drill 4:

**One on One's:** Start the drill by having one Defence and one Forward ( who is carrying the ring) skating forwards towards their specific pylon. Once the forward gets to their pylon they will do a tight turn and skate towards the net to try and take a shot. As the Defence reaches their pylon they does a transition turn from forwards to backwards and try's to keep the foward player from getting a good shot on net by checking them.

Defence: should have their knees bent and heads up so they can see the girl skating towards them .

Forwards: should focus on where they want to go, not looking down at the ring.



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*If the defence is getting beat while they are skating backwards make sure they know that they can turn and go fowards.*

*\*\*This can be done from both sides.\*\**

**Instructor / Coach Drill of Choice.**



# R4U RURAL LESSON PLAN

**WHEN LESSON BREAKS INTO 3 GROUPS, DIVIDE YOUR PLAYERS INTO THEIR 3 STAGES (RED, PURPLE & GREEN) \*RED GROUPS SHOULD BE IN THE MIDDLE OF THE ICE (BETWEEN BLUE LINES OR RINGETTE LINES)**



**LESSON: TEN**  
Backwards Skating, Passing  
& 1 on 1's

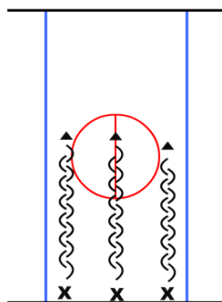
All Together:

## Instructor / Coach Game of Choice.

### Red Drill 1:

**Introduction to Backwards Skating:** Make sure you go over Backwards Skating. Have the players practice their C-Cuts on the boards before you attempt to actually skate backwards. Then have the players line up and skate backwards to the boards.

- BACKWARD "C" START** • ready position, facing forward
- weight on starting foot, slightly in front of the other foot
  - make a full extended "C" with skating foot (cutting ice)
  - return skating foot underneath body
  - begin striding



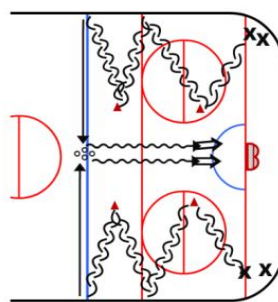
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### Purple Drill 1:

Players line up in 2 lines. The first player starts skating backwards to the first pylon, stop, then continue to the boards at the ringette line and stop. Then continue skating backwards the next pylon, and then to the boards at the blue line. Once at the blue line the player skates forwards, picks up a ring and goes to shoot on net. Once the first player has gotten to the first pylon, the next player in line can go.

#### Backwards Striding:

- ready position
- make a full extended "C" with one leg, returning to ready position
- alternate legs



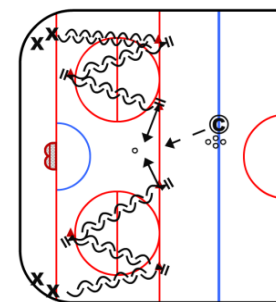
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### Green Drill 1:

**Backwards Relay Race:** Players are divided into 2 corners. The first player from each line will skate backwards to each pylon, making a full stop at the pylon before skating backwards to the next one. Once the first girl takes a shot, the next player in line can go.

#### Backwards Striding:

- ready position
- make a full extended "C" with one leg, returning to ready position
- alternate legs



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### COMMON ERRORS

- watching feet
- weight not completely on starting foot
- "C" not fully extended (not cutting ice)
- straightening up after start

### Common Errors: -straightening up between strides

- "bum wiggling" -no
- full extension of the stride
- feet too far apart \*Remind players to keep their heads up and glancing behind them to avoid the pylons.\*

### Common Errors: -straightening up between strides

- "bum wiggling" -
- no full extension of the stride
- feet too far apart \*Remind players to keep their heads up and glancing behind them to avoid the pylons.\*

### Red Drill 2:

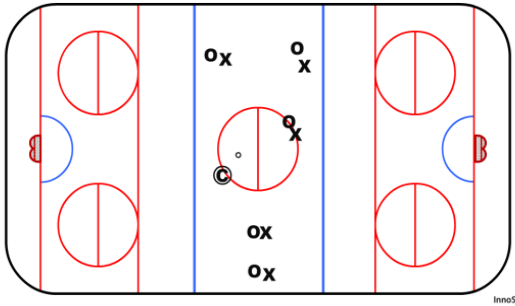
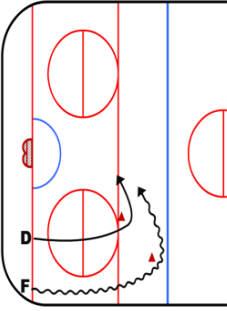
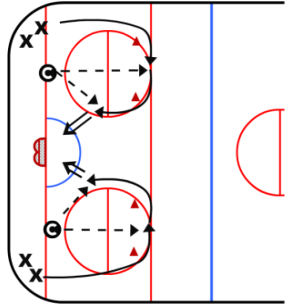
Pair players up using their own team. The object is to keep the ring away from the other team by passing it around your team. Girls on the opposite team are trying to check the ring away and become the team that is now passing.

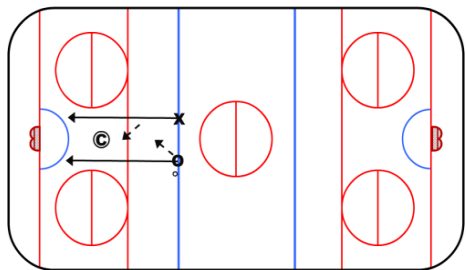
### Purple Drill 2:

**One on One's:** Players will line up into 2 lines. 1 line will be acting as Defence, 1 line will be acting as Forwards. The Forward will start skating with the ring and make a turn around their pylon to go in and shoot. The Defence will skate with the forward and try to prevent them from taking a shot on net.

### Green Drill 2:

**Pass Reception:** Player from the corner skates around the first pylon, receives a pass from the coach (then leaves the ring there) continues skating around the second pylon, and receives another pass from the coach before going to shoot on net.

<p>Players need to be encouraged to skate around into "open ice" to get open for a pass, and not just stand 2 feet away from the player with the ring.          *review forehand sweep passing and sweep checking*</p>	<p><b>Defence:</b> should have their knees bent and heads up so they can see the girl skating towards them .  <b>Forwards:</b> should focus on where they want to go, not looking down at the ring.</p>	<p><b>RECEIVING</b></p> <ul style="list-style-type: none"> <li>• head up; body behind the ring</li> <li>• keep stick close to the ice; “telescope” the ring with your stick until they meet before you feet</li> <li>• if missed, receive the ring with feet by turning a skate blade</li> <li>• if the ring is in the air stop it with hand; do not catch</li> </ul>
		
<p><i>If you can make 5 consecutive passes with your team mates you gain 1 point and then the other team gets a turn to try.</i></p>	<p><i>If the defence is getting beat while they are skating backwards make sure they know that they can turn and go fowards.</i></p>	<p><b>COMMON ERRORS</b></p> <ul style="list-style-type: none"> <li>• <i>incorrect position of body and stick (not behind the ring)</i></li> <li>• <i>not watching the ring</i></li> <li>• <i>poor anticipation</i></li> </ul>
<p>All Together:</p>		
<p style="text-align: center;"><b>Instructor / Coach Drill of Choice.</b></p>		
<p><b>Red Drill 3:</b> Switch ice with Purples</p>	<p><b>Purple Drill 3:</b> Switch ice with Reds</p>	<p><b>Green Drill 3:</b></p>
<p>Players line up in 2 lines on the blue line. They skate towards the net, passing back and forth. The final partner to receive the ring will take a backhand shot on net. * Coach should be moving and pretending to be a player from the other team.</p>	<p><b>Goalie Practice:</b> Have players get together in partners. 1 partner will start off as the Goalie. The other partner will have a ring, and take a shot on the goalie. The goalie will try to stop the ring, pick up the ring and toss it back to the player. After 5 shots, the partners switch roles.</p>	<p><b>Passing Star:</b>          Players line up in the corner with a player at each pylon. Player 1 passes to Player 2, then follows pass to replace position of player 2. Player 2 passes to player 3, then follows pass to replace player 3. Player 3 passes to Player 4, then follows pass to replace player 4. Player 4 passes to Player 5, then follows pass to replace player 5. Player 5 shoots and returns to the back of the line.</p>
<p><b>BACKHAND FLIP SHOT</b></p> <ul style="list-style-type: none"> <li>• same body position as backhand sweep pass</li> <li>• arms bent inward; ring closer to your body</li> <li>• a “shoveling” action from back foot to front foot, releasing by pointing at open area of net</li> </ul>	<p><b>Goalie:</b> When the Goalie picks up the ring, make sure they are not grabbing it fully with all 4 fingers. Have their pointer finger pointed out to help with direction of the ring. Players should practice following through with their throw to help with accuracy.</p>	



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#### COMMON ERRORS

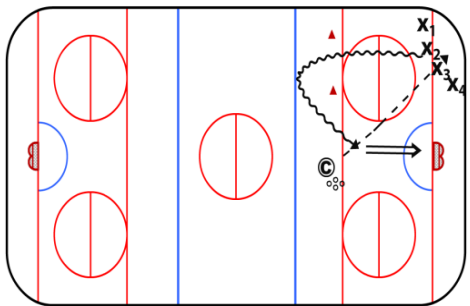
- switching of grip in order to always use forehand
- incorrect weight transfer
- incorrect follow through; not aiming for an open area of the net
- too high of a follow through

#### Red Drill 4:

4 players are set up in the corner facing the boards. The instructor then throws a ring to the boards and the player who gets the ring try's to skate it out through the pylons the drill is done and they can go and take a shot on the net. Make sure the players are staying on the side of the ice that they are set up on.

#### SWEEP CHECK

- position body facing opponent
- sweep stick across the body from one side to the other
- contact is made at point where opponents stick meets the ring
- strong follow through will direct the ring

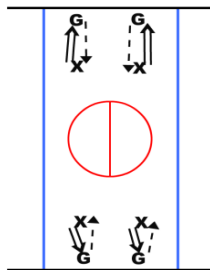


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#### COMMON ERRORS

- stick is swung too forcefully
- stick makes contact too high
- not enough follow through which will force the ring off opponents stick
- check is made on top of the stick rather than underneath ( going with

All Together:

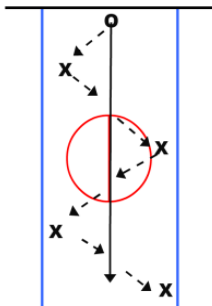


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#### Purple Drill 4:

Have one player lined up on the boards while the others are lined up in a line on either side of them. The player who is on the boards has the ring and skates down the center of the two lines passing to each player and inturn getting the pass back as they are skating. Once they reache the end each player moves up one spot until all the players have been the skater.

**Player who is skating through, needs to be calling for the ring and pointing their stick where they want the ring to go.**



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*Remind the players that they have to be passing infront of the player who is skating so they don't have to stop their feet*

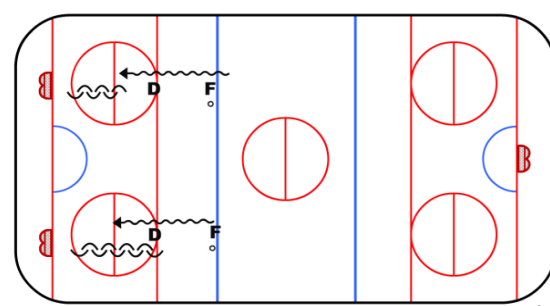


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*Encourage players to practice both their forehand sweep passes and backhand passess.*

#### Green Drill 4:

Forward girl starts on the blue line while Defensive girl is facing her on the Ringette Line. When the coach says go the forward skates towards the net trying to go and score while the defence skates backwards and try's to check the forward and not give her a good scoring opportunity.



