

R4U LESSON PLAN 8

Focus:

Red: Turning and Shooting

Blue: Tight Turns and Passing

Warm Up: (Together) (10 Minutes)

- Skate and Stretch & Red Light Green Light

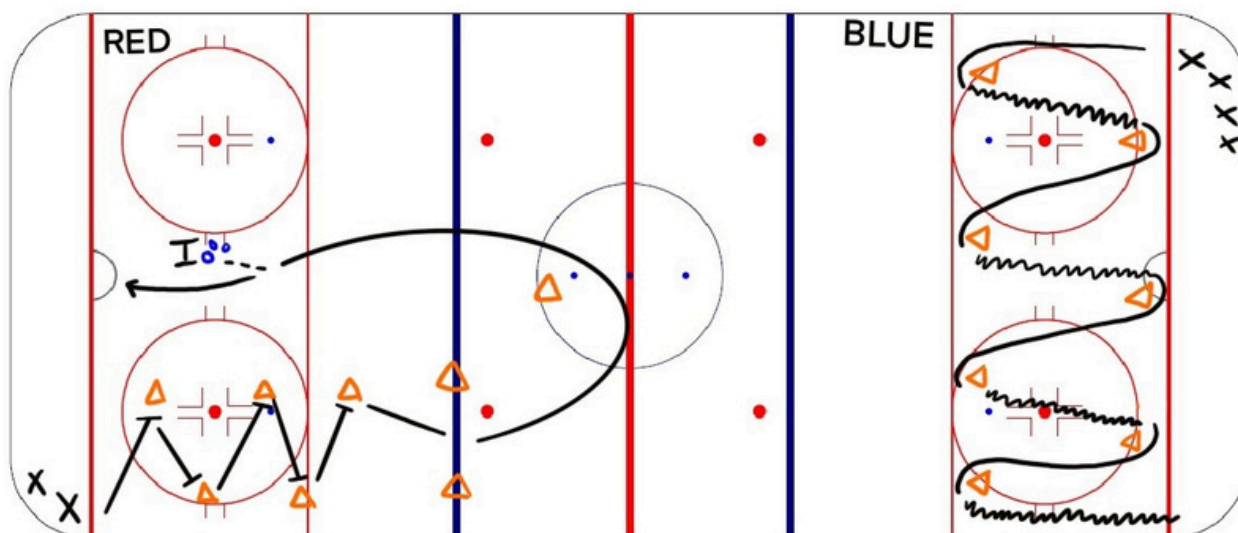
Drill #1: Skating (10 Minutes) Divide ice in half at red line

Red: Agility

- Line up in corner, go through the zig zag pylons doing stops and starts. Then Penguin slide through the two pylons at the blue line, get up, do a tight turn around the next pylon, skate towards instructor to receive a pass to take a shot on net.

Blue: Transitions

- Review transitions
- Skate forwards towards first pylon then transition to backwards to the next pylon, continue through all pylons. *Always facing the opposite end*

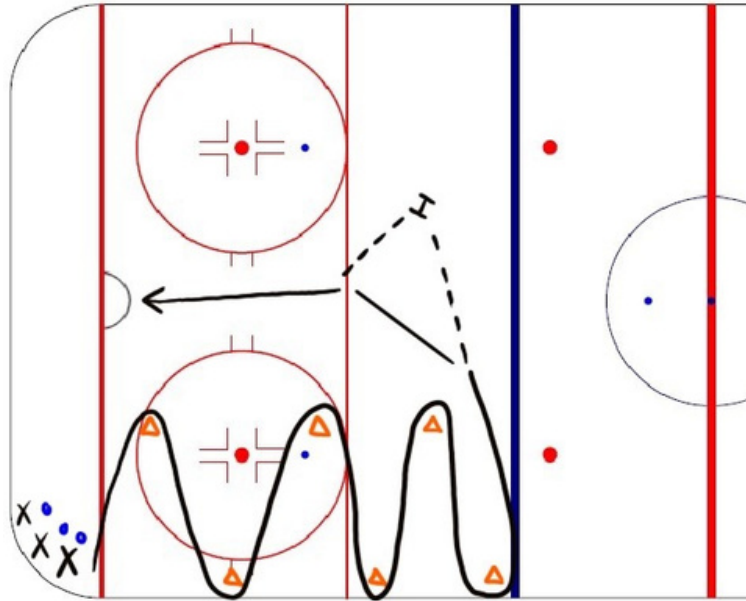


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Drill #2: Skating (10 Minutes) Divide ice in half at red line

Red: Agility

- Do tight turns around the pylons with a ring, pass to the instructor and receive a pass back to take a shot on net



Blue: Backhand at Target

- Pick a spot on the boards and practice hitting that target constantly
 - If there is time have players skate around free pass circle and take a backhand shot on net.

Drill #3: Game - Banana Tag (5 Minutes)

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Drill #4: Skills (15 Minutes)

Ice will be split in half at red line

Red: Sweep Checking

- Review sweep checking
- Have players line up at the pylon with a ring, skate towards the instructor and pass to them. Once the instructor has the ring the player will sweep check the instructor to get the ring to shoot on the net.

Blue: Passing and Checking

- Split players into two teams, each team lines up in a corner. First player in each line skates through pylon doing transitions at each pylon. First one to the ring takes a shot while the second player tries to chase them to check and take the ring away for a shot.

