

# R4U LESSON PLAN 7

## Focus:

**Red: Turning, sweep checking**

**Blue: Agility/ balance, forward target shooting, backhand shots**

## Drill #1: Follow the Leader (Together) (5 Minutes)

- Have players follow a coach/ instructor and copy whatever they do while skating around the ice.
  - Sculling/ bubbles, 1 leg glide (flamingos), inside edges (buzzing bees), penguin slides (slide on stomach and get back up), jumping (frogs), etc,

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

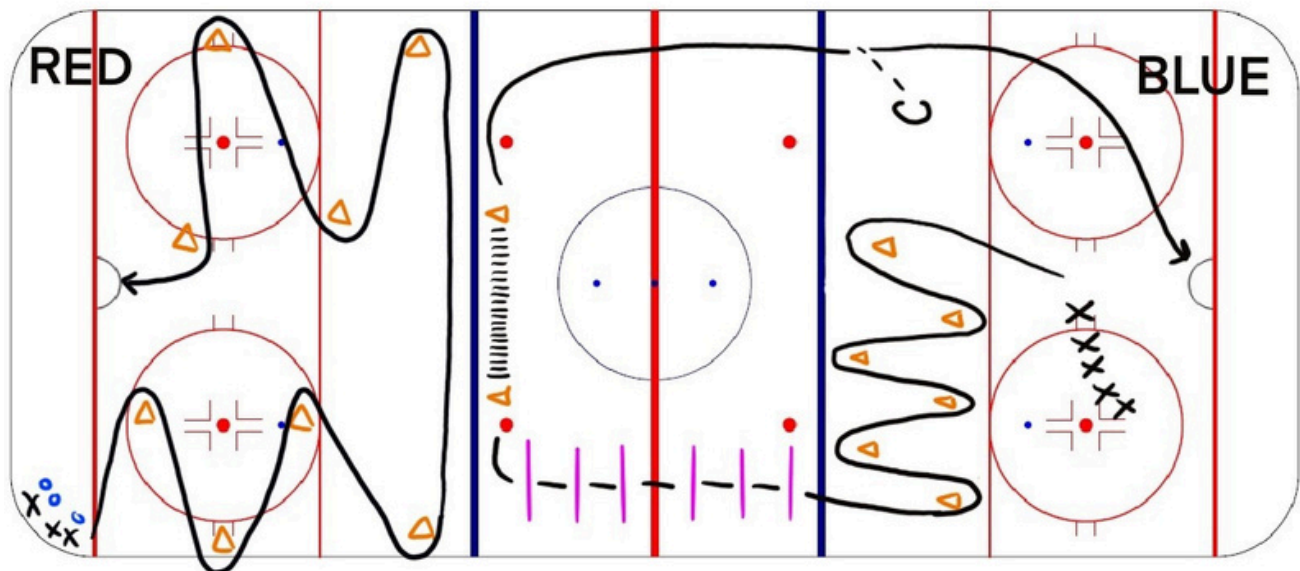
Split the ice at red line

### Red

- Players will complete tight turns around the pylons down the ice, then go in and shoot
  - If extra coaches, can stand at pylons to encourage players to protect the ring
    - Players should skate back along the boards

### Blue

- Agility Course: Each player will go
  - Line up in a line at the pylon between the circles
  - 1st: 6 tight turns in a smaller area between the ringette line and blue line
  - 2nd: Players will skate towards the blue line and will jump over 5 different lines (made with the bingo dabber).
  - 3rd: they will then continue over the second blue line and will do chop-overs between 2 pylons
  - 4th: Receive a pass from the coach and go shoot



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## Drill #3: What Time is it Mr. Wolf (Together) (5 Minutes)

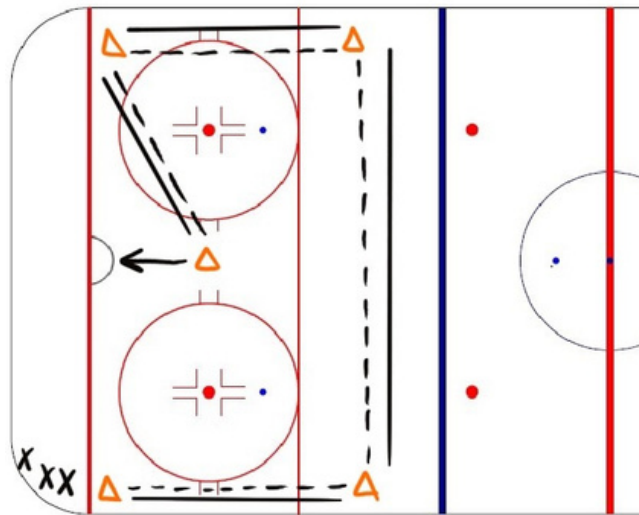
## Drill #4: Ring Skills (15 Minutes)

### Red: Sweep Checking

- Teach how to do a sweep check
- Sharks and Fish
  - Choose 2 players to be the sharks. The sharks will try to get the rings from the fish. If a shark steals the ring from a fish, they will switch roles.

### • Blue: Backhand Shooting

- Review how to do a backhand shot
- Have players line up at the blue line. One at a time, they will complete a give and go with a coach and go in and do a backhand shot on the net.
- 5 point-passing
  - Players will follow their pass, and will make sure to shoot using a backhand shot



## Drill #5: Friends and Enemies (In Colours) (10 minutes)

- Make sure players are with their own colours for this game, with ice split at the red line. Groups of 3-4 is ideal. When the instructor yells “friends”, the players will spread out in their groups and pass the ring to each other. When the instructor yells “enemies”, the player with the ring will skate away, and the others will try and check them.

## 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.