

# R4U LESSON PLAN 1

## Focus:

Red: Proper Skating Stance, falling and getting back up/ forehand passing

Blue: Forward skating, forehand passing

### **Drill #1: Banana Tag (Together): (10 Minutes)**

Choose 2-3 players to be 'it'. When a player gets tagged, they must stand still with their hands in the air like a banana. They are free to rejoin the game when 2 separate players come and 'peel the banana'/ guide their arms down.

### **Drill #2: Skating Skills (in Colours): (15 Minutes)**

Split Ice in half on the red line

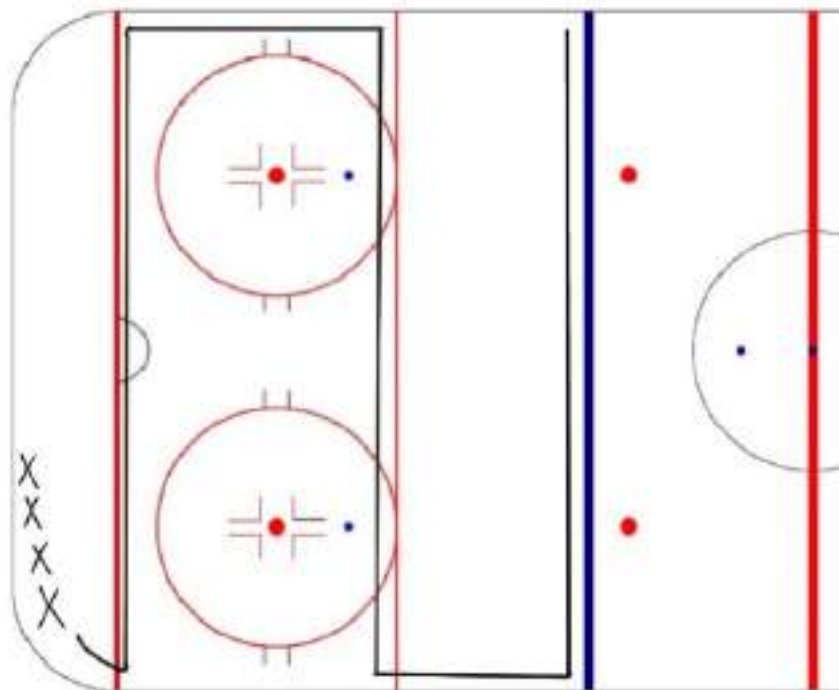
**Red:** Skating stance, falling and getting up.

- Players will all start at the goal line and will show their ready position. Make sure all players are holding their stick correctly. Together, players will skate together to the ringette line, stop and hold their best ready position. Once all players are in the ready position, players can skate to the blue line, fall and get up, and show their ready position.
- Repeat this a few times until players start to get the hang of it

**Blue:** Forward Skating

- Break down forwards stride.
- Have players line up in the corner. Along each line, the players will focus on their forward stride, pushing with one foot down the goal line, ringette line and blue line, then the next time will use their other foot. Once each foot has been done, a regular stride can be introduced with a pause in the middle.

### **Blue Group**



# R4U LESSON PLAN 1

## **Drill #3: Game (Together): (10 Minutes)**

- Simon Says
- Focus on commands with falling and getting up, ready position and forwards stride

## **Drill #4: Ring Skills: (In Colours): 10 Minutes**

### **Red:** Forehand Passing

- Players will practice forehand passing on the boards. Practice on aiming at a certain spot or target

### **Blue:** Forehand Passing

- Passing with a partner
- Players will be assigned partners and will be passing with them
- Teaching points; how to aim a pass, proper weight and how to stab.

## **Drill #5: Garbage (Together): 10 minutes**

Players start on their tummy at the blue lines, with rings across the length of the ice. When the instructor yells 'go', players will attempt to pass all the rings to the other side of the ice WITHOUT going across the center. When instructor is ready for the players to stop, they will count down from 10 and yell stop! The team with more rings on their side has to do 5 snow angels.

## **Drill #6 Large Group Game (Together): 5 Minutes**

Pick a game from the following

- Game: Ship Shape: Players will follow the instructors commands and do a series of actions.
- Captains Coming: Players skate towards the coach and stand in attention, they can also say "Aye Aye Captain"
- Scrub The Deck: Players drop to their knees and pretend to scrub the ice with their gloves
- Shark Attack: Players lie down on the ice as flat as possible to hide from the shark
- Man Overboard: Players fall to the ice and practice getting up quickly and safely
- Starboard/ Port/ Ship/ Shape: The 4 directions on the ice the players can skate towards



# R4U LESSON PLAN 2

## Focus:

**Red: Proper Skating Stance, Proper Passing**

**Blue: Forward skating, forehand passing**

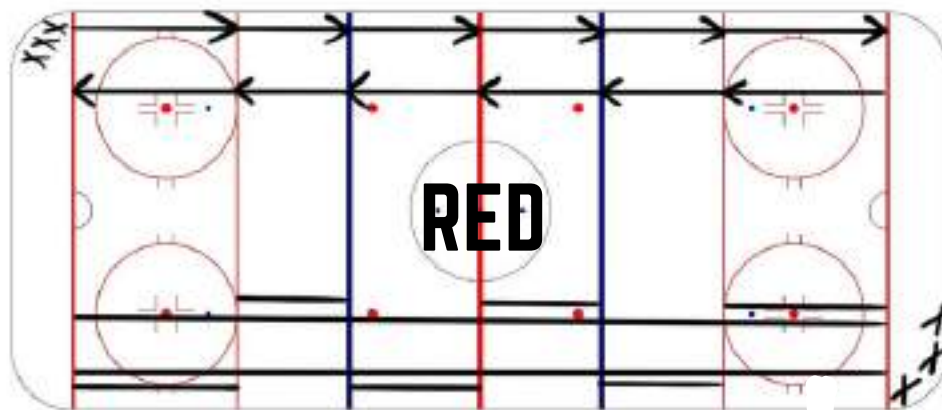
**Warm up: Skate and Stretch then Banana Tag (together) (10 Minutes)**