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*Remember to tell the defence to try and keep the girl in front of her and that if she passes her she needs to turn around and chase her.*

**Instructor / Coach Drill of Choice.**

# R4U RURAL LESSON PLAN

**WHEN LESSON BREAKS INTO 3 GROUPS, DIVIDE YOUR PLAYERS INTO THEIR 3 STAGES (RED, PURPLE & GREEN) \*RED GROUPS SHOULD BE IN THE MIDDLE OF THE ICE (BETWEEN BLUE LINES OR RINGETTE LINES)**



**LESSON: ELEVEN**

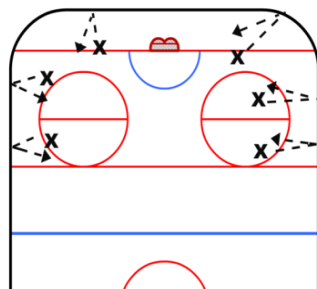
**All Together:**

## Instructor / Coach Game of Choice.

**Red Drill 1:**

**Backhand Pass:** Instructors go through the correct way to make a backhand pass. Players line up facing the boards with a partner to practice their backhand passes. One player makes a backhand board pass to the other player, continuing back and forth.

- Backhand Passing:**
- proper grip; back of the hand facing the target
  - ring is brought from back foot to front foot with sweeping motion across body (arms fully extended)
  - weight transfer from back foot to front foot
  - follow through at front foot



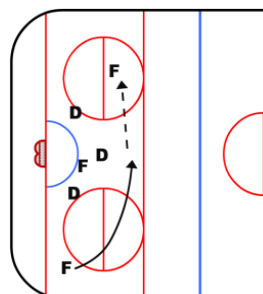
**Common Errors:**

- Pulling ring too far in, causing the ring to be lifted off the ice
- improper follow through; not pointing the stick at the target
- not releasing ring when arms extended at front foot
- watching the ring instead of the target

**Purple Drill 1:**

**Station #1 Playing Forward:**

Give each player a position (forward or D) Have the D stand in front of the net. The forwards will skate and pass in the offensive zone and try to shoot on net and score. The D will try and stop the forwards



**Encourage players to pass the ring to their line mates.**

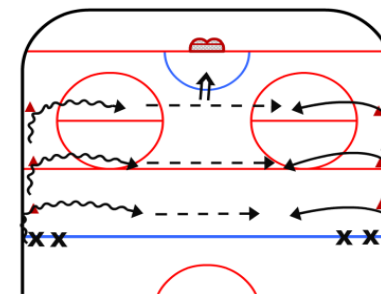
**Encourage players to shoot on net after everyone on their team has touched the ring.**

**Green Drill 1:**

Players line up in 2 lines on the blue line. One line has rings. One player from each line will go at the same time. Players will skate to the first set of pylons, turn towards each other. The player with the ring will pass to the other player and continue skating. Players will then skate up to the next set of pylons and continue. Players will shoot once they reach the net.

**RECEIVING** • head up; body behind the ring

- keep stick close to the ice; “telescope” the ring with your stick until they meet before you feet
- if missed, receive the ring with feet by turning a skate blade
- if the ring is in the air stop it with hand; do not catch



**COMMON ERRORS**

- incorrect position of body and stick (not behind the ring)
- not watching the ring
- poor anticipation

**Red Drill 2:**

**Switch ice with Purple**

Have two girls line up in one line and the rest line up in the line closest to the net. The girls closest to the net have the rings. The first girl who does not have a ring starts to skate and the first girl who has a ring makes a lead pass to her and then goes and lines up in the line without rings and so on. Have the girl who received the lead pass skate around the pylon and go and take a shot.

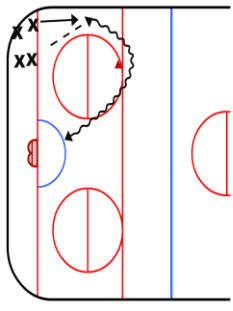
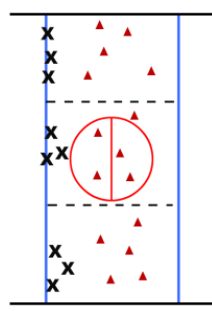
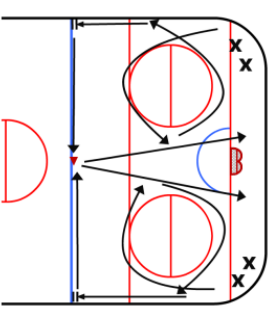
**Purple Drill 2:**

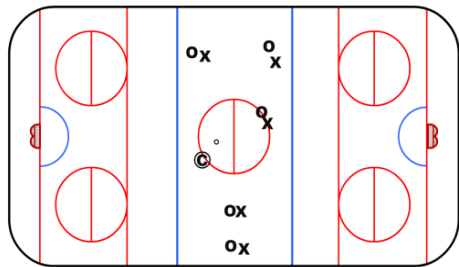
**Switch ice with Red**

**Timed Goalie Throwing** - Divide players in 2 groups (3 if the number of players is large). Scatter pylons beside and in front of the players. On go, the first player from each group will pick up a ring and throw it at one of their pylons, repeating for 30 seconds. Each group will count the number of pylons that their player hit. Rotate through all of the players in each group. Winning group will have hit the most

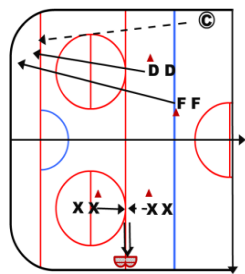
**Green Drill 2:**

Divide the players into 2 teams. Players must do crossovers around the circle. Skate forward to the boards at the blue line and stop. Players then skate forwards to the pylon in the middle of the blue line and stop. Players then skate hard to the net and take a shot. The next player goes.

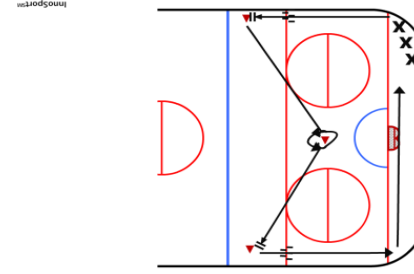
<b>FOREHAND SWEEP PASS</b> <ul style="list-style-type: none"> <li>proper grip; top hand pushes in, bottom hand pushes out</li> <li>body parallel to target, ring starts at back skate brought to front skate where it is then released</li> <li>follow through; transfer weight from back foot to front foot</li> <li>point at target with stick upon release</li> </ul>	<p>number of pylons. Losing team has to do 5 snow angels.</p>	<b>FORWARD CROSSOVERS</b> <ul style="list-style-type: none"> <li>the outside foot pushes outward and then is “stepped” across in front of the inside leg, weight transfers onto this leg when it is placed on the ice</li> <li>the inside foot pushes outward behind the opposite skate as it is being placed on the ice; recover this foot to the starting position</li> </ul>
		
<b>COMMON ERRORS</b> <ul style="list-style-type: none"> <li>bringing ring too far behind back foot</li> <li>release of ring not at front foot</li> <li>no follow through; not pointing stick in the proper direction</li> <li>watching ring instead of the target</li> </ul>	<p><i>Remind players how to throw the ring (like a frisbee, with their arm &amp; pointer finger extended to where they want the ring to go)</i></p> <p><i>* Coaches will need to collect rings through this drill to ensure that players keep having rings to throw.</i></p>	<b>COMMON ERRORS</b> <ul style="list-style-type: none"> <li>incorrect foot doing the crossing over</li> <li>crossover leg too high</li> <li>knees too bent (straight leg)</li> <li>leaning out of crossover as opposed to keeping head and shoulders inward</li> <li>weak push off with inside foot results in less power.</li> </ul>
<p>All Together:</p>		
<h2 style="text-align: center; color: red;">Instructor / Coach Game of Choice.</h2>		
<b>Red Drill 3:</b>	<b>Purple Drill 3:</b>	<b>Green Drill 3:</b>
<p><b>Checking:</b> Divide the players into partners. 1 partner will have the ring and will try and skate away from the other partner who is trying to check them. Players must stay between the blue lines.</p>	<p><b>Skating the ring out:</b> Players are assigned to be Defence or Forward. Players line up at their pylons. Coach will shoot a ring into the corner, the 1st player from each line will go chase for the ring, the Defence is trying to skate the ring out past the ringette line. If the Forward gets the ring, then they skate it to the ringette line.</p>	<p>Players line up in the corner. 1 at a time they skate towards the ringette line, fall on their belly, get up and skate to the first pylon and stop. The player will then skate towards the second pylon, do a tight turn around the pylon and continue to the third pylon and stop. The player will skate towards the goal line, fall on their belly on the ringette line, get up and skate to the back of the line.</p>
<p><b>SWEEP CHECK</b></p> <ul style="list-style-type: none"> <li>position body facing opponent</li> <li>sweep stick across the body from one side to the other</li> <li>contact is made at point where opponents stick meets the ring</li> <li>strong follow through will direct the ring</li> </ul>	<p>Remind players to put pressure on their stick and to keep their feet moving when they are being checked.</p>	



- COMMON ERRORS:**
- stick is swung too forcefully
  - stick makes contact too high
  - not enough follow through which will force the ring off opponents stick
  - check is made on top of the stick rather than underneath.



*Coaches want to make sure that the ring lands just before the goal line to avoid collisions into the boards.*



**TIGHT TURNS—FULL** • Skate, glide, inside foot is ahead of other foot (leading around turn) • Knees are flexed • On entering the turn, rotate head and shoulders around the point of the turn (pylon) 360° • On completing turn, cross outside foot over inside foot to gain speed and balance

Red Drill 4:

### Station #3 Backhand Shots:

Instructor will demonstrate the basics of the backhand shot. Players will practice on the boards aiming for the yellow strip that separates the boards from the glass.

Purple Drill 4:

**One Timer Shots:** Players will form 2 lines at the pylons. Every player will have a ring. The first player from one line will pass the ring to the first player in the other line. As soon as the player receives the ring, they take a forehand or backhand shot. They then move to the back of the line, & the player who just passed the ring, will receive a pass from another player & take a shot.

Green Drill 4:

Players are divided into 2 groups. When the coach yells go (or blows the whistle) the first player in each line will race around the pylons for the ring.

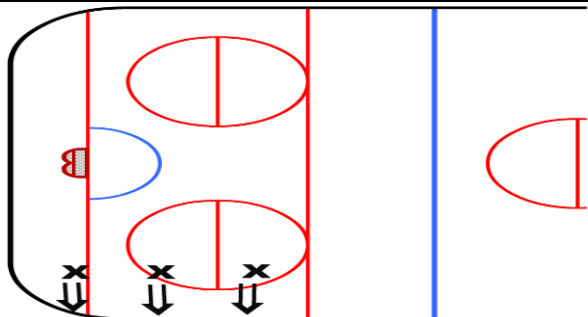
### Backhand flip shot:

- Same body position as backhand sweep pass
- Arms bent inward; ring closer to your body
- A “shoveling” action from back foot to front foot, releasing by pointing at open area of net

### BACKHAND FLIP SHOT

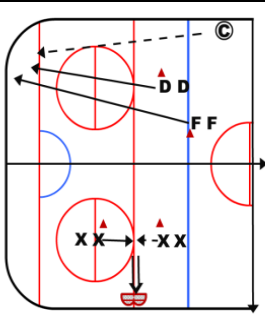
- same body position as backhand sweep pass
- arms bent inward; ring closer to your body
- a “shoveling” action from back foot to front foot, releasing by pointing at open area of net

**TIGHT TURNS—HALF** • Skate, glide, inside foot is ahead of other foot (leading around turn) • Knees are flexed • On entering the turn, rotate head and shoulders around the point of the turn (pylon) • On completing turn, cross outside foot over inside foot to gain speed and balance.



