

R4U LESSON PLAN 5

Focus:

Red: Stops and starts, sweep shots

Blue: Stops and Starts (parallel), backhand passes

Drill #1: Freeze Tag (Together) (5 Minutes)

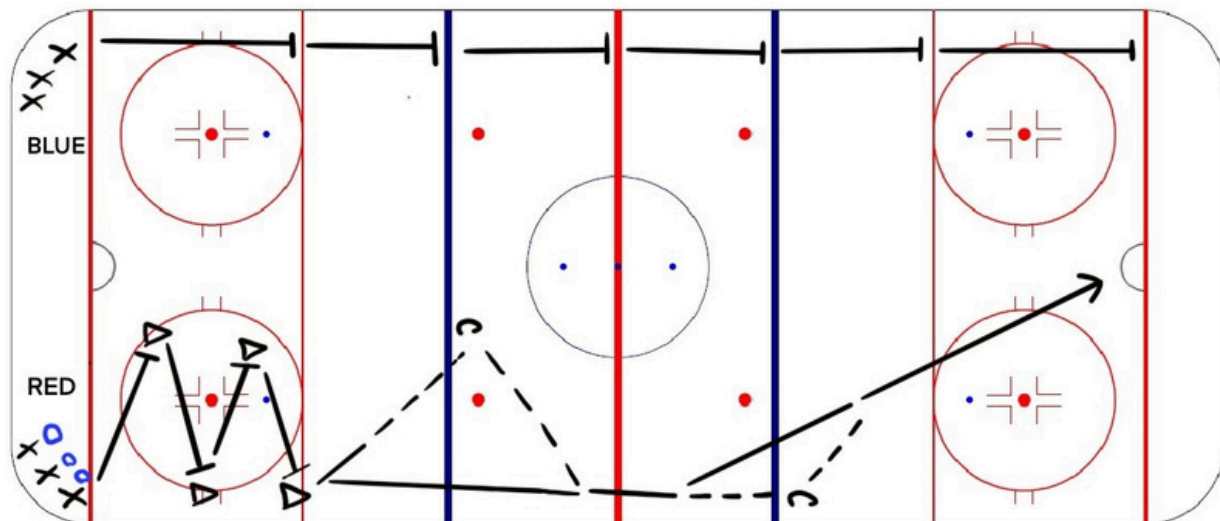
- Choose 2-3 players to be "it". When a player is tagged, they must freeze with their hands up like the letter 'T'. When another player skates under their arms, they are free to rejoin the game.

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

Ice will be split lengthwise

Red: Set up 4 pylons in between the goal line and the ringette line. Players will stop at each of these pylons while carrying a ring. Once they get to the blue line, they will pass to the coach, slide over the center line, get up, and receive a pass from the coach to go in and shoot at the net.

Blue: Players will line up in the corner. One at a time, they will skate to the line and stop, facing the boards. They will do this at each line, to ensure they are attempting to stop using a parallel stop. Make sure to do this an equal amount of time from each corner so players are stopping using both feet.



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Drill #3: Follow the Stick (Together) (5 Minutes)

The players will line up on the goal line and follow the directions of the instructor's stick.

- Towards the players: skate backwards
- Away from the players: skate forwards
- To the left: chop overs to the left
- To the right: chop overs to the right
- Up: top where they are and jump
- Down: stop and fall to the ground and get up as fast as they can

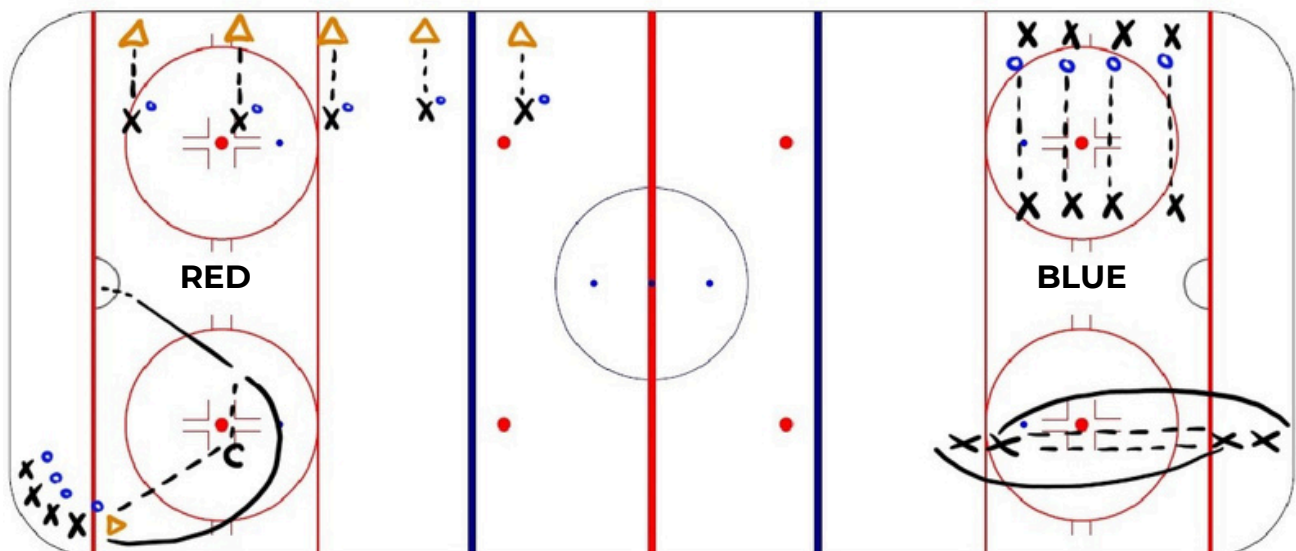
Drill #4: Ring Skills (15 Minutes)