## **Drill #1: Skating**

Split ice in half down the middle (end to end)

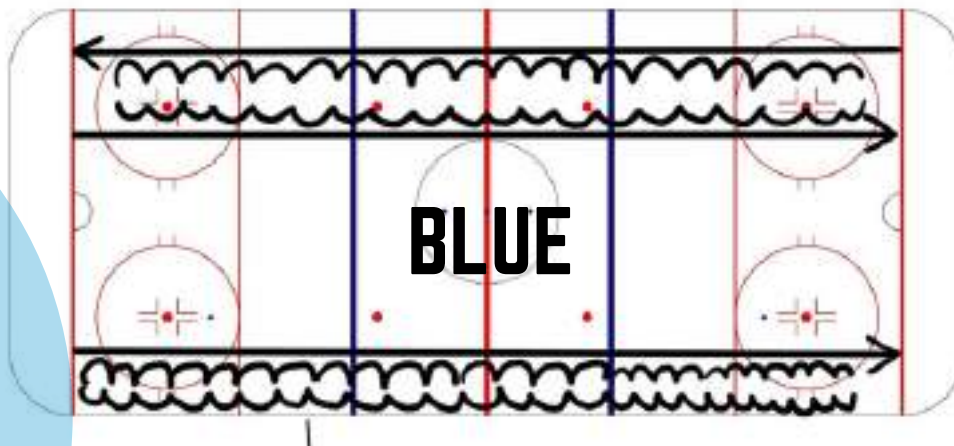
### **Red: Forward Skating (15 Minutes)**

- Line up on goal line and rediscuss ready position
- First time skate to the other end slowly, stopping/pausing on every line. Focus on long even strides using both feet with knees bent and head up.
- Go there and back
- Second time, skate to ringette line, glide to blue, skate to red line, glide to blue, skate to ringette line, glide to goal. Repeat on the way back.
- On the third time, skate from one goal line to the other only pushing with the right foot. Then on the way back only push with the left foot.



### **Blue: Backwards Skating (15 Minutes)**

- Go over position for backward skating
  - Knees bent, head up, back straight. **No** butt wiggle
- Start with backwards skulling there and back
- Then go there and back only using right foot, on the way back only use left foot.



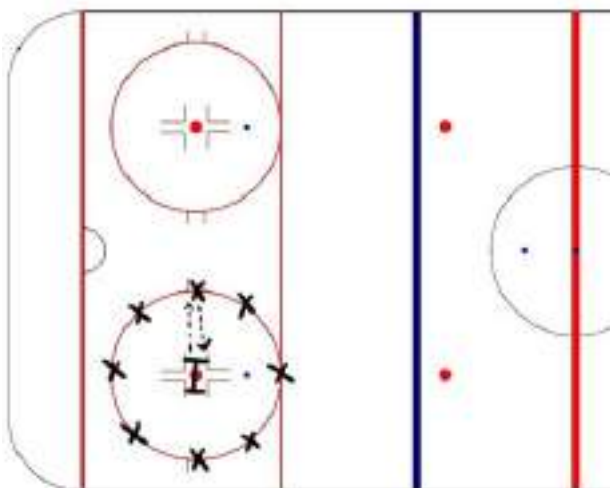
# R4U LESSON PLAN 2

## Drill #2: Red Light Green Light (Together) (5 Minutes)

## Drill #3: Passing

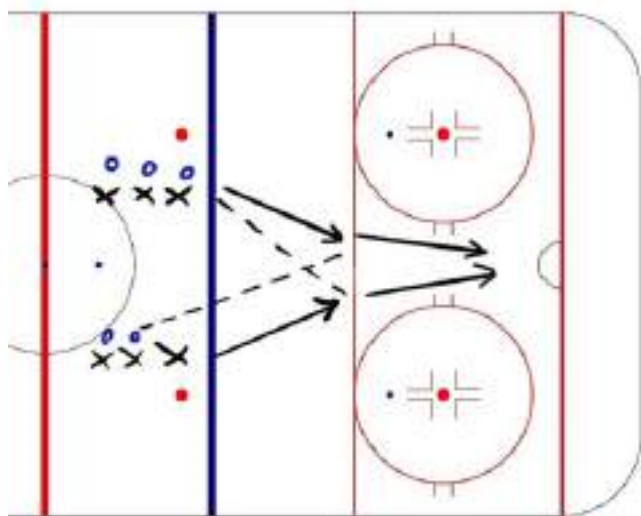
### Red: Forehand Passing (10 Minutes)

- Go over how to hold a stick, how to pass (body positioning, weight transfer) and where stick should be pointing when passing the ring
- Gather around circle, each player has a ring. One by one pass the ring to the instructor in the middle, instructor pass ring back to player
- After going around circle 2-3 times, have players find a partner and partner pass.



### Blue: Passing to Target/ Lead Passing (10 Minutes)

- Review passing
- Create two lines on the blue line. First person in line 1 skates and line 2 makes a lead pass to the player skating, skate to the net and take a shot. After passing, player from line 2 skates and receives pass from line 1. Repeat



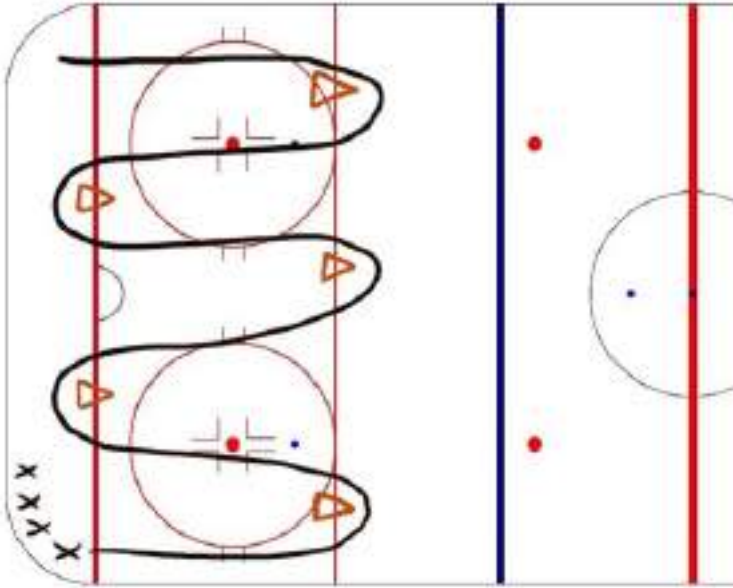
# R4U LESSON PLAN 2

## Drill #4: Forward Skating (10 Minutes)

Divide red and blue to each end

### Red & Blue: Forward skating

- Have players line up in the corner and skate around the pylons working on their forward stride.