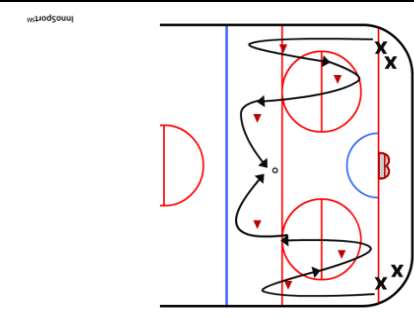
Common errors to look for and correct:

- Switching grip in order to always use forehand
- Incorrect weight transfer
- Incorrect follow through; not aiming for an open area of the net
- Too high of a follow through



### COMMON ERRORS

- switching of grip in order to always use forehand
- incorrect weight transfer
- incorrect follow through; not aiming for an open area of the net
- too high of a follow through



### COMMON ERRORS

- Head and shoulders are not turned to lead the way
- Lead foot too far ahead; wrong foot used as lead foot
- Wide turn; pressure not applied on edges

All Together:

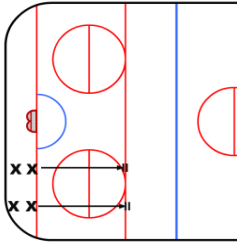
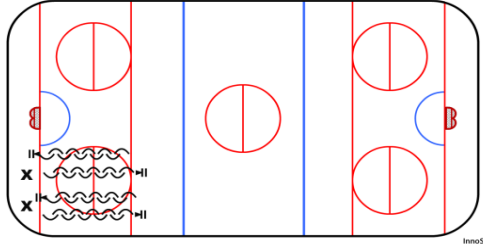
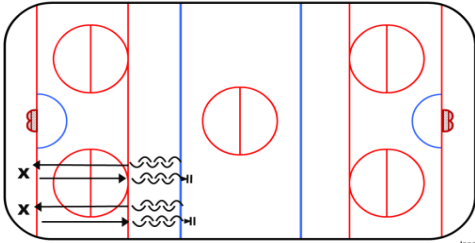
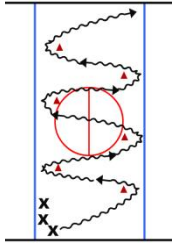
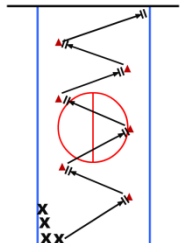
**Instructor / Coach Game of Choice.**

# R4U RURAL STAGE ASSESSMENT

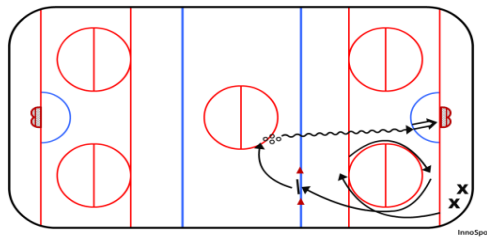
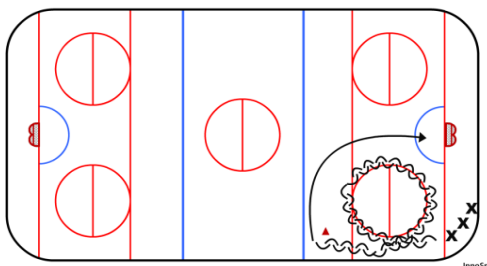
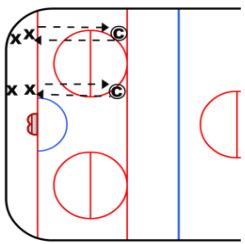
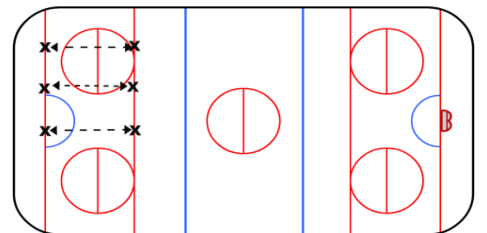
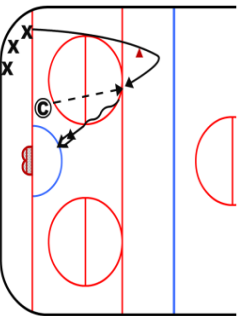
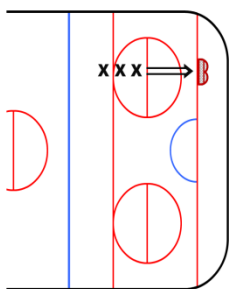
This assessment is designed to be completed with 1 squad on each 1/2 of the ice

Provide a quick water break after every 2 or 3 drills. It is very important that each drill is completed in this plan.

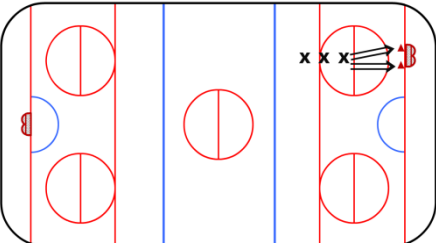
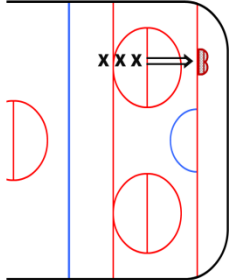
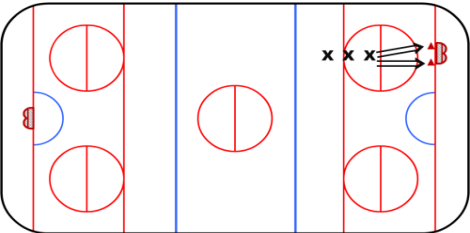
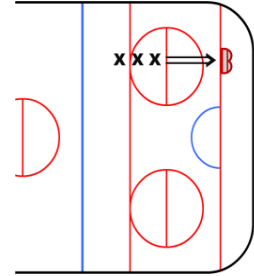
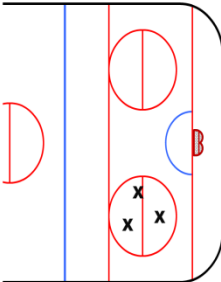
Most drills will only take a few minutes to complete. The Assessor must tell the Instructor/Coaches when they are ready to move on to ensure that the plan is completed.

DRILL & EXPLANATION:	SKILL BREAKDOWN:	DIAGRAM:
<b>SKATING SKILLS SECTION - 30 MINUTES</b>		
Forward Skating - Players line up in 2 separate lines. The first player from each line skates forward to the blue line; stops. Player skates forwards from the blue line to the goal line and stops.	Basic Forward Stride <i>2 players go at a time</i>	
Backward Skating - Players line up in 2 separate lines. The first player from each line skates backwards to the blue line; stops. Player skates backwards from the blue line to the goal line and stops.	Basic Backwards Skating <i>2 players go at a time</i>	
Transitions - Players line up on the goal line and skate forwards to the ringette line, then they transition to backwards and continue skating backwards to the blue line. Players then skate backwards towards the ringette line, then they transition to forwards and continue skating forwards to the goal line.	Transitions <i>2 players go at a time</i>	
Tight Turns & Ring Protection - Players line up on the blue line. Once at a time, they skate with a ring through the obstacle course. Players should be making tight turns around the pylons while protecting the ring.	Tight Turns & Ring Protection <i>Next player goes after the first player is on their way to the second pylon</i>	
Parallel Stops - Players line up on the blue line. One at a time they skate to each pylon and make a full parallel stop before continuing to the next pylon.	Stops & Starts / Parallel Stops <i>Next player goes after the first player is on their way to the second pylon</i>	



<p>Forward Cross-overs - Players line up on the goal line. One at a time players skate the entire circle using their forward cross-overs. They then slide on their belly between 2 pylons, pick up a ring and shoot on net.</p>	<p>Forward Cross-overs <i>Next player goes when the first player gets half way around the circle.</i></p>	 <p>The diagram shows a rink layout with two red circles on the goal line. A player is shown in the center circle, skating clockwise. A dashed line indicates the path around the circle. A goal is shown on the right. The text 'InnoSport™' is in the bottom right corner.</p>
<p>Backwards Cross-overs - Players line up on the goal line with a ring and skate backwards around the circle using their backwards cross-overs. Then they transition around the pylon and take a shot on net.</p>	<p>Backward Cross-overs <i>Next player goes when the first player gets half way around the circle.</i></p>	 <p>The diagram shows a rink layout with two red circles on the goal line. A player is shown in the center circle, skating counter-clockwise. A dashed line indicates the path around the circle. A goal is shown on the right. The text 'InnoSport™' is in the bottom right corner.</p>
<p><b>RINGETTE SKILLS SECTION - 25 MINUTES</b></p>		
<p>Passing: Players will line up in 2 lines. The first player in each line will pass their ring to the coach and then the coach will pass the ring back to the player. Once the player receives the ring, they will go to the back of the line.</p>	<p>Passing to a Target / Receiving the Ring from and Instructor</p>	 <p>The diagram shows a rink layout with two red circles on the goal line. A player is shown in the center circle, passing a ring to a target (coach) on the right. A goal is shown on the right. The text 'InnoSport™' is in the bottom right corner.</p>
<p>Passing: Players will line up in partners and pass the ring back and forth to each other. Half way through, Instructor will tell players to only pass with their backhand.</p>	<p>Receive from a Team mate: Forehand and Backhand</p>	 <p>The diagram shows a rink layout with two red circles on the goal line. Two players are shown in the center circle, passing a ring back and forth. A goal is shown on the right. The text 'InnoSport™' is in the bottom right corner.</p>
<p>Passing: Players line up in the corner. One at a time they will skate toward the cone, make a tight turn and receive a pass from the coach/instructor before going and taking a shot on net.</p>	<p>Receiving a Pass in Motion</p>	 <p>The diagram shows a rink layout with two red circles on the goal line. A player is shown in the center circle, receiving a pass from a target (coach) on the right. A goal is shown on the right. The text 'InnoSport™' is in the bottom right corner.</p>
<p>Forehand Sweep Shot - Once at a time players will take a shot on net.</p>	<p>Forehand Sweep</p>	 <p>The diagram shows a rink layout with two red circles on the goal line. A player is shown in the center circle, taking a shot on a goal on the right. The text 'InnoSport™' is in the bottom right corner.</p>



<p>Hitting a Target - Forehand Sweep - One at a time players will take a shot on net aiming for the pylons.</p>	<p>Forehand Sweep Aim</p>	
<p>Backhand Flip Shot - One at a time players will take a shot on net.</p>	<p>Backhand Flip</p>	
<p>Hitting a Target - Backhand Flip - One at a time players will take a shot on net aiming for the pylons.</p>	<p>Backhand Flip Aim</p>	
<p>Forehand Flip Shot - One at a time players will skate in a take a shot on net.</p>	<p>Concept of Forehand Flip</p>	
<p>Shark &amp; Fishes Game: Confine players to a circle. There should be 2 "sharks" per circle. The Fish have rings and are trying to protect the ring from the sharks who are trying to check the fish.</p>	<p>Concept of Checking / Sweep Checking / Side Stick Checking</p>	

# R4U RURAL LESSON PLAN

When Lesson breaks into 3 groups, divide your players into their 3 stages (Red, Purple & Green) \*Red Groups should be in the middle of the ice (between Blue lines or Ringette Lines)  
\*Waterbreaks through out the lesson when needed



Lesson: Twelve

All Together:

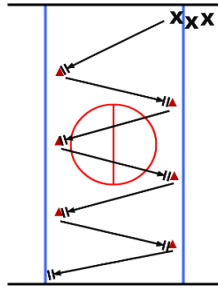
## Instructor / Coach Game of Choice.

Red Drill 1:

**Stops & Starts:** Players line up on the blue line and go one at a time through the pylons practicing their snowplow stops & starts.

### SNOWPLOW STOP

- skate , glide, push outward with inside edges
- (toes in, heels out)
- equal pressure on both feet.



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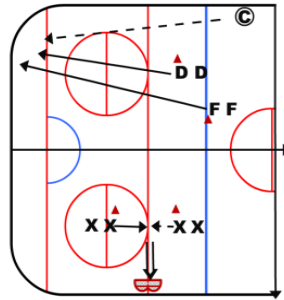
### COMMON ERRORS

- unequal pressure on inside edges
- watching feet
- both knees not bent
- leaning forward instead of leaning back

Purple Drill 1:

**Skating the ring out:** Players are assigned to be Defence or Forward. Players line up at their respective pylons. The coach will shoot a ring into the corner, the 1st player from each line will go chase for the ring, the Defence is trying to skate the ring out past the ringette line. If the Forward gets the ring, then they skate it to the ringette line.

