

R4U LESSON PLAN 3

Focus:

Red: Forward skating, stops, starts, skating with ring

Blue: Starts and stops, forehand passing, lead passing

Drill #1: Red Light Green Light (Together): (5 Minutes)

-Players start on goal line in ready position, when the coach says a certain light, players will do that action

- Red light: Stop
- Green light: go
- Yellow light: spin in circle
- Purple light: fall on tummy and get back up
- Rainbow light = dance party

Drill #2: Skating Focus (In Colours): (15 minutes)

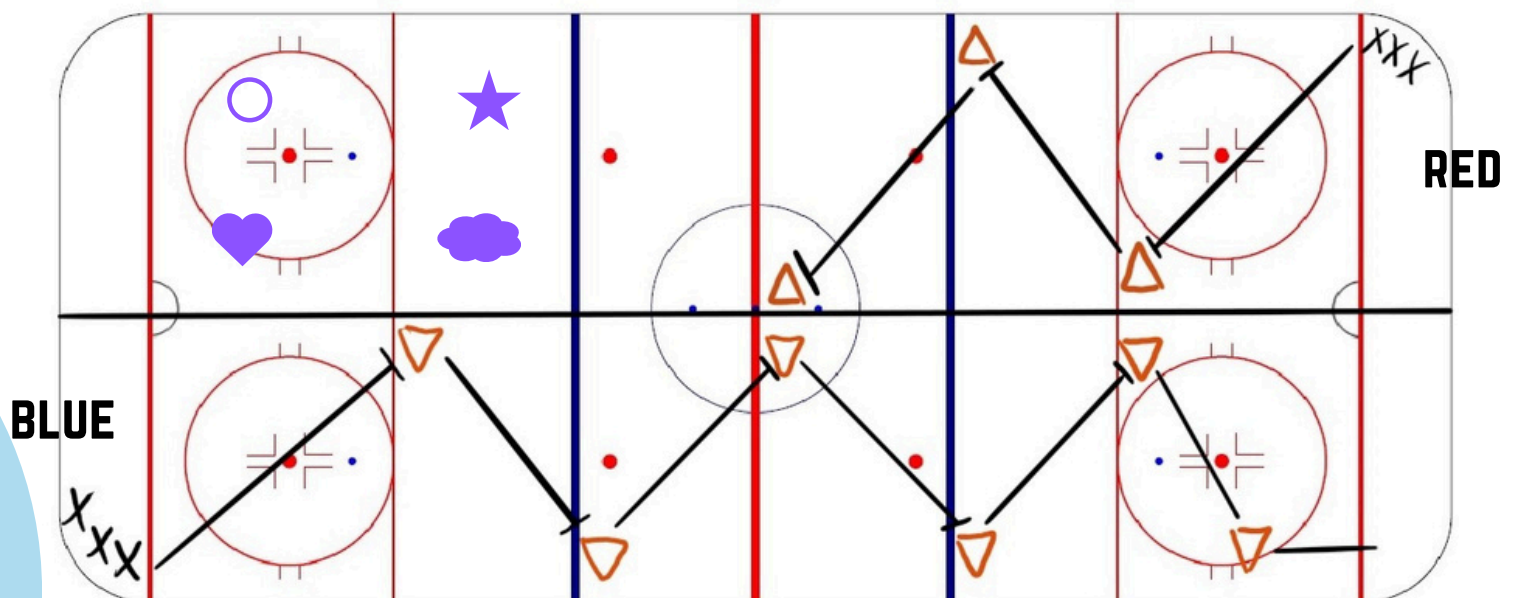
Split the ice lengthwise

Red:

- First 5 minutes: Instructor will draw shapes on the ice with their bingo dabber and have players try and scrape it off with their blades, learning how to push out like when stopping
- Next 10 Minutes: Players will skate to each pylon and do their best snowplow stop

Blue:

- Players will line up in the corner and will skate to each pylon, complete a full stop, then continue to the next pylon. Players should all be comfortable with their snowplow stop and should be encouraged to start trying to do a parallel stop.
 - Coaching points; go over how to complete a parallel stop