## Drill #5: Snow Queen (5 Minutes)

Play all together

*Ringette*  
MANITOBA

# R4U LESSON PLAN 3

## Focus:

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

**Blue: Starts and stops, forehand passing, lead passing**

## Drill #1: Red Light Green Light (Together): (5 Minutes)

-Players start on goal line in ready position, when the coach says a certain light, players will do that action

- Red light: Stop
- Green light: go
- Yellow light: spin in circle
- Purple light: fall on tummy and get back up
- Rainbow light = dance party

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

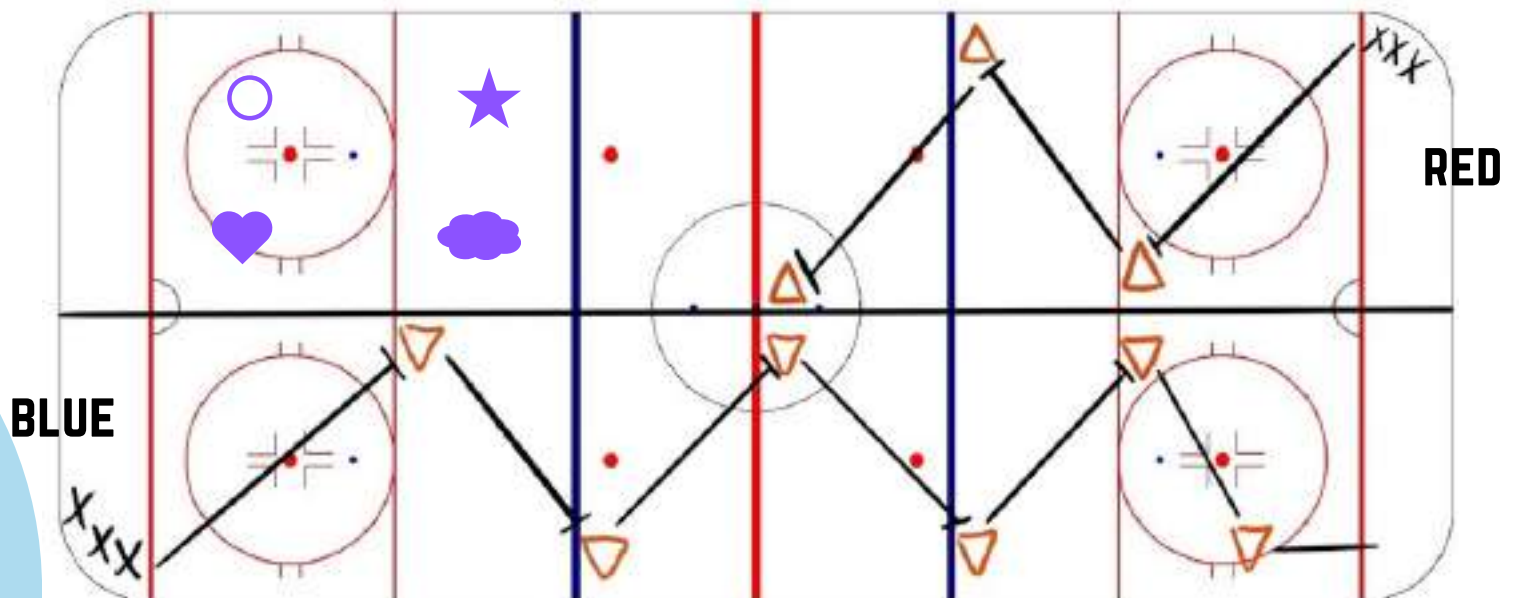
Split the ice lengthwise

### Red:

- First 5 minutes: Instructor will draw shapes on the ice with their bingo dabber and have players try and scrape it off with their blades, learning how to push out like when stopping
- Next 10 Minutes: Players will skate to each pylon and do their best snowplow stop

### Blue:

- Players will line up in the corner and will skate to each pylon, complete a full stop, then continue to the next pylon. Players should all be comfortable with their snowplow stop and should be encouraged to start trying to do a parallel stop.
  - Coaching points; go over how to complete a parallel stop



# R4U LESSON PLAN 3

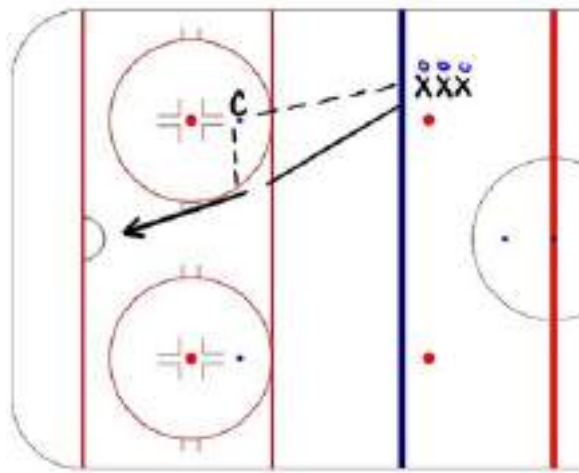


## Drill #3: Chariot Races (Together): (10 Minutes)

- Players will find a partner and make a chariot. Players will skate to the center line, then switch roles with their partner.
- Make sure the player in the back is stopping using a snow plow stop and making it challenging for the player in the front.

