

R4U LESSON PLAN 6

Focus:

Red: Stops and starts, sweep shots

Blue: Stops and Starts (parallel), backhand passes

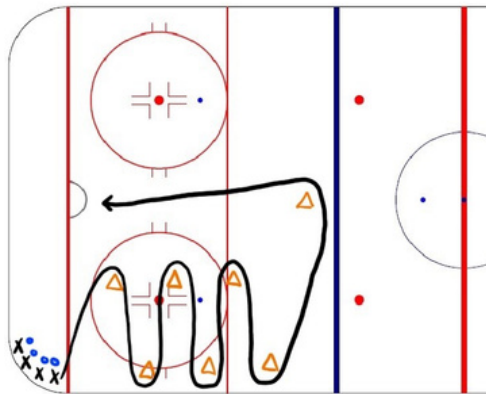
Warm up (Together) (10 Minutes)

- Skate and Stretch & Play “Ship, Shore”

Drill #1: Skating & Passing (10 Minutes) Spilt ice in half at red line

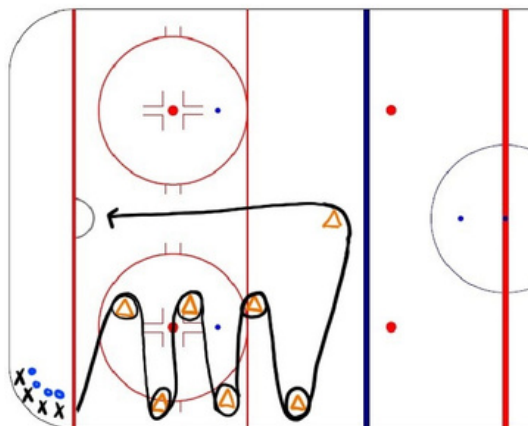
Red - Turning

- Set up pylons in a zig zag patterns and have players go around them with a ring and take a shot on net



Blue - Tight Turns

- Go over tight turns (foot placement, 2 feet on ice, no toe dragging)
- Set up pylons in a zig zag patterns and have players do a full circle tight turn around them with a ring and take a shot on net



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Drill #2: Passing (In Colours): (15 Minutes)