Red: Sweep Shots

- Each player will get a pylon. Place the pylon on the ice along the boards. Players will work on shooting their ring at the pylon. Encourage players to work on aiming to try and hit the pylon
- Players will line up at a pylon on the goal line in the corner. One at a time, they will pass to the coach on the ringette line, skate around the coach, and receive the ring back before going in and completing a forehand sweep shot on the net.
 - Can use more than one net if there are a lot of red players

Blue: Backhand passes

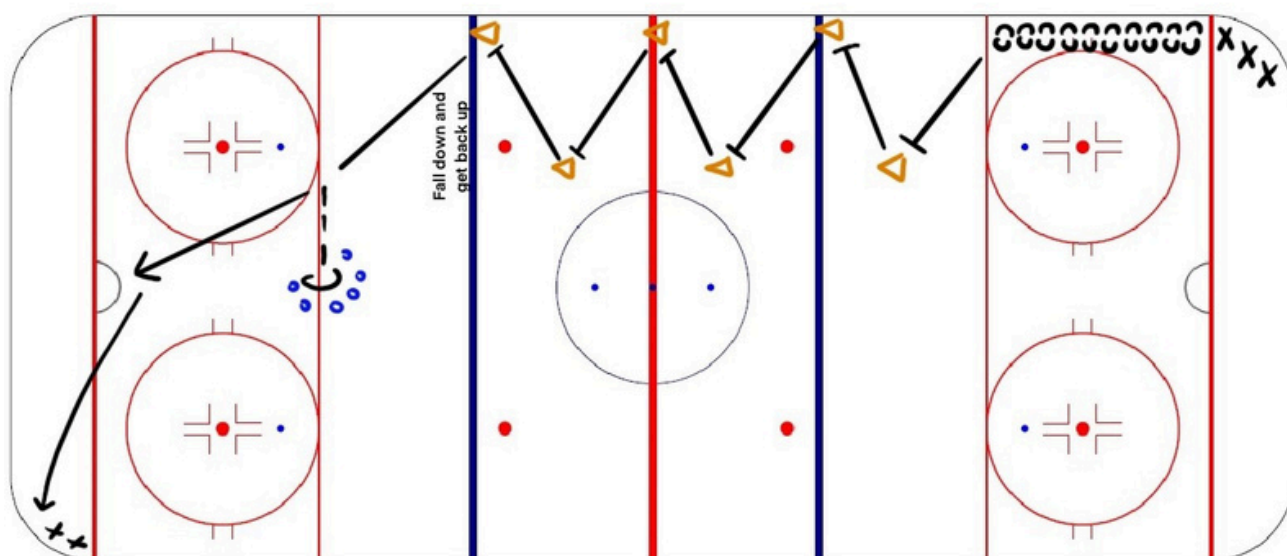
- Partner Passes: Players will work on backhand passing with a partner
- Passing and Moving: Split players up into groups of 4. The 2 lines will face each other. The first player will make a backhand pass to the other line and then follow their pass to the other line. This will become continuous. The goal is to have players think about moving as soon as they have made their pass.



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Drill #5: Full Ice Skate (Together) (10 Minutes)

- Players will line up in both corners and will go one at a time.
- 1st: Sculling (making bubbles) to the ringette line
- 2nd: Stops and starts at pylons in between blue lines.
- 3rd: Fall at second blue line
- 4th: Get a pass from the coach and go in to shoot
- Line up in the other corner



Drill #6: Target (Together)(5-10 Minutes)

- Players skate around the ice in one direction. Coaches will start with the rings in the middle circle and will try to hit the players's skates with rings. If a player gets hit, they will join the middle circle and will try and hit the moving targets (Other players)