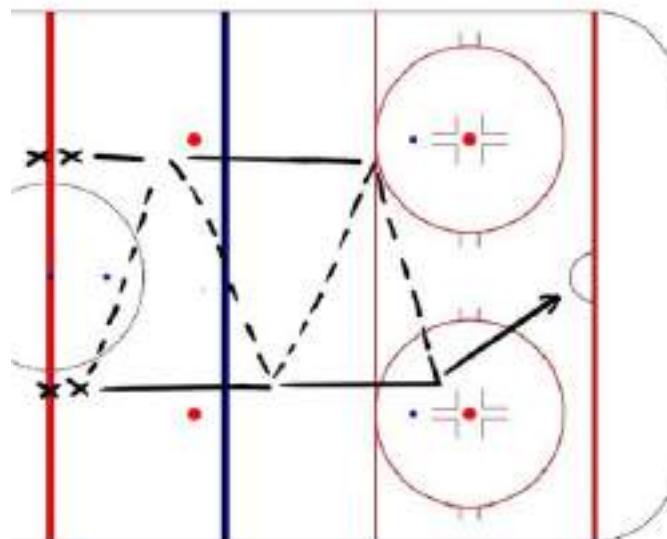
## Drill #4: Ring Skills (In Colours): (10 Minutes)

**Red:** Players line up at the blue line. Players start by passing to a coach on the ringette line, continue skating and receive a pass back from the coach. Once received, they can go shoot on the net.



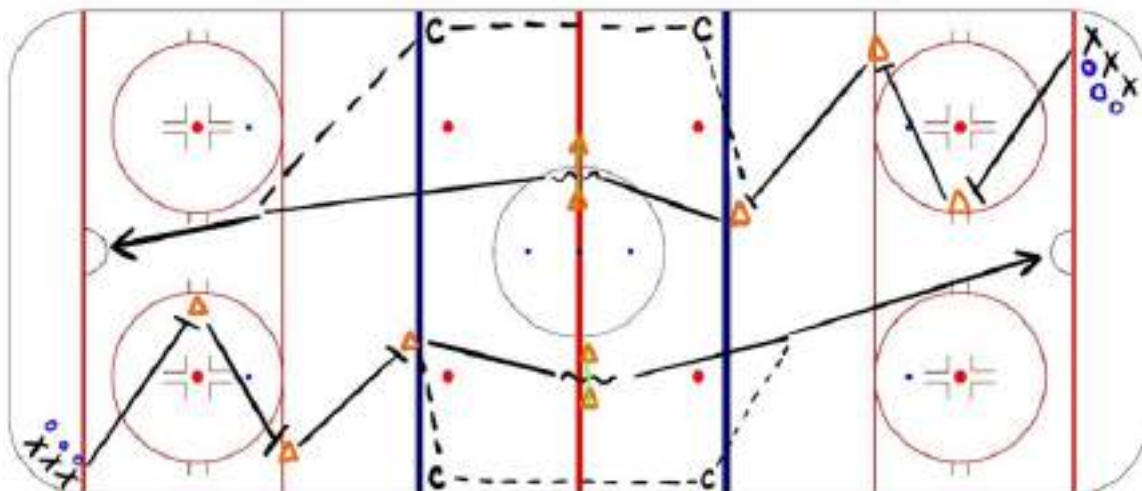
**Blue:** Lead Passes with a partner. Players will line up at the red line. The first player in each line will skate up and will complete give and go's to each other until they are close to the net and can shoot.

- Encourage players to pass over the blue lines.



# R4U LESSON PLAN 3

## Drill #5: Ring Drill (Together) (10 Minutes)



## 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.

*Ringette*  
MANITOBA



# 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

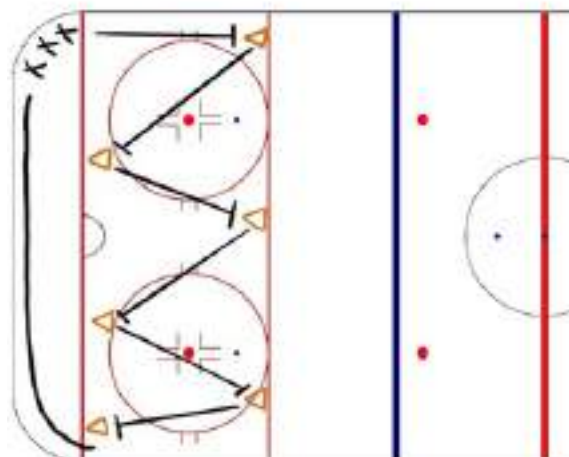
## Drill #2: V-Starts: (15 minutes)

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.