Remind players to put pressure on their stick and to keep their feet moving when they are being checked.

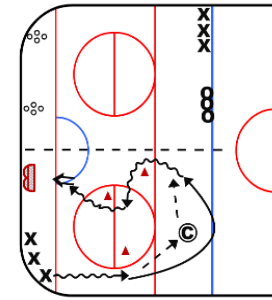


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Coaches want to make sure that the ring lands just before the goal line to avoid collisions into the boards.

Green Drill 1:

**Go Fishing: (top station):** Players are divided into 2 teams. When the coach yells go, the first player from each team will skate forwards towards their teams pile of rings (1 per player), grab one and bring it back, once they return the next player in line will go. First team to get all their rings wins... other team has to do 5 snow angels.



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Once players have finished the race 1 time, have players skate backwards to the rings, pick one up and skate backwards back to the blue line.

Red Drill 2:

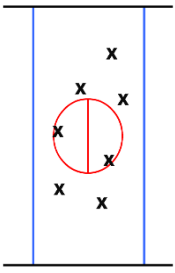
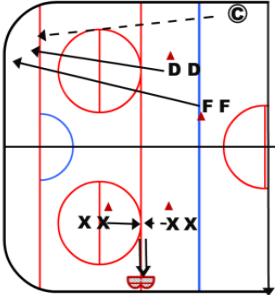
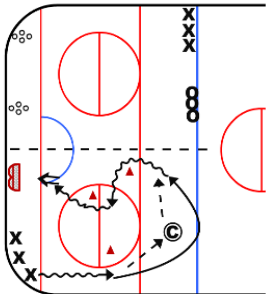
**Shark & Fish:** 3/4 of the players start out with rings. They must skate around and protect themselves from being checked by the sharks (who have no rings) if a shark checks a fish and takes their ring, they become the fish, and the fish becomes the shark with no ring.

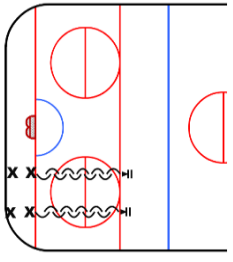
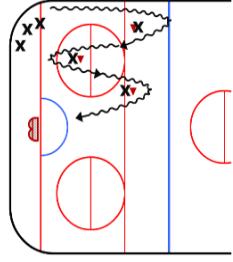
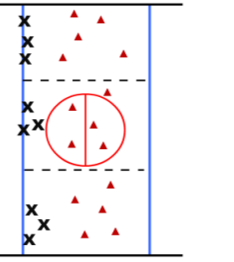
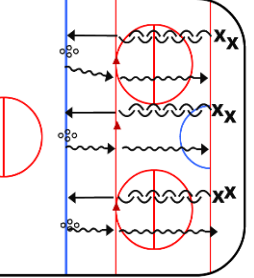
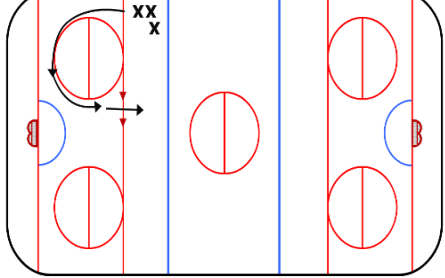
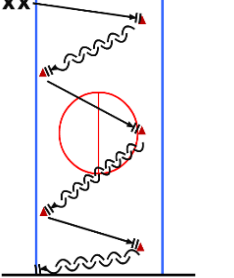
Purple Drill 2:

**One Timer Shots: (Bottom Station):** Players will form 2 lines at the pylons. Every player will have a ring. The first player from one line will pass the ring to the first player in the other line. As soon as the player receives the ring, they take a forehand or backhand shot right away. They then move to the back of the line, and the player who just passed the ring, will receive a pass from another player and take a shot.

Green Drill 2:

**Passing in motion: (Bottom Station):** Players will line up in the corner with a ring. The first player will begin skating towards the coach, they will make a pass to the coach before reaching the pylon. Then they player will skate around the coach, and receive a pass, before skating around the pylons and taking a shot on net. Once the coach has

<p><b>SWEEP CHECK</b></p> <ul style="list-style-type: none"> <li>• position body facing opponent</li> <li>• sweep stick across the body from one side to the other</li> <li>• contact is made at point where opponents stick meets the ring</li> <li>• strong follow through will direct the ring</li> </ul>	<p><b>BACKHAND FLIP SHOT</b></p> <ul style="list-style-type: none"> <li>• same body position as backhand sweep pass</li> <li>• arms bent inward; ring closer to your body</li> <li>• a “shoveling” action from back foot to front foot, releasing by pointing at open area of net</li> </ul>	<p>the pylons and taking a shot on net. Once the coach has passed back to the first player, the next player in line can go.</p>
		
<p><b>COMMON ERRORS:</b></p> <ul style="list-style-type: none"> <li>• stick is swung too forcefully</li> <li>• stick makes contact too high</li> <li>• not enough follow through which will force the ring off opponents stick</li> <li>• check is made on top of the stick rather than underneath</li> </ul>	<p><b>COMMON ERRORS</b></p> <ul style="list-style-type: none"> <li>• switching of grip in order to always use forehand</li> <li>• incorrect weight transfer</li> <li>• incorrect follow through; not aiming for an open area of the net</li> <li>• too high of a follow through</li> </ul>	<p><i>Remind players to point their stick to where they want the ring passed to them.</i></p>
<p>All Together:</p>		
<p><b>Instructor / Coach Game of Choice.</b></p>		
<p><b>Red Drill 3:</b> Switch Ice with Green Group</p> <p><b>Backwards Breakdown:</b> Line the players up in a line along the goal line. Have the instructor breakdown the skill of Backwards C cuts. Players will practice skating backwards to the ringette line and then back to the goal line.</p> <p><b>BACKWARD “C” START</b></p> <ul style="list-style-type: none"> <li>• ready position, facing forward</li> <li>• weight on starting foot, slightly in front of the other foot</li> <li>• make a full extended “C” with skating foot (cutting ice)</li> <li>• return skating foot underneath body</li> <li>• begin striding</li> </ul>	<p><b>Purple Drill 3:</b></p> <p><b>Ring Protection:</b> Players line up in the corner. A coach will stand at 1 pylon, and 2 chosen players will stand at the other 2. The first player from the corner will begin skating around the people at the pylons, protecting the ring from being checked. Instructor will switch out players standing at the pylons.</p>	<p><b>Green Drill 3:</b> Switch Ice with Red Group</p> <p><b>Timed Goalie Throwing</b> - Divide players in 2 groups (3 if the number of players is large). Scatter pylons beside and in front of the players. On go, the first player from each group will pick up a ring and throw it at one of their pylons, repeating for 30 seconds. Each group will count the number of pylons that their player hit. Rotate through all of the players in each group. Winning group will have hit the most number of pylons. Losing team has to do 5 snow angels.</p>

		
<p><b>COMMON ERRORS</b></p> <ul style="list-style-type: none"> <li>• watching feet</li> <li>• weight not completely on starting foot</li> <li>• “C” not fully extended (not cutting ice)</li> <li>• straightening up after start</li> </ul>	<p><i>Ring Protection: * Instructors demo how to move around the players while placing your body between the ring and the other player.*</i></p>	<p><i>Remind players how to throw the ring (like a frisbee, with their arm &amp; pointer finger extended to where they want the ring to go)</i></p> <p><i>* Coaches will need to collect rings through this drill to ensure that players keep having rings to throw.</i></p>
<p><b>Red Drill 4:</b></p> <p>Backwards Race: Players line up in 3 groups. The first player from each group will go first. Player skates backwards to the ringette line, transition to forwards and skate to the blue line. Players pick up a ring, skate forwards towards the pylon, slide on their belly, get back up and skate to the goal line.</p>	<p><b>Purple Drill 4:</b></p> <p><b>Forward Crossovers: Instructor MUST DEMO FOR PLAYERS</b> Players line up on the blue line. One at a time they will skate towards the bottom of the circle, practicing their cross-overs. Then they will slide between the pylons and get back in line. (This can be done with 2 players at a time)</p>	<p><b>Green Drill 4:</b></p> <p>Players line up at the blue line. The first player from the line will skate forwards to the first pylon and stop. Then they will skate backwards towards the next pylon and stop. Continuing the pattern.</p>
<p><b>BACKWARD “C” START</b></p> <ul style="list-style-type: none"> <li>• ready position, facing forward</li> <li>• weight on starting foot, slightly in front of the other foot</li> <li>• make a full extended “C” with skating foot (cutting ice)</li> <li>• return skating foot underneath body</li> <li>• begin striding</li> </ul>	<p><b>FORWARD CROSSOVERS</b></p> <ul style="list-style-type: none"> <li>• the outside foot pushes outward and then is “stepped” across in front of the inside leg, weight transfers onto this leg when it is placed on the ice</li> <li>• the inside foot pushes outward behind the opposite skate as it is being placed on the ice; recover this foot to the starting position</li> </ul>	<p><b>BACKWARD STRIDING</b></p> <ul style="list-style-type: none"> <li>• ready position</li> <li>• make a full extended “C” with one leg, returning to ready position</li> <li>• alternate legs</li> </ul>
		
<p><b>COMMON ERRORS</b></p> <ul style="list-style-type: none"> <li>• watching feet</li> <li>• weight not completely on starting foot</li> <li>• “C” not fully extended (not cutting ice)</li> <li>• straightening up after start</li> </ul>	<p><b>COMMON ERRORS:</b></p> <ul style="list-style-type: none"> <li>• incorrect foot doing the crossing over</li> <li>• crossover leg too high</li> <li>• knees too bent (straight leg)</li> <li>• leaning out of crossover as opposed to keeping head and shoulders inward</li> <li>• weak push off with inside foot results in less power</li> </ul>	<p><b>COMMON ERRORS</b></p> <ul style="list-style-type: none"> <li>• straightening up between strides</li> <li>• “bum wiggling”</li> <li>• no full extension of the stride</li> <li>• feet too far apart</li> </ul>
<p><b>All Together:</b></p>		
<p><b>Instructor / Coach Game of Choice.</b></p>		

# R4U RURAL LESSON PLAN

**WHEN LESSON BREAKS INTO 3 GROUPS, DIVIDE YOUR PLAYERS INTO THEIR 3 STAGES (RED, PURPLE & GREEN) \*RED GROUPS SHOULD BE IN THE MIDDLE OF THE ICE (BETWEEN BLUE LINES OR RINGETTE LINES)**



**LESSON: THIRTEEN**

**All Together:**

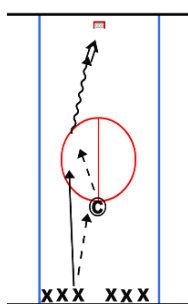
## Instructor / Coach Game of Choice.

### Red Drill 1:

Players line up as directed with a ring. The first player will pass the ring to the coach and begin skating before receiving a pass back from the coach. Then the player will skate in and take a shot.

#### RINGHANDLING

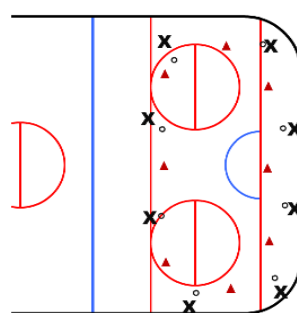
- two hands on the stick at all times
- ready position with head up for good balance
- hands should remain in a comfortable position for maneuverability
- when carrying ring always be sure your body is between the ring and the opposing player
- apply pressure on the stick to avoid an easy check



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### Purple Drill 1:

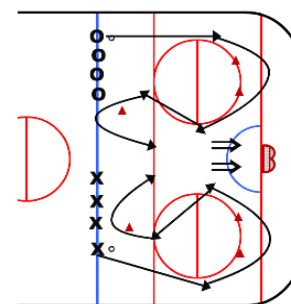
**Station #1:** Have pylons set up as a track that the girls have to skate around. The girls will be spread out around the track with a ring. Every time they skate by a pylon they have to drop their ring while skating and pick up the ring that was dropped ahead of them. Once they start getting good at it you can ask them to speed up a little more or even make it into a game where if they miss the ring when they are trying to stab it they are out.