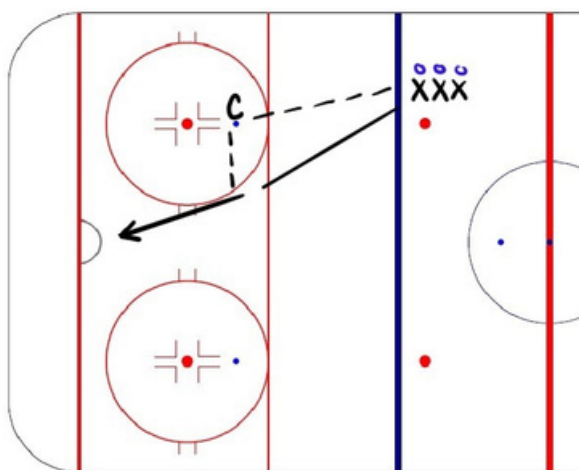
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Drill #3: Chariot Races (Together): (10 Minutes)

- Players will find a partner and make a chariot. Players will skate to the center line, then switch roles with their partner.
- Make sure the player in the back is stopping using a snow plow stop and making it challenging for the player in the front.

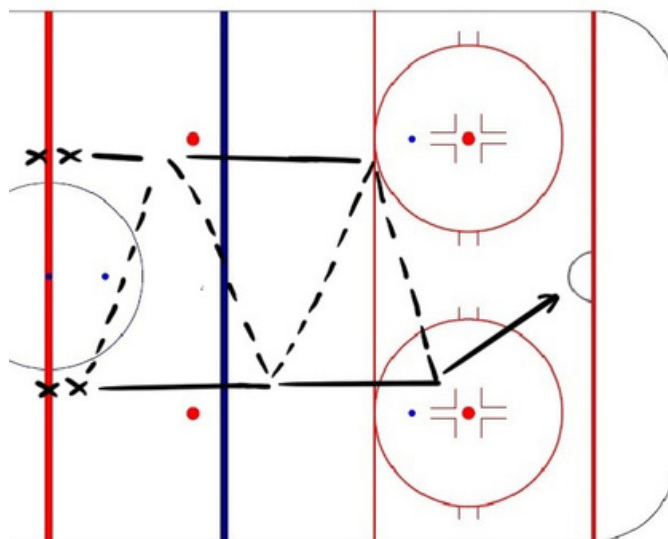
Drill #4: Ring Skills (In Colours): (10 Minutes)

Red: Players line up at the blue line. Players start by passing to a coach on the ringette line, continue skating and receive a pass back from the coach. Once received, they can go shoot on the net.



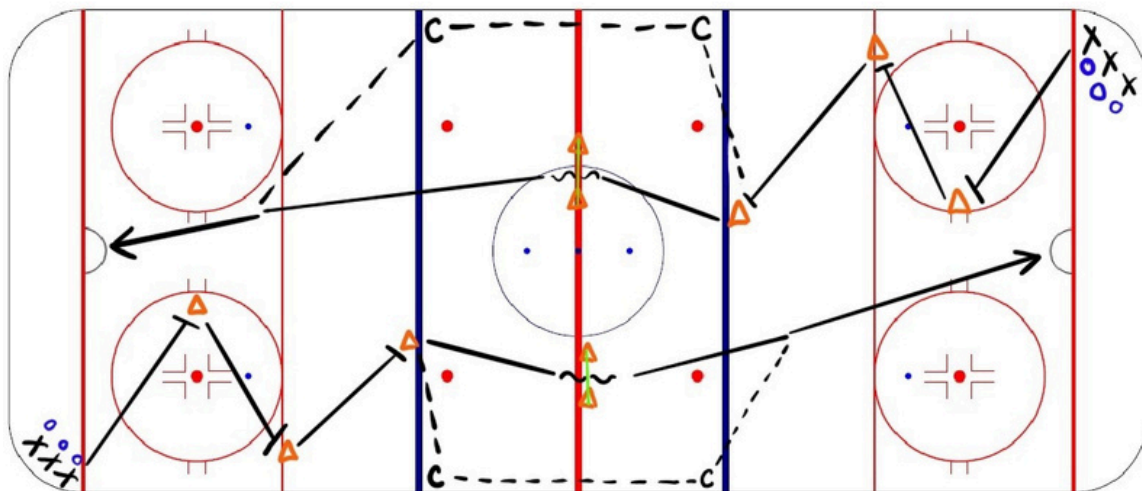
Blue: Lead Passes with a partner. Players will line up at the red line. The first player in each line will skate up and will complete give and go's to each other until they are close to the net and can shoot.

- Encourage players to pass over the blue lines.



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Drill #5: Ring Drill (Together) (10 Minutes)



Drill #6: Cops and Robbers (Together) (10 Minutes)

-Players skate around (robbers) while coaches and instructors (cops) try to tag the robbers and bring them to the jail (middle circle)/ (net if using half ice). When a coach says "jailbreak", all robbers can escape the jail and continue playing.

Ringette
MANITOBA