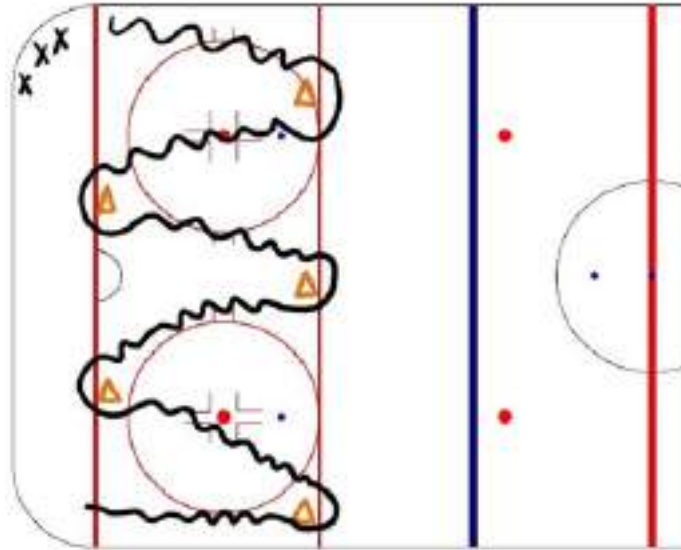


# R4U LESSON PLAN 4

## Blue: Backwards Skating

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

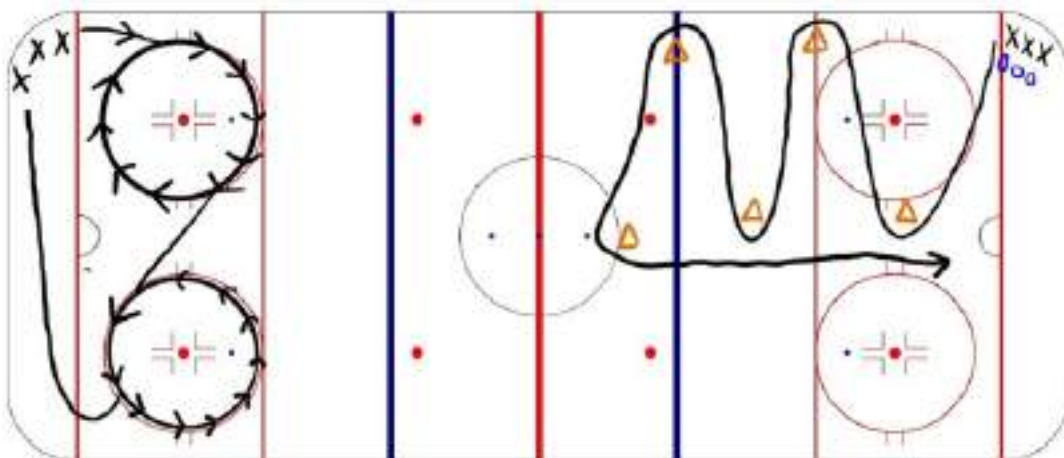
- Skate backwards from goal line to center and back. Repeat twice
- Set up pylons in a zig zag and go around them. Emphasis on keeping head up and watching where you are going.



## Drill #3: Rings (10-15 Minutes)

**Red: Skating with ring** Review how to hold your stick

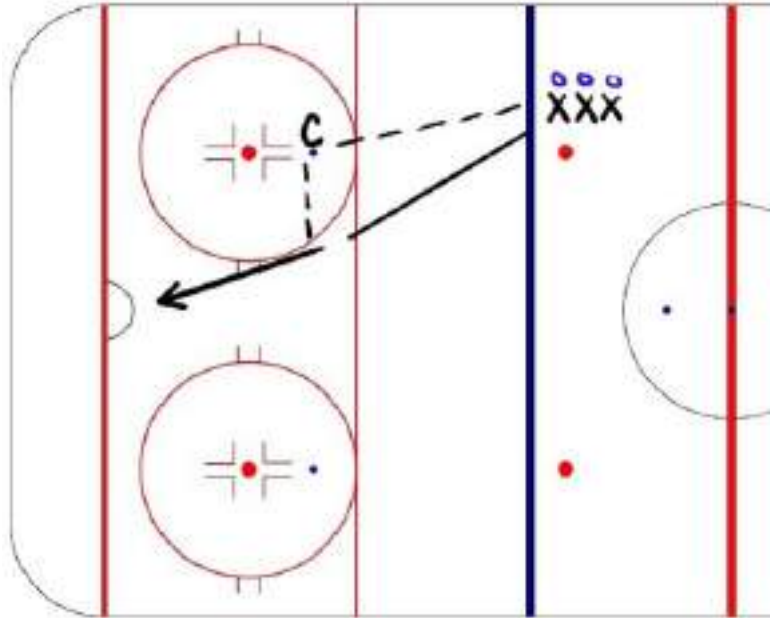
- Players line up in the corner with a ring and skate around both circles with ring on their stick
- Set up pylons in a zig zag, skate around the pylons keeping the ring away from the pylon (treating the pylon as a player on the other team) Then take a shot on net



# R4U LESSON PLAN 4

**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

# 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)

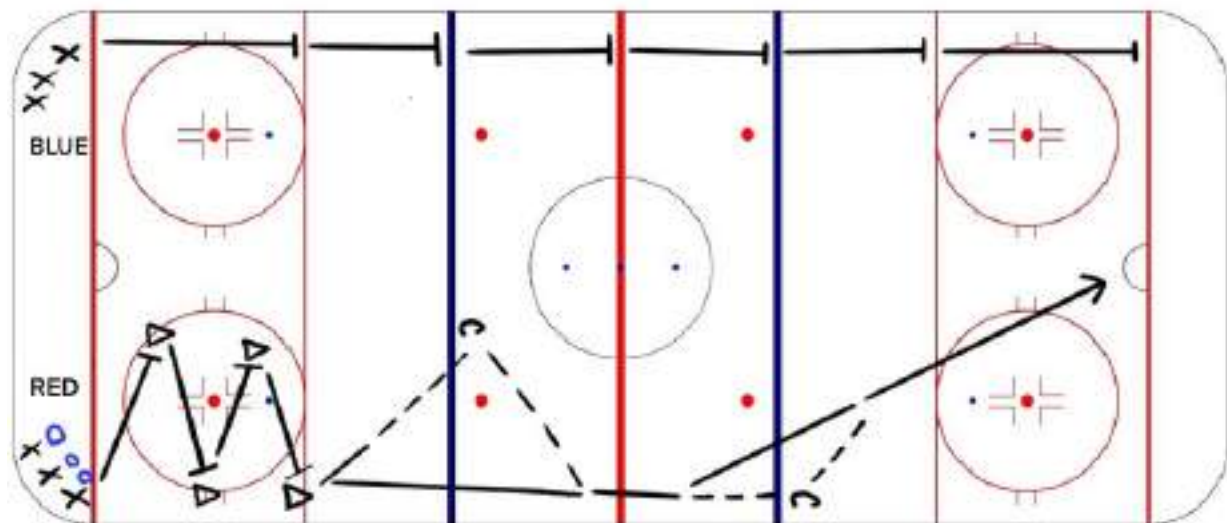
- Choose 2-3 players to be "it". When a player is tagged, they must freeze with their hands up like the letter 'T'. When another player skates under their arms, they are free to rejoin the game.