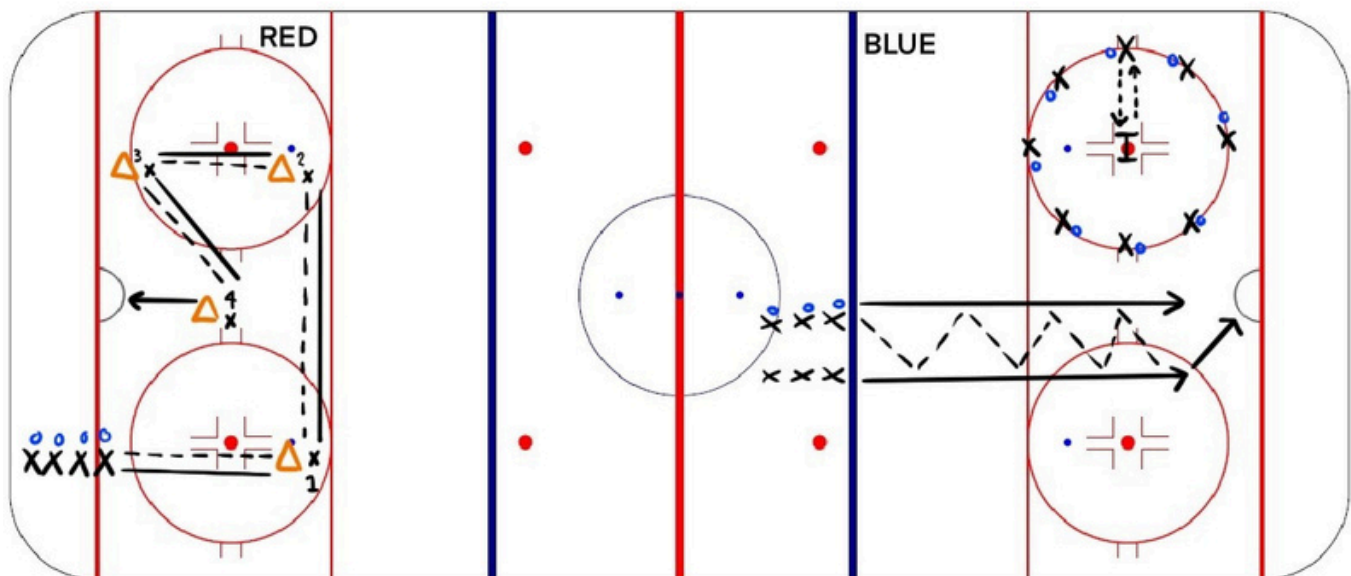
Ice will be split down red line

Red - Forehand Passing

- Review passing (stick pointing where you want ring to go, following ring when picking up a pass)
 - Have each player stand at a pylon, player at first pylon will pass to second pylon and follow their pass, continuing to every pylon/player
 - If more than 5 players have a line up starting at #1

Blue - Backhand Passing

- Review how to backhand pass
- Line up around free pass circle with the instructor in the middle. Have each player pass to the instructor using a backhand pass and receive a pass back from the instructor.
- Have players line up on blue line in two lines. Pass back and forth with partner until you reach the net, when at the net the player with ring takes a shot. Switch lines so player practices backhand and forehand passes.



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Drill #3: Game - Friends and Enemies (Together) (5 Minutes)

Drill #4: Passing and Checking (10 Minutes)

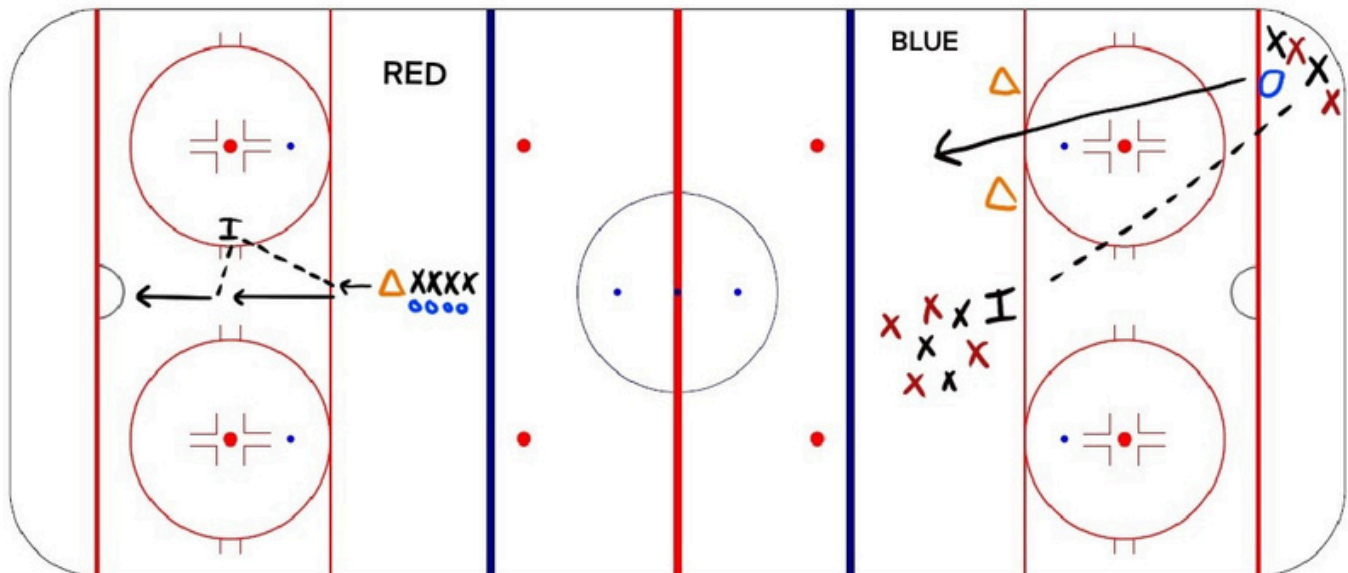
Ice will be split down red line

Red - Forward Sweep Shots

- Review how to do a sweet pass
- Have each player take a ring and practice their sweep shots against the boards for a few minutes
- Once all players understand the sweet shot, have them line up at a pylon on the blue line and skate towards the instructor. They will pass to the instructor and receive a pass back and then take a shot on net

Blue - Passing and Checking

- Play queens corner in pairs. Send 2 pairs into the corner, instructor sends a ring to one corner and the pairs try to fight to get the ring out and skate between the pylons on the ringette line.



Drill #5: Game - Target (All Together) (10 Minutes)