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### Green Drill 1:

Players will be broken into two groups which will line up along the blue lines. The first player in each line will go on the whistle skating first down the boards towards the bottom of the circle where they will do crossovers. Next they will skate towards the pylon that is set up close to the blue line and do a tight turn around that pylon and go for the ring that has been placed by an instructor just in front of them. The player who gets the ring will go and take a shot on the net while the other player chases them and tries to back check.



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#### COMMON ERRORS

- hands too close or too far apart (judge by performance)
- watching the ring causes one to be off balance
- not having a firm grip; nor adequate pressure on the stick
- skating with one hand on the stick while in possession of the ring

### Red Drill 2:

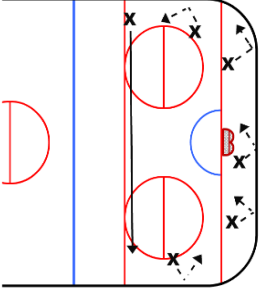
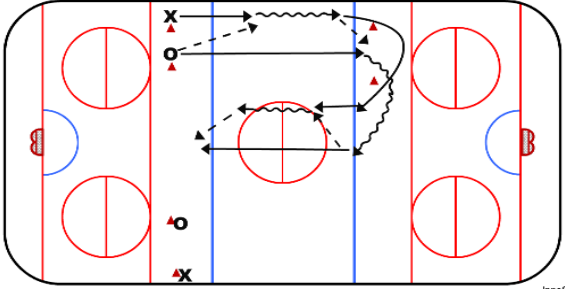
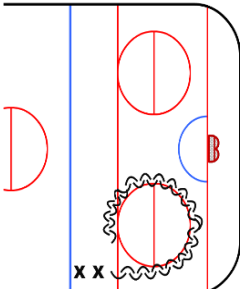
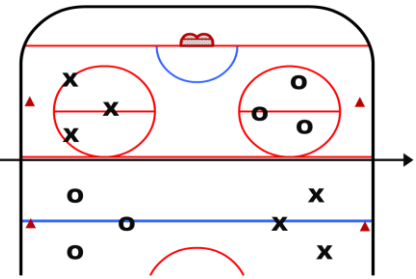
Players skate around the boards making passes to themselves, practicing making passes and receiving them.

### Purple Drill 2:

**Learning the Blue Lines:** Have players line up in partners at the set-up pylons. Players will then skate with their partner, passing over the blue lines and get back in line

### Green Drill 2:

**Backwards Cross-Overs:** Instructor will line players up along the blue line and demonstrate the correct way to do a backwards cross over. Players will then line up and take turns practicing the cross-overs along the outside of the circle.

<b>BACKHAND SWEEP PASS</b> <ul style="list-style-type: none"> <li>proper grip; back of the bottom hand facing the target</li> <li>ring is brought from back foot to front foot with sweeping motion across body (arms fully extended)</li> <li>weight transfer from back foot to front foot</li> <li>follow through at front foot</li> </ul>	<p>Make sure to be clear about passing over the blue lines. Stop players who skate over the lines and explain why we pass to our teammates.</p>	<b>BACKWARD CROSSOVERS</b> • push off with the skate opposite to the outside skate while leaning with hip slightly into the turn <ul style="list-style-type: none"> <li>lift the outside skate over, in front of, and place it on the ice beside the inside skate</li> <li>transfer body weight while recovering the inside skate back to the starting position</li> </ul>
		
<b>COMMON ERRORS</b> <ul style="list-style-type: none"> <li><i>pulling ring too far in, causing the ring to be lifted off the ice</i></li> <li><i>improper follow through; not pointing the stick at the target</i></li> <li><i>not releasing ring when arms extended at front foot, causing a weak pass</i></li> <li><i>watching the ring instead of the target</i></li> </ul>		<b>COMMON ERRORS</b> • <i>crossover leg too high</i> <ul style="list-style-type: none"> <li><i>incorrect foot doing the crossing over</i></li> <li><i>knees not bent (straight leg)</i></li> <li><i>leaning forward on toes</i></li> <li><i>not reaching into circle; “gathering” ice for power</i></li> </ul>
All Together:		
<h2 style="text-align: center; color: red;">Instructor / Coach Game of Choice.</h2>		
<b>Mini Games:</b> Divide players up equally into 4 teams... have players play mini ringette games, switching opponents every 5 minutes. Instructors can set up 1/4 ice games as indicated, or if full ice is available, have 2 half ice games going on.		

# R4U DRILLS - FOR COACHES

## Skating Drills:

Forward Skating	PG 1
Backwards Skating	PG 2
Stops & Starts	PG 3-4
Tight Turns	PG 3-4
Cross-overs	PG 5



FORWARD SKATING		
<b>V-Starts:</b> Instructor must demonstrate the correct way to do a v-start. Players line up with their backs to the boards and skate forwards stopping at each pylon "line" and starting over until they reach the other side.	Forward Skating; Snowplough Stops; V-Starts.	
<b>Lightening Drill:</b> All players line up on the goal line and begin drill together. Players skate from the goal line to the ringette line, stop, then skate back to the goal line and stop. Players then skate to the blue line and stop, then skate back to the ringette line and stop. Players then skate to the Red line and stop, then skate back to the blue line and stop. Players then skate to the Red line, stop and then skate all the way back to the goal line and stop.	Forward Skating; Snowplough Stops; Parallel Stops	
<b>Skate/Slide/Stop:</b> Players get into 3 lines. The first girl from each line begins to skate towards the space between the pylons. As soon as they get to the pylons, they slide on their belly through the pylons. Then the player gets back up, skates to the ringette line and snowplough stops. They then go to the back of the line.	Forward Skating; Falling / Getting up; Snowplough Stops; Parallel Stops	
<b>Protecting the Ring:</b> Have players line up in the corner. Put 1 player at each pylon. 1 player from the corner will skate towards the first pylon, make a turn and protect the ring from being checked by the player standing there, before continuing on to the next pylon. Player will take a shot at the end of the drill.	Forward Skating; Skating with the ring; Tight Turns; Shooting.	

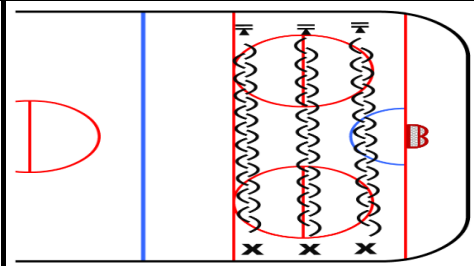


## BACKWARDS SKATING

### Backwards C Cuts:

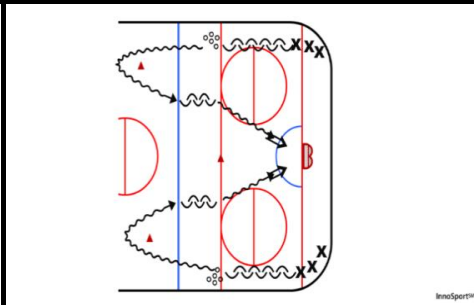
Players line up facing the boards and skate backwards to the far boards using their backwards "C" cuts with only their left foot. \*\*Repeat using their right foot. \*\* Repeat using both feet.

Backwards Skating; Backwards C Cuts; Backwards Stops.



**Backwards Relay Race:** Players line up in each corner. The first player goes, skating backwards towards the ringette line. Then they transition to forwards, pick up a ring and skate around the pylon. Then players transition to backwards at the blue line, skate backwards to the ringette line, transition to forwards and shoot on net.

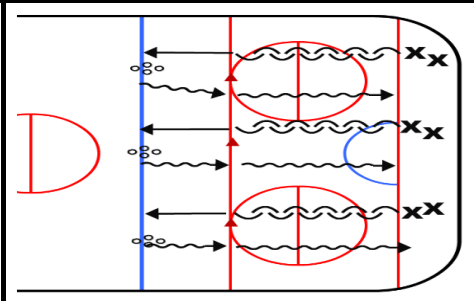
Backwards Skating; Transitions; Forward Skating; Shooting.



### Backwards Relay Race:

Players line up in 3 groups. The first player from each group will go first. Player skates backwards to the ringette line, transition to forwards and skate to the blue line. Players pick up a ring, skate forwards towards the pylon, slide on their belly, get back up and skate to the goal line. Then the next player in line goes.

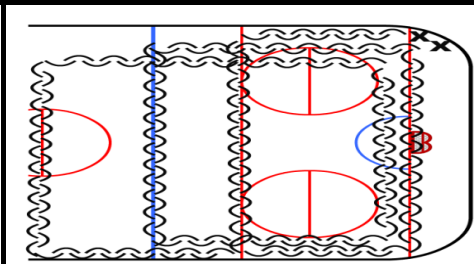
Backwards Skating; Transitions; Forward Skating.



### Backwards Zone Skate:

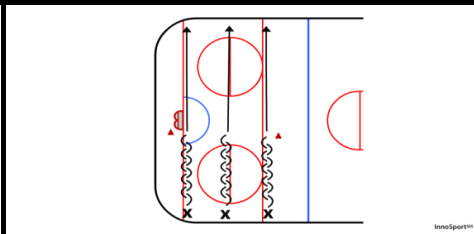
Players line up in the corner. All players follow in a line. Players skate backwards from the corner to the ringette line, along the ringette line, then along the boards towards the goal line. Players skate along the goal line towards the boards, along the boards towards the blue line, along the blue line towards the far boards and down the boards towards the goal line. Repeat this pattern to and along the Red line.

Backwards Skating; Backwards C Cuts; Backwards Stops.



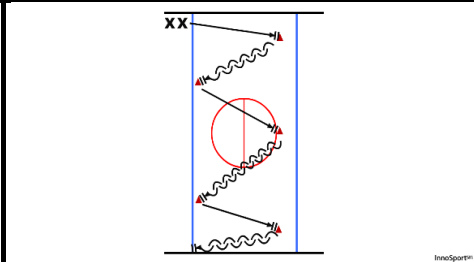
**Station #1:** Players line up along the boards. Skate backwards towards the pylons, transition to forwards and continue skating to the far boards. Repeat skating back.

Backwards Skating; Transitions; Forward Stride



**Station #2:** Players line up at the blue line. The first player from the line will skate forwards to the first pylon and stop. Then they will skate backwards towards the next pylon and stop. Continuing the pattern.

Backwards Skating; Transitions; Forward Stride

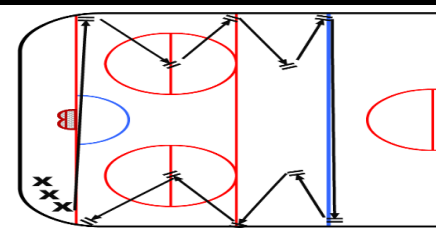


## STOPS & STARTS / TIGHT TURNS

### Stops & Starts:

Instructor must demonstrate the correct way to parallel stop. Players line up in the corner, skating and stopping at all of the pylons as directed. Switch sides half way through.

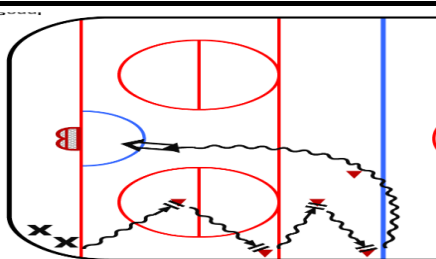
Forward Skating; Snowplough Stops / Parallel Stops.



### Stops with the Ring:

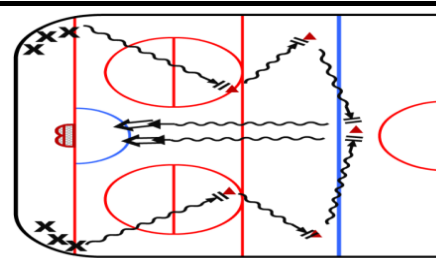
Players line up in the corner with a ring. One at a time players will skate through the pylons, making a complete stop at every pylon. Players will skate around the last pylon and take a shot on net, aiming for the pylon in the net. Switch sides half way through.