## 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.



# R4U LESSON PLAN 5

## 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

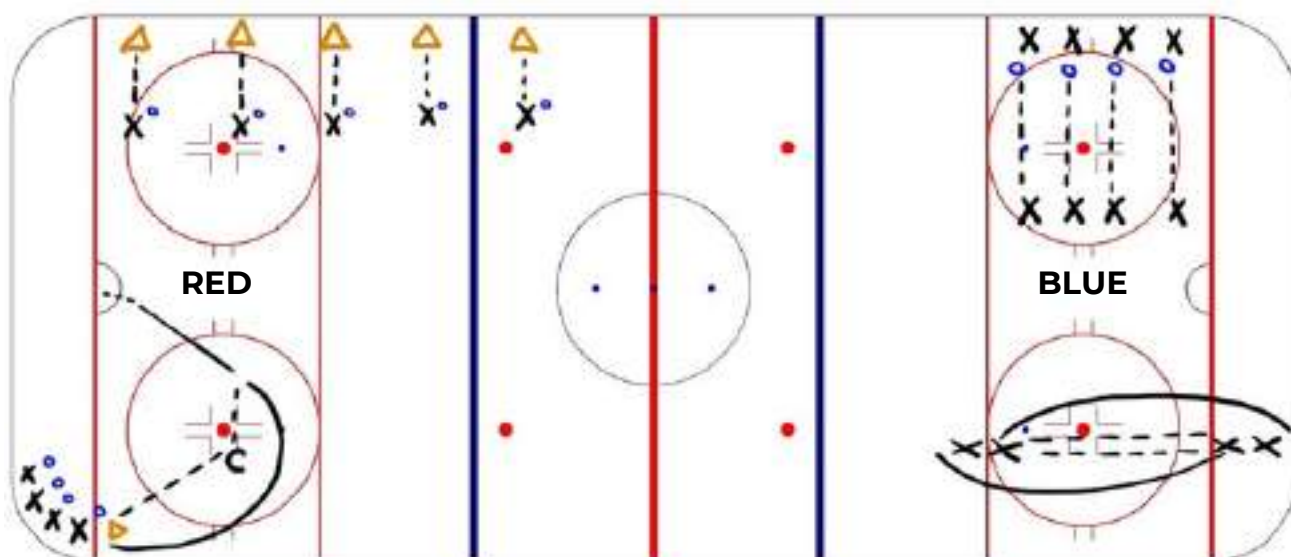
## Drill #4: Ring Skills (15 Minutes)

### 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

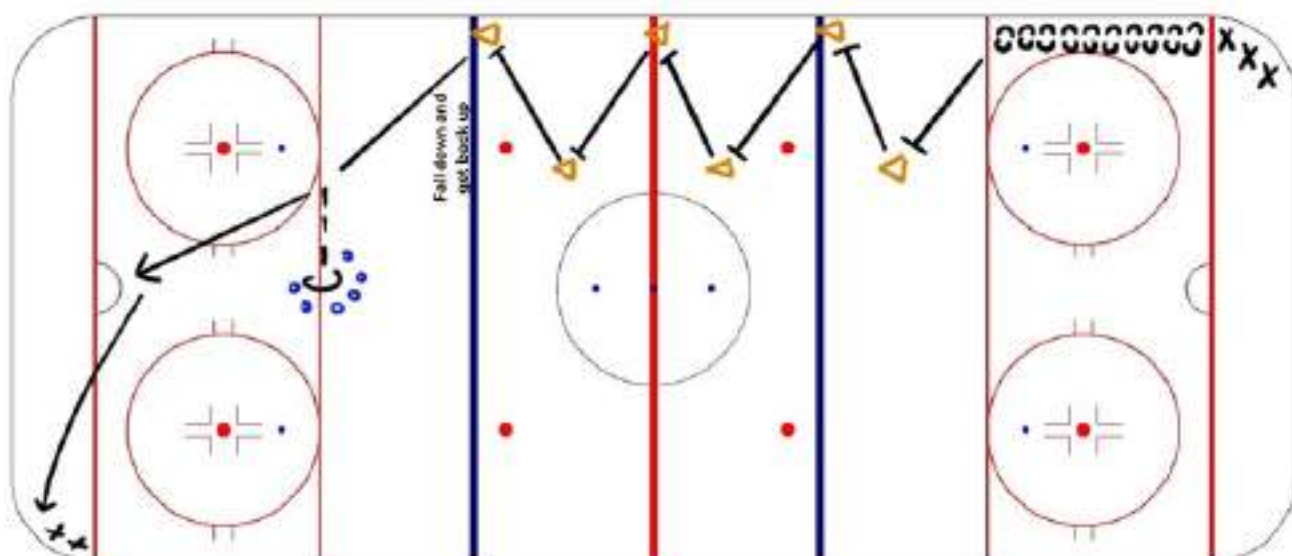
- Partner Passes: Players will work on backhand passing with a partner
- Passing and Moving: Split players up into groups of 4. The 2 lines will face each other. The first player will make a backhand pass to the other line and then follow their pass to the other line. This will become continuous. The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



# R4U LESSON PLAN 5

## 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)

# R4U LESSON PLAN 6

## Focus:

**Red: Stops and starts, sweep shots**

**Blue: Stops and Starts (parallel), backhand passes**

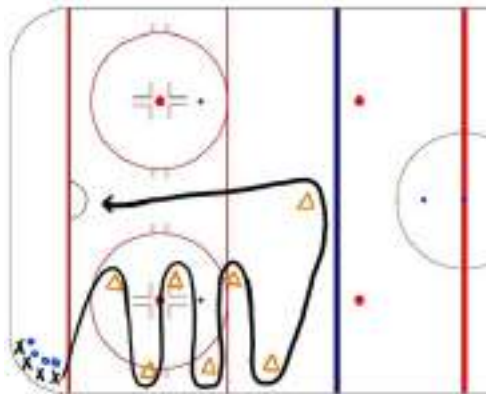
## Warm up (Together) (10 Minutes)

- Skate and Stretch & Play "Ship, Shore"

