

R4U LESSON PLAN 4

Focus:

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

Blue: Starts and stops, forehand passing, lead passing

Warm up (10 Minutes)

Skate & Stretch then play What time is it Mr. Wolf?

Drill #1: Forward Skating (10 Minutes)

Split ice length wise

Red: Forward Skating

Review forward stride (knees bent, head up)

- Skate to far end and back
- Then skate only pushing with left leg there and back
- Skate to blue line, glide to red, skate to blue, glide to ringette line, skate to goal line.

Blue: Forward Skating

Review forward stride (knees bent, heads up)

- Skate to other end and back only using left leg, then skate to the other end and back only using right leg
- Skate as fast as you can to the red line, then glide to the end, repeat going back

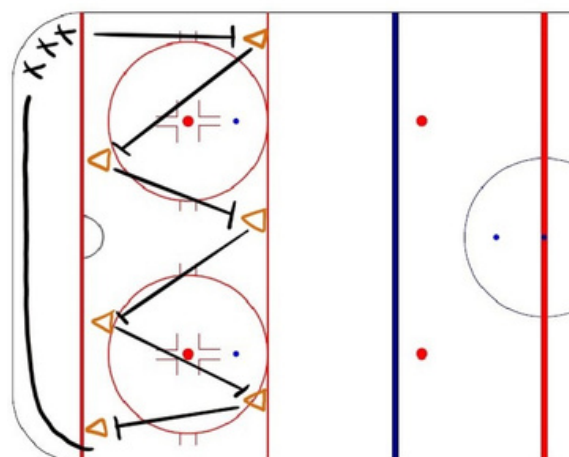
Drill #2: V-Starts: (15 minutes)

Split the ice in half

Red: V-Starts

Go over how to do a v-start (feet positioning & body positioning ,

- Line up on goal line and do v-start, skate to ringette line, stop, v-start to blue line, stop, v-start to red line and repeat back.
 - Repeat this twice
 - Set up pylons in a zig zag pattern and get players to go through, v-starting/stopping at every pylon.

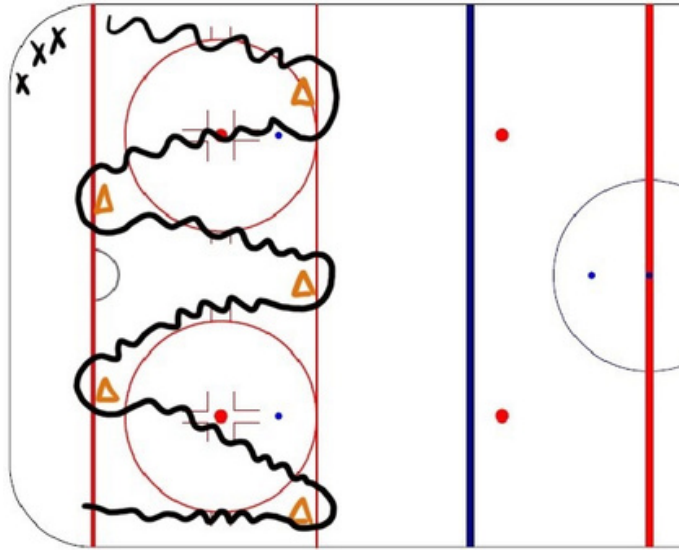


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Blue: Backwards Skating

Review backwards skating (knees bent, head up, back straight)

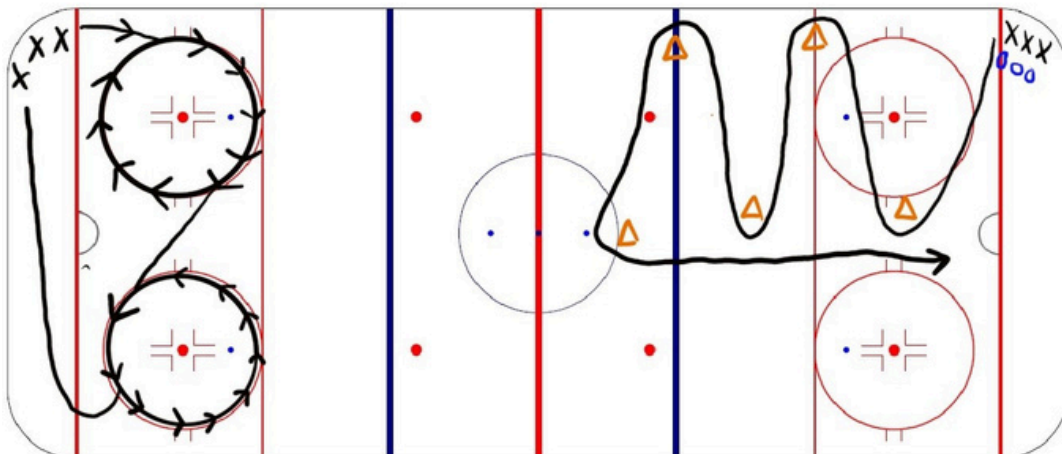
- Skate backwards from goal line to center and back. Repeat twice
- Set up pylons in a zig zag and go around them. Emphasis on keeping head up and watching where you are going.



Drill #3: Rings (10-15 Minutes)

Red: Skating with ring Review how to hold your stick

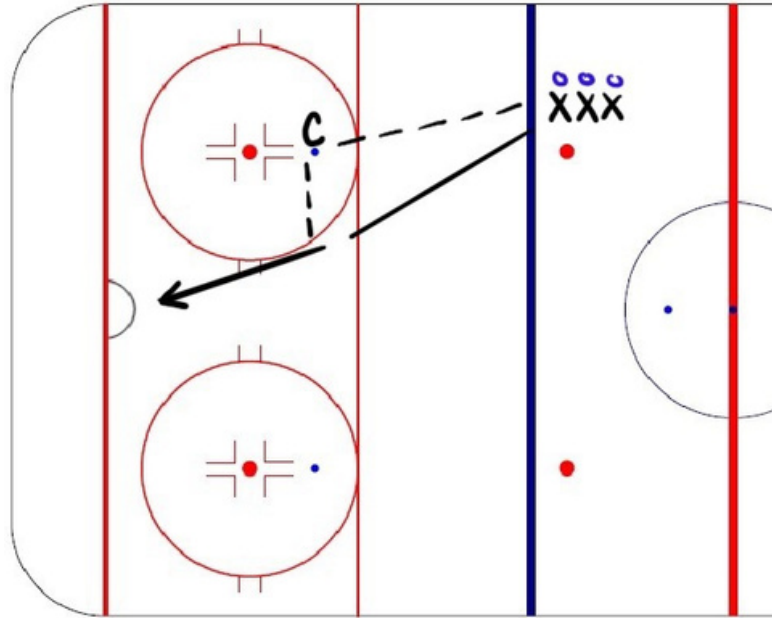
- Players line up in the corner with a ring and skate around both circles with ring on their stick
- Set up pylons in a zig zag, skate around the pylons keeping the ring away from the pylon (treating the pylon as a player on the other team) Then take a shot on net



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Blue: Checking Go over checking (how to check, where to check, types of checks)

- Players to line up and one by one, skate towards the instructor and check the ring away from their stick. Once they get the ring, take a shot on net.
- Partner off players and play keep away from each other all over your half of the ice.



Drill #4: Game (5-10 Minutes)

Garbage (All Together)

Ringette
MANITOBA