Forward Skating; Snowplough Stops / Parallel Stops; Skating with the Ring; Shooting



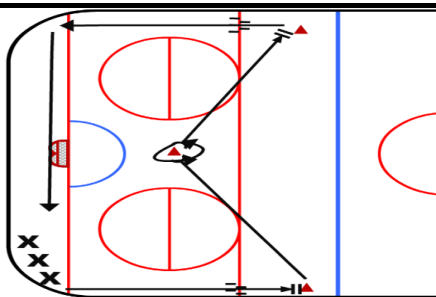
**Stops and Starts with the Ring:** Players are divided into 2 lines. First player from each line will begin, skating to each pylon and making a parallel stop at each pylon. Once the first player gets to the first pylon, the next player can go.

Forward Skating; Snowplough Stops / Parallel Stops; Skating with the Ring; Shooting



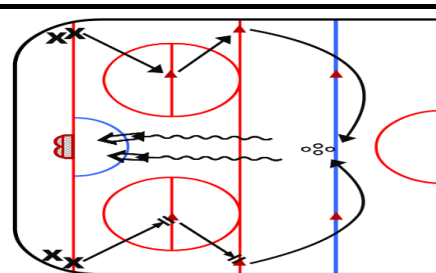
**Start/Slide/Stop:** Players line up in the corner. 1 at a time they skate towards the ringette line, fall on their belly, get up, skate to the first pylon and stop. The player will then skate towards the second pylon, do a tight turn around the pylon and continue to the third pylon and stop. The player will skate towards the goal line, fall on their belly on the ringette line, get up and skate to the back of the line.

Forward Skating; Snowplough Stops / Parallel Stops; Skating with the Ring; Tight Turns.



**Parallel Stops & Turns:** Players are divided into 2 groups. The first player from each group will start. They must stop at the first and second pylons, go around the last pylon, pick up a ring and shoot on the net. Then go to the back of their line.

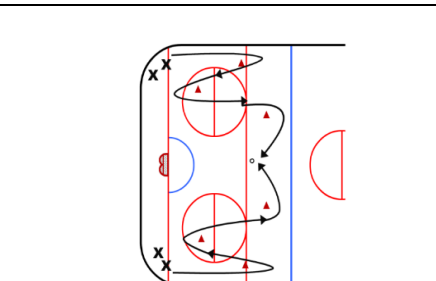
Forward Skating; Snowplough Stops / Parallel Stops; Skating with the Ring; Shooting

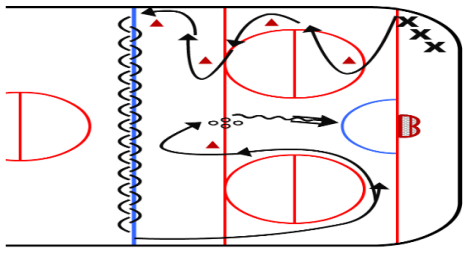
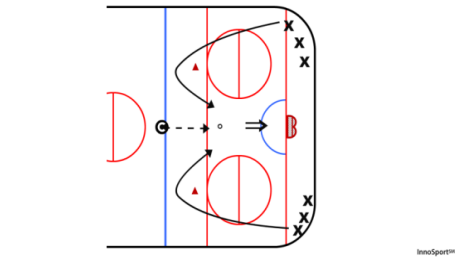
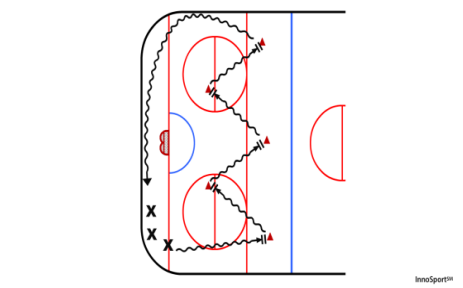
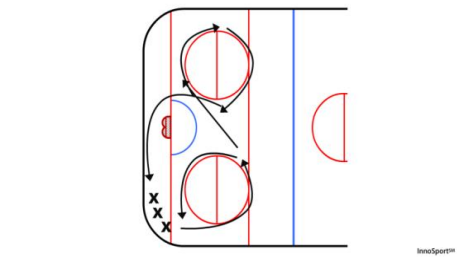
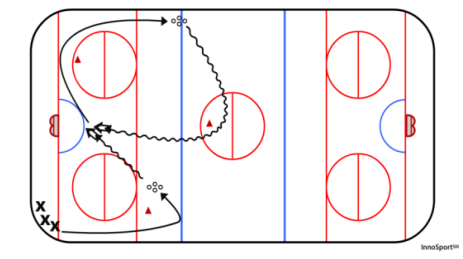
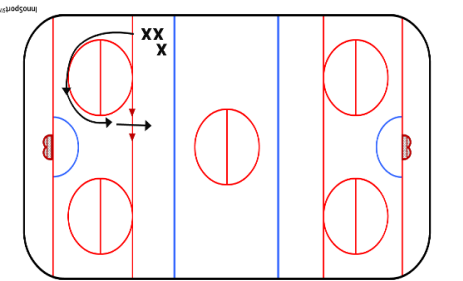


### Race 4 the Ring:

Players are divided into 1 line in each corner. one at a time, 1 player from each corner will race a player from the other corner to the ring. The player who gets the ring first will attempt to shoot. The other player will check the player with the ring.

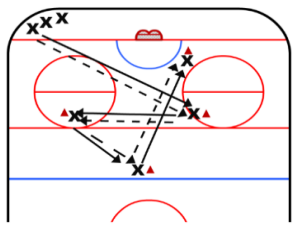
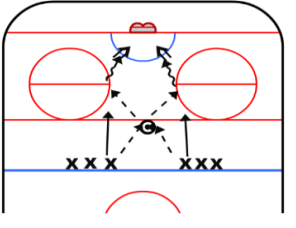
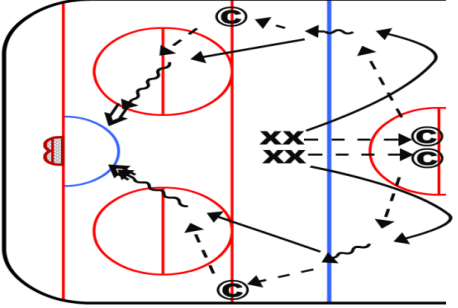
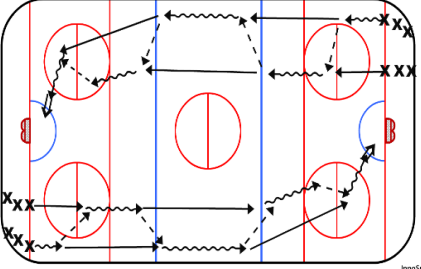
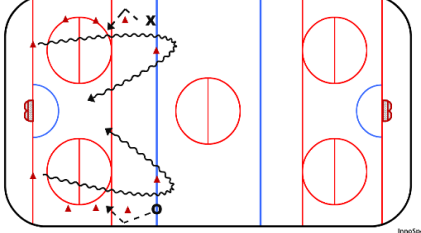
Forward Skating; Tight Turns; Shooting; Back Checking

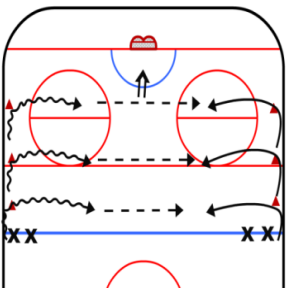
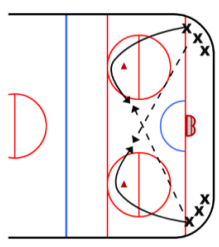
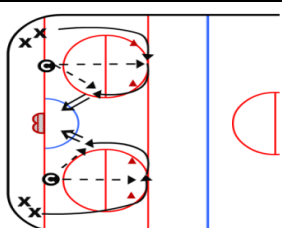
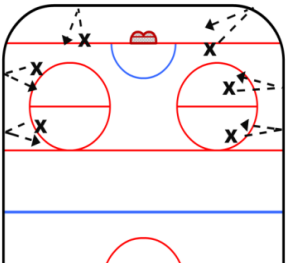
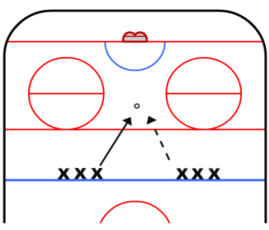
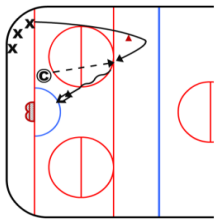


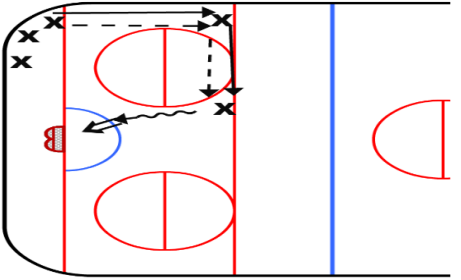
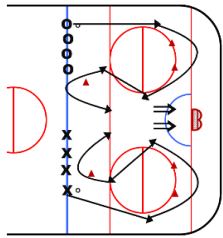
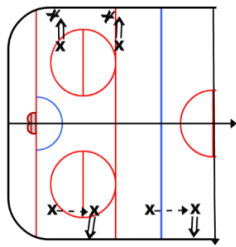
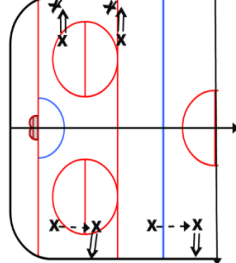
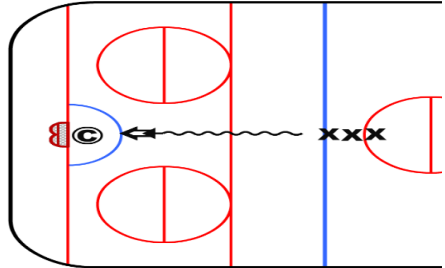
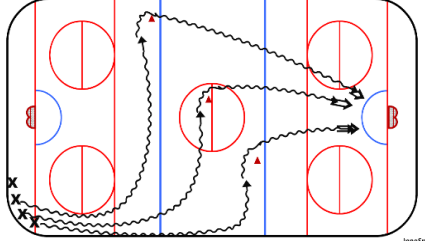
<p><b>Obstical Course:</b> Player start out in the corner. They skate through the pylon obstacle course, staying close to the pylons. Players skate backwards down the blue line and stop at the boards. The players then skate around the circle and the pylon, pick up a ring and shoot on net.</p>	<p>Forward Skating; Tight Turns; Backwards Skating; Crossovers; Skating with the Ring; Shooting</p>	
<p><b>Race for the Ring:</b> Players are divided into 1 line in each corner. one at a time, 1 player from each corner will race a player from the other corner to the ring. The player who gets the ring first will attempt to shoot. The other player will check the player with the ring.</p>	<p>Forward Skating; Tight Turns; Shooting; Back Checking</p>	
<p><b>Stops &amp; Starts: W-Drill:</b> Players line up in one corner. The first player will skate forwards to the first pylon and stop. Then they will skate forwards to the next pylon. Continue this pattern until every player reaches the end.</p>	<p>Forward Skating; Skating with the Ring, Snow plough stops / Parallel Stops.</p>	
<h2 style="text-align: center;">CROSS-OVERS</h2>		
<p><b>Forward Cross-overs:</b> Instructor will demonstrate the proper way to do a crossover. Players will skate around the circles practicing their cross overs on both sides. Switch corners. Players will go 2 players at a time. Once the set of players completes 1 full circle, the next set will begin.</p>	<p>Forward Skating; Forward Cross-overs</p>	
<p><b>Snake Shooting:</b> Players line up in the corner. 2-3 at a time players begin to skate towards first pylon. Players pick up a ring and take a shot on net. The players continue around the next pylon and up to the next pile of rings. Players grab a ring, skate around the last pylon and go take a shot on net. Encourage players to use crossovers around pylons.</p>	<p>Forward Skating; Forward Cross-overs; Skating with the Ring; Shooting</p>	
<p><b>Station #2-B: Forward Crossovers:</b> <b>Instructor MUST DEMO FOR PLAYERS</b> Players line up on the blue line. One at a time they will skate towards the bottom of the circle, practicing their cross-overs. Then they will slide between the pylons and get back in line. (This can be done with 2 players at a time)</p>	<p>Forward Skating; Forward Cross-overs</p>	