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

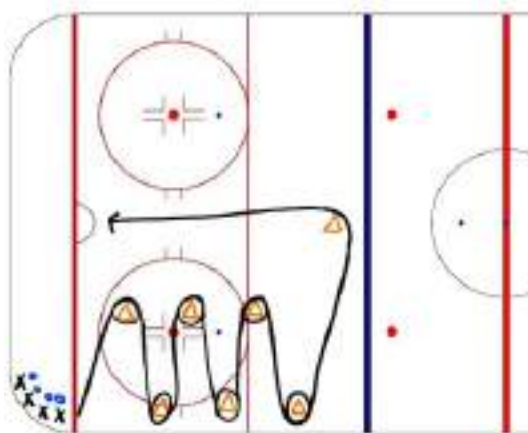
### Red - Turning

- 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



# R4U LESSON PLAN 6

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

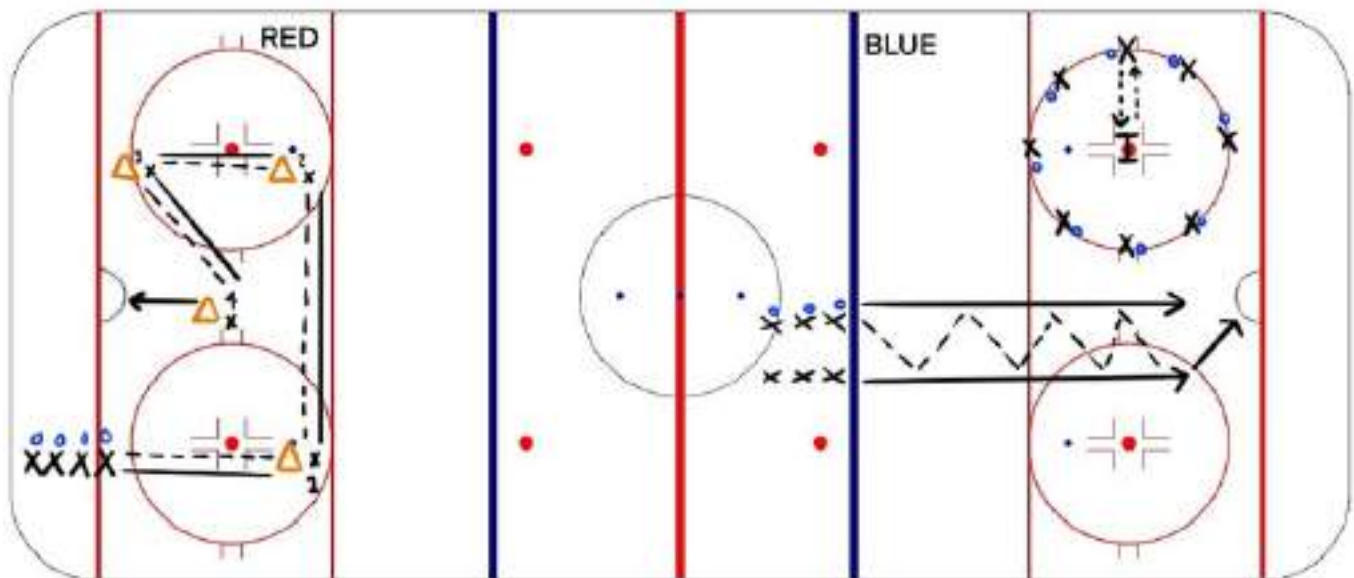
Ice will be split down red line

### 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.





# R4U LESSON PLAN 6

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

## Drill #4: Passing and Checking (10 Minutes)

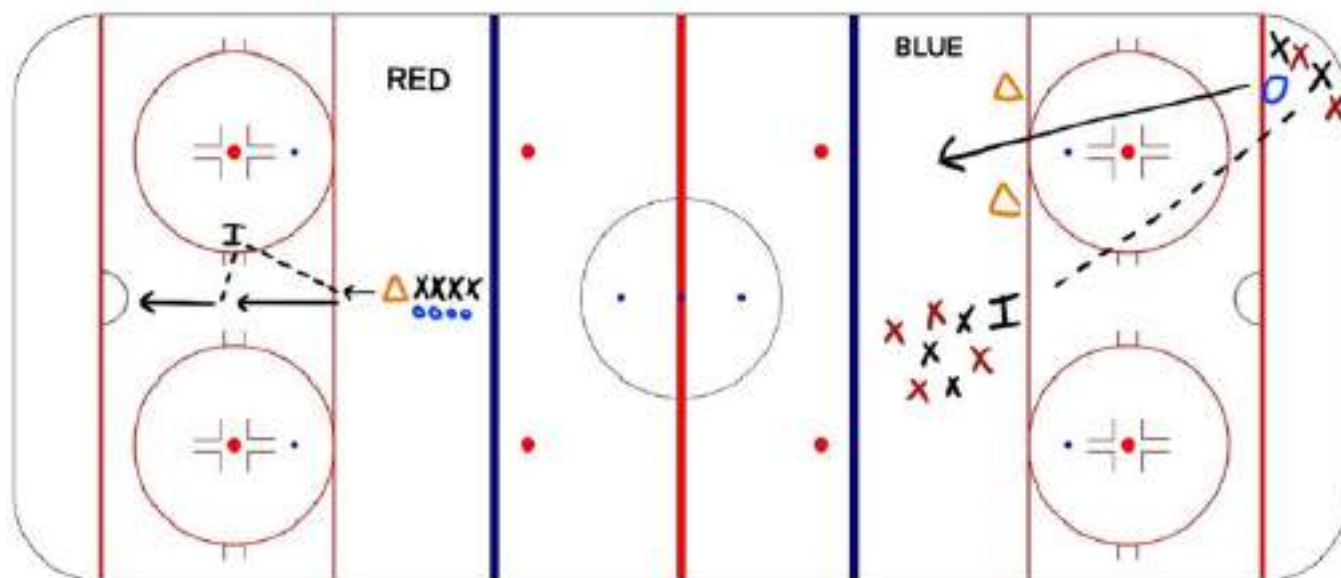
Ice will be split down red line