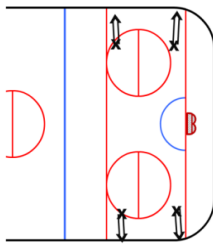
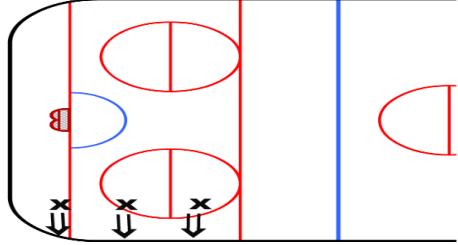
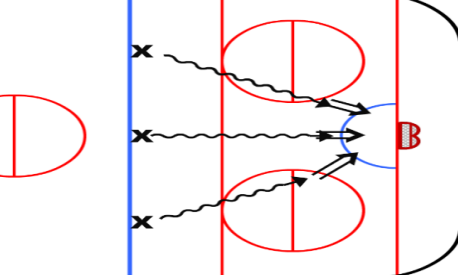
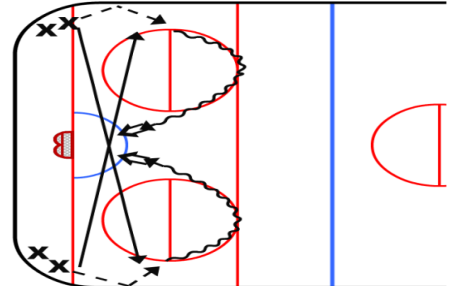
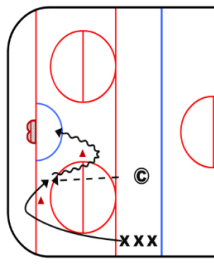
## Ringette Skill Drills:

Passing & Shooting	PG 5-8
Checking	PG 9
Game Situation	PG 10-11

<b>PASSING &amp; SHOOTING</b>		
<p>Players line up in the corner with a player at each pylon. Player 1 passes to Player 2, then follows pass to replace position of player 2. Player 2 passes to player 3, then follows pass to replace player 3. Player 3 passes to Player 4, then follows pass to replace player 4. Player 4 passes to Player 5, then follows pass to replace player 5. Player 5 shoots and returns to the back of the line.</p>	Passing; Forward Skating	
<p>Players line up in 2 lines across the blue line. The first player in line will pass to the Instructor and begin skating towards the net. The Instructor will pass back to the player, and the player will shoot on net, then go to the back of the line. The lines alternate.</p>	Passing; Forward Skating; Shooting	
<p><b>Reverse "Y" Drill:</b> Players line up in 2 lines. Both lines can go at the same time. Players will make a pass to the coach standing on the red line. The coach will then make a pass back to the player towards the boards. The player will pick up the ring and then pass towards the coach standing over the blue line. The player will receive a pass back and go and take a shot on net.</p>	Passing; Forward Skating; Shooting	
<p><b>Full Ice Partner Passing:</b> Have players line up in 2 lines in each corner. Players will then pass the ring back and forth down the ice. Once they get to the end they will take a shot on net and get in line. Both sides can go at the same time.</p>	Passing; Forward Skating; Shooting	
<p><b>Backhand Passing:</b> You need to have two lines so that all the players are on their back hand. Have them skate along the boards making back hand passes to themselves through the pylons. Once they reach the goalline they skate up to the pylon on the blue line do a tright turn and go and take a shot on the net.</p>	Passing; Forward Skating; Skating with the Ring; Shooting	

<p><b>Mini Line Passing:</b> Players line up in 2 lines on the blue line. One line has rings. One player from each line will go at the same time. Players will skate to the first set of pylons, turn towards each other. The player with the ring will pass to the other player and continue skating. Players will then skate up to the next set of pylons and continue. Players will shoot once they reach the net.</p>	<p>Passing; Forward Skating; Skating with the Ring; Shooting; Receiving the Ring</p>	
<p><b>Horse Shoe W/ Goalie:</b> Players line up in each corner. 1 player from the first corner will skate around the pylon and receive a pass from the second corner and shoot. The player who just passed the ring will skate around the pylon and receive a pass from the other corner and shoot.</p>	<p>Passing; Forward Skating; Skating with the Ring; Shooting; Receiving the Ring</p>	
<p><b>Double Pass:</b> Players will skate in the pattern as outlined. Receiving 2 passes. 1.) Receive a pass from the side 2.) Receive a pass head on. Upon receiving the ring, the participant lets go of it and gets ready to receive the next pass.</p>	<p>Passing; Forward Skating; Skating with the Ring; Shooting; Receiving the Ring</p>	
<p><b>Backhand Pass:</b> Instructors go through the correct way to make a backhand pass. Players line up facing the boards with a partner to practice their backhand passes. One player makes a backhand board pass to the other player, continuing back and forth.</p>	<p>Passing; Receiving the Ring.</p>	
<p><b>Backhand Lead Pass:</b> Players line up in 2 lines. 1 player from the first line will begin to skate, the first player from the second line will make a lead pass to the player from the first line. The player receiving the pass will go in and shoot. The player who made the pass will begin skating and receive a pass from the other line.</p>	<p>Passing; Forward Skating; Skating with the Ring; Shooting</p>	
<p><b>Station #4: Passing/Shooting:</b> Players line up in the corner. One at a time they will skate toward the cone, make a tight turn and receive a pass from the coach/instructor before going and taking a shot on net.</p>	<p>Receiving the Ring; Shooting</p>	

<p><b>Follow your Pass:</b>          Players line up as indicated in the diagram. The ring is passed in a box pattern. Players follow their pass and wait in the ready position for the next pass. The last player to receive the pass will skate in and take a backhand shot on net.</p>	<p>Passing; Forward Skating; Shooting</p>	
<p><b>Relay Shooting:</b>          Players are divided into 2 lines. Players will skate with the ring around the pylons and take a shot on net. Players should be practicing their backhand shots while moving.</p>	<p>Shooting; Forward Skating; Crossovers; Tight Turns</p>	
<p><b>Station 1: Backhand Flip Shot:</b>          Players in partners will take turns holding their stick against the boards giving a target. Using their backhand shot they will try to hit their partners stick.</p>	<p>Backhand Shooting</p>	
<p><b>Station 2: One timer Backhand Shot:</b> In partners players will take turns passing to each other practicing their backhand one timers.</p>	<p>Backhand Shooting</p>	
<p><b>Shoot out:</b>          Players line up on the blue line. One at a time they skate in and take a backhand shot on one of their squad mates standing in net. Encourage players to cheer on each other and make "moves" on the goaltender.  <b>**Change goaltenders every 3 or 4 shots.</b></p>	<p>Shooting; Forward Skating; Skating with the Ring.</p>	
<p><b>3 Lane Shooting:</b> Players line up in the corner. 3 at a time they will begin. The first player will skate to the far blue line, skate across the blue line, around their pylon and go shoot on net. The second player will skate to the red line, skate across the red line, around their pylon and go shoot on net. The third player will skate to the close blue line, skate across the blue line, around their pylon and go shoot on net.</p>	<p>Shooting; Forward Skating; Skating with the Ring.</p>	

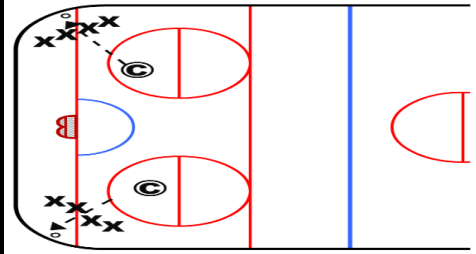
<p>Players will practice their flip shots against boards</p>	<p>INTRO TO FOREHAND FLIP SHOT</p>	
<p><b>Backhand Shots:</b> Instructor will demonstrate the basics of the backhand shot. Players will practice on the boards aiming for the yellow strip that separates the boards from the glass.</p>	<p>Backhand Flip Shot</p>	
<p><b>Backhand Shots:</b> Players line up in 3 lines. Taking turns, the first player from each line will skate in and shoot. Aiming for a pylon in the corner.</p>	<p>Backhand Flip Shot</p>	
<p><b>Team Canada Drill:</b> Players start off split into each corner. One player from one side will skate across the ice and pick up a pass off the boards. Then the player will skate around the circle and take a shot on net. Once player 2 has passed the ring, they will skate accross the ice and received a pass off the boards, skate around the circle and take a shot on net.</p>	<p>Passing; Skating with the Ring; Cross-overs; Shooting</p>	
<p><b>Shooting:</b> Players line up at ringette line line without rings. 1 coach stands at ringette line with rings. One player at a time will skate around pylon and receive a pass from coach. The player will stab the ring and will take a backhand shot.</p>	<p>Reciving the Ring; Shooting</p>	



## **CHECKING**

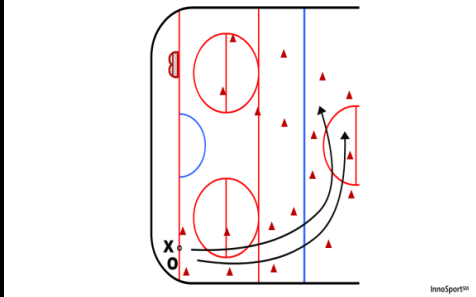
**Queens Corner:** 3-4 Girls line up facing the boards. The Assistant coachs tosses the ring in the corner above the players heads. The players then try to get the ring and skate it out. Players who do not have the ring are checking the player with the ring.

Checking; Skating with the Ring.



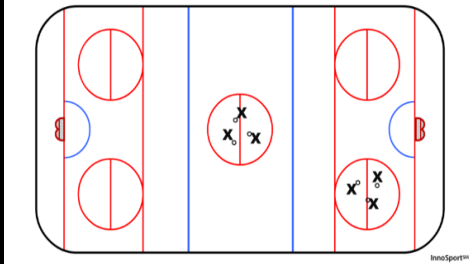
**One on One Side Checking:**  
Have the girls start in one corner. Two girls go at the same time. One girl has the ring. They must skate through the pylons. The one carrying the ring is trying to go take a shot while the other is checking her.

Checking; Skating with the Ring.



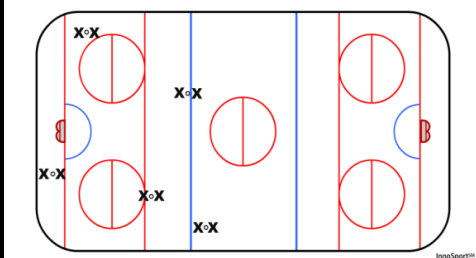
**Keep Away:**  
Break squad up into 2 or 3 groups. Inside each circle, only 1 person has a ring. They need to "keep it away" from the other players trying to check them.

Checking; Ring Protection



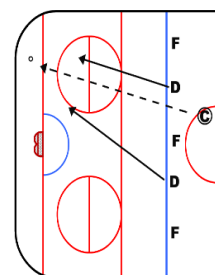
**Partner Checking:**  
Players are broken up into partners. Players take turns checking the ring off of their partner. Then players switch partners.

Checking; Ring Protection



## GAME SITUATION

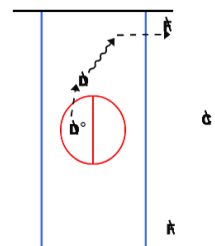
**Know your zone:** Give 5 players a position and line them up on the blue line. The instructor will throw a ring into the zone and yell go. Players will then skate to where they are allowed to go: Defence will go and get the ring, forwards will skate to the ringette line. The defence have to get the ring and skate it out and pass over the blue line to the forwards.



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**Centre Free Pass:** Have 1 D stand inside the circle with the ring. When the Coach/Instructor blows the whistle, the player will pass the ring to the other D. Now that D will skate with the ring to the blue line and pass to one of the Forwards. Remind players to pass over the blue line to their forward players.

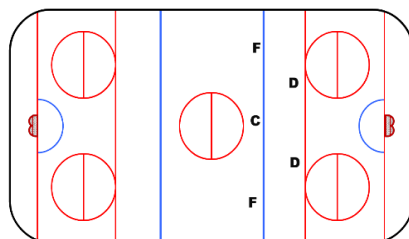
*\* Allow squads to finish out the Centre Free pass in a scrimmage environment until either the offensive team shoots or the defensive team skates the ring out past the centre red line.*



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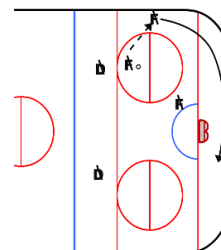
**Defending a Centre Free Pass:**  
Line up your players as shown in the diagram. Players are not allowed to enter the centre circle before the ring leaves the circle.

*\* Allow squads to finish out the Centre Free pass in a scrimmage environment until either the offensive team shoots or the defensive team skates the ring out past the centre red line.*



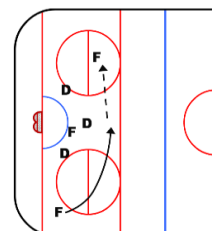
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**STATION #1 Offensive Free Pass:** Have 1 Forward stand in the circle with the ring. They pass to the forward standing right outside the circle. That forward will then skate with the ring and pass to another line mate. Once every player has touched the ring they will try and score.

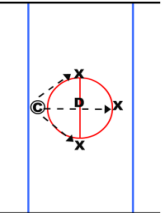
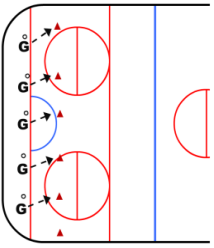
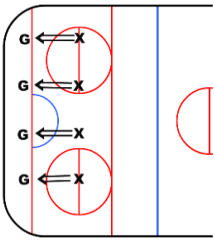
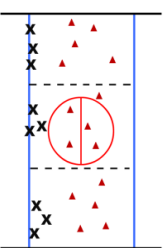
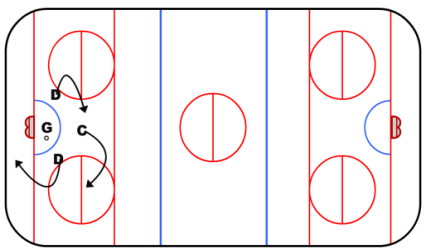


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**STATION #2 Playing Forward:**  
Give each player a position (forward or D)  
Have the D stand in front of the net. The forwards will skate and pass in the offensive zone and try to shoot on net and score. The D will try and stop the forwards



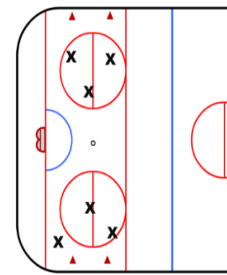
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<p><b>Attacking the Forward:</b> The Instructor will pass to one of the players on the outside of the circle, that player will then pass it back to the instructor and the instructor will pass it to someone else. The player in the middle will skate towards the player who just received the pass and try to check them. If they get the ring then they will switch with that player.</p>		
<p><b>Goalie Ring:</b> Have the players line up with a ring. You will need to set up pylons so that when you tell the players to throw to their RIGHT ( or the pylon closest to a certain board) they have a pylon to throw to. When you tell them to throw to their LEFT ( or the pylon closest to a certain board) they also have a pylon to throw too. Once they are good at throwing to their target you can get them into pairs and have one player throw the ring and one player receiving the ring.</p>		
<p><b>Playing Goalie:</b> Have players set up in partners. One partner will be the 'goalie' and the other partner will be shooting. Have the player who is shooting to shoot on the ice and aim for the 'goalies' feet. The 'goalie' player will practice dropping to her knees to stop the ring.</p>		
<p><b>Station #2 Timed Goalie Throwing</b> - Divide players in 2 groups (3 if the number of players is large). Scatter pylons beside and in front of the players. On go, the first player from each group will pick up a ring and throw it at one of their pylons, repeating for 30 seconds. Each group will count the number of pylons that their player hit. Rotate through all of the players in each group. Winning group will have hit the most number of pylons. Losing team has to do 5 snow angels.</p>		
<p><b>Goalie Break-out:</b> Start out by getting the girls set up as if it was a goalie ring. When the coach says go all the girls have to move and try and get to an open area so the goalie can throw them the ring. Once they are good at getting open add in some stationary players so the goalie know they can't pass to those areas. the next progression would be to have 3 checkers that the defense needs to get away from as in a real game. You can have one girl at a time being goalie.</p>		

# GAMES

## Ring Soccer:

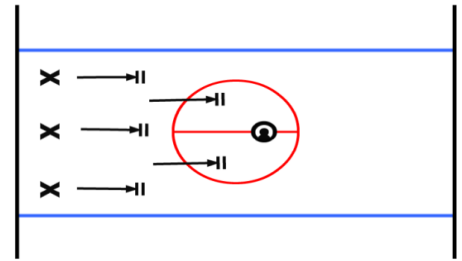
Set up pylons to act as nets.  
Divide players in half. Have players put their sticks on the bench. Tell players to use the inside of their foot to kick the ring to their team mates.



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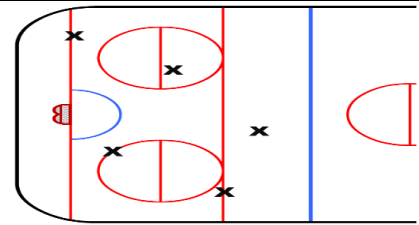
## Red/Green Light:

Players line up against the boards. When the Instructor yells GREEN light, players skate forwards. When the Instructor yells RED light, players must stop. When the Instructor yells YELLOW light players stop and turn around in a circle. When the Instructor yells PURPLE light, players stop, drop to their knees and get back up.

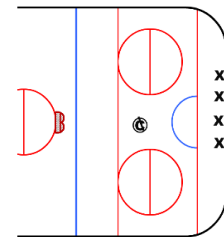


## Freeze Tag:

2-3 Players are appointed as it. All the players skate around to avoid being "tagged". If a player gets "tagged" they must stand still, hold their arms out and wait for a player to skate under their arms. Now both players can re-join the game.



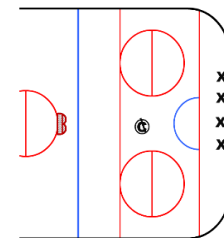
**Follow the Stick:** All players start out on the goal line facing the Instructor. When the Instructor points the stick towards the red line, all players skate forwards. When the Instructor points the stick towards the goal line, all players skate backwards. When the Instructor taps the stick on the ice, players drop to their knees and get back up. When the instructor points their stick towards the side boards, players skate to that side.



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## British Bulldog:

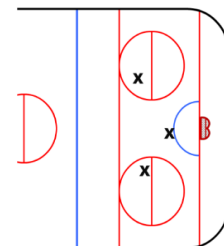
Coaches/Instructors select 2 players to be in the middle. All other players line up on the goal line. When the players in the middle yell "British Bulldog" all of the other players try to skate to the Ringette line without being tagged.



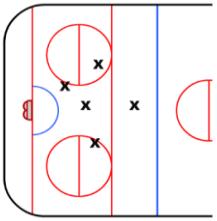
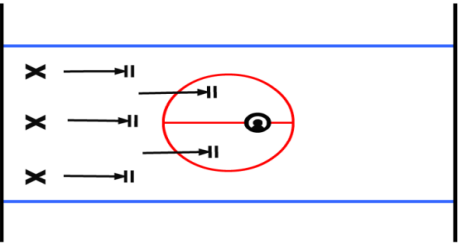
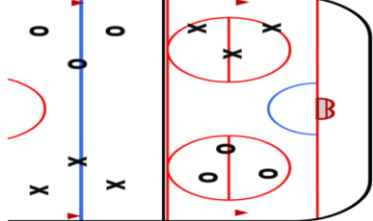
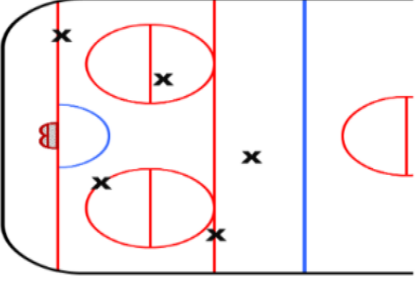
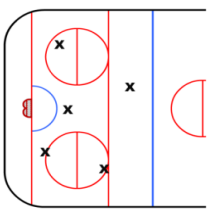
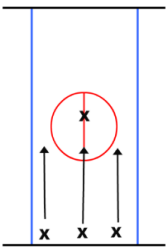
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## Planet Tag:

Players are without sticks. Choose 1 or 2 people to be it. If tagged, the player must drop to their knees. Player can be "freed" when a person who is not it, does a tight turn around the tagged player (orbits the planet)

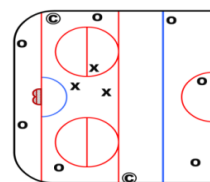


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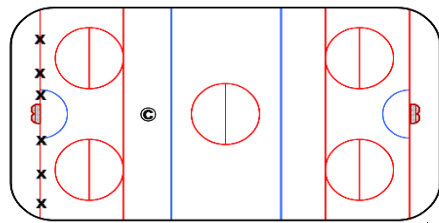
<p><b>Frenamies:</b> Players in group of 3's will start as friends and pass while skating, when coach yells "enemies" the players will start checking, coach will yell "friends" and players will start passing again.</p>		
<p><b>Backward Red/Green Light:</b> Players line up facing the boards. When the Instructor yells GREEN light, players skate backwards. When the Instructor yells RED light, players must stop. When the Instructor yells YELLOW light players stop and turn around in a circle.</p>		
<p><b>Mini Games:</b> Players are encouraged to pass to each player on the team before shooting for the pylon. The ring must hit the pylon to be considered a goal.</p>		
<p><b>Cops &amp; Robbers:</b> All the players are the Robbers and the instructor and coaches are the Cops. The Cops have to "tag" the Robbers. Once tagged the Robbers have to go and sit in the net until a coach or Instructor yells "Jail Break"</p>		
<p><b>Capture the Ring:</b> Players are split into 2 teams. Each team has 4 rings in a designated "home" zone. Players are trying to steal the other teams rings with out getting tagged. If they are tagged they must return the ring and go back to their side before trying again. First team to collect all 4 rings from the other side wins.</p>		
<p><b>Olly Octopus:</b> Coaches pick 1 or 2 players to be in the middle. They must hold hand and call " Olly Octopus". All players begin skating towards them trying to not get tagged. If a player is tagged they join the line to form 1 giant octopus.</p>		

**Target Game:**

2 - 3 players are selected to be in the middle. All other coaches and players are skating around in a circle along the boards. The players in the middle try to hit the other players skates with the ring. When a player gets hit, they join the players in the middle and start trying to hit other players.

**What Time is it Mr. Wolf:**

The Coach is the wolf. Mr. Wolf stands with their back towards the other players. The players then ask in unison "What time is it Mr. Wolf?" Mr. Wolf then answers with a time - such as "It's 7 o'clock". The players then take that many steps towards Mr. Wolf. At any time Mr. Wolf can answer "Desert Time!" When the wolf answers "Desert Time" When the wolf turns around, all the players must fall to the ice and be super still so the wolf doesn't "see" them.



**Simon Says:** Players line up on the goal line. The Instructor will say " Simon Says skate forward" Simon Says "Stop" Simon Says "do 5 snow angels" etc. Make sure to call a few commands without saying Simon Says to get the players listening closely.