### 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)

# 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)

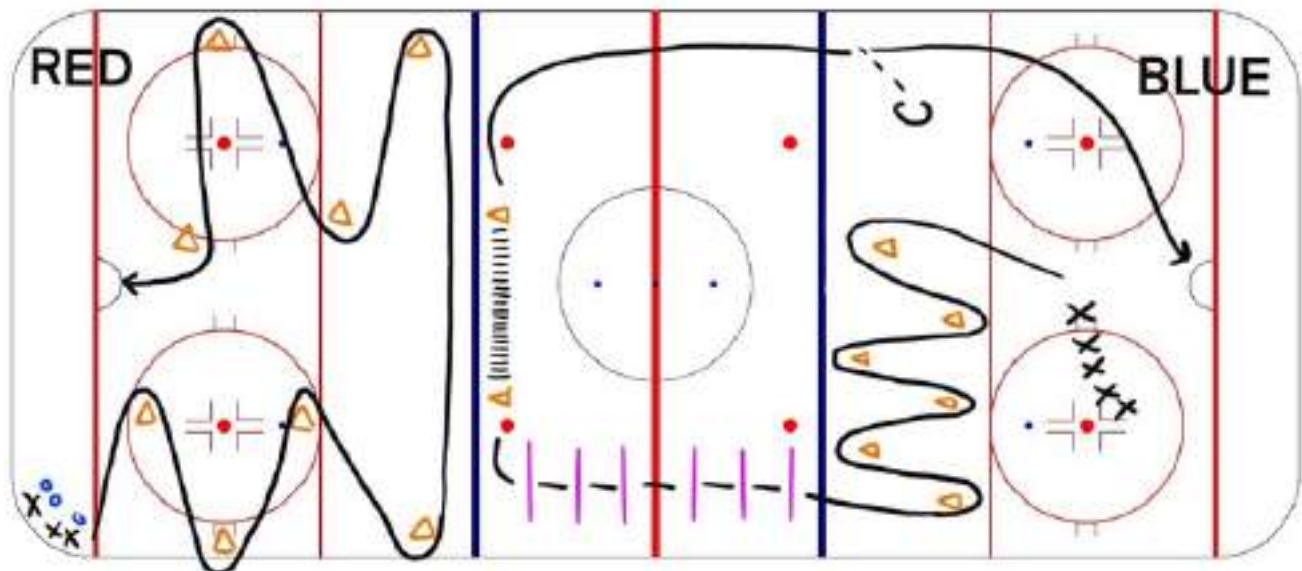
Split the ice at red line

### 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



# R4U LESSON PLAN 7

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

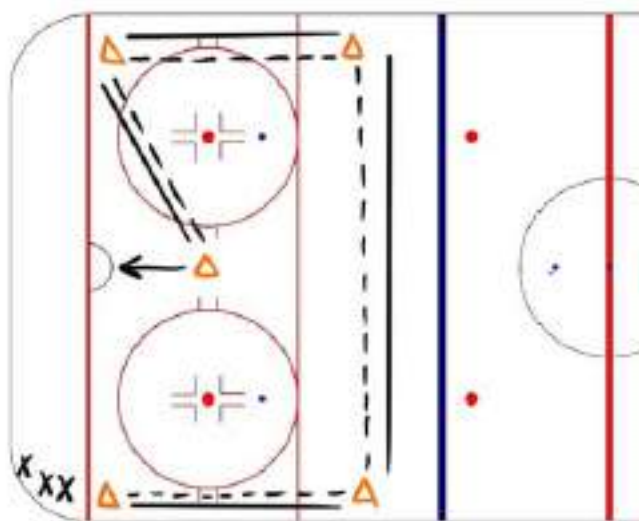
## Drill #4: Ring Skills (15 Minutes)

### 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.

# 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

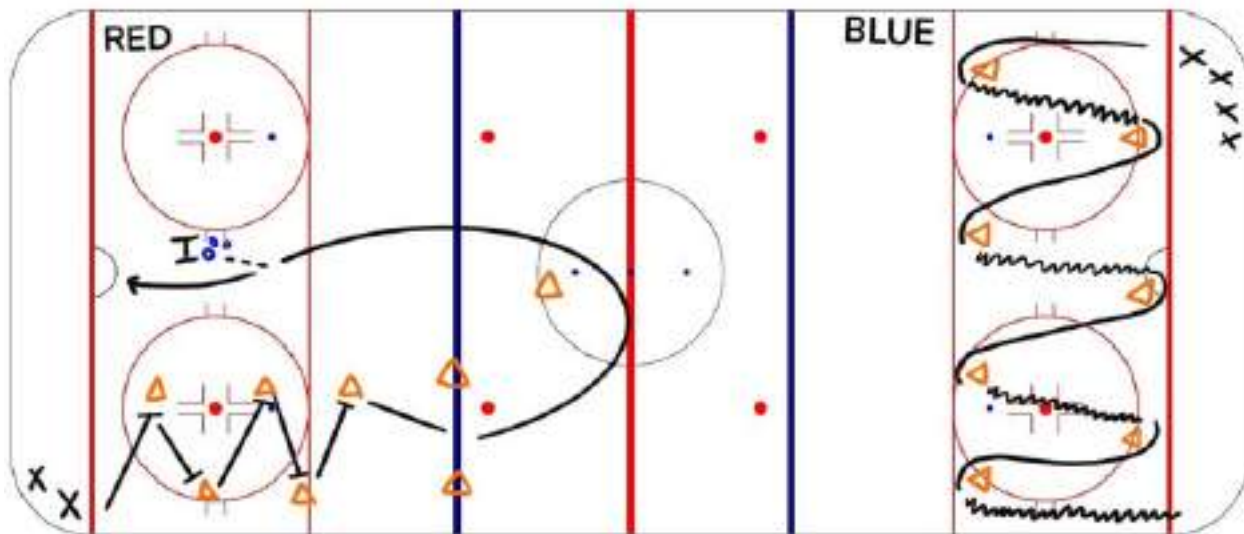
**Drill #1: Skating (10 Minutes)** Divide ice in half at red line

**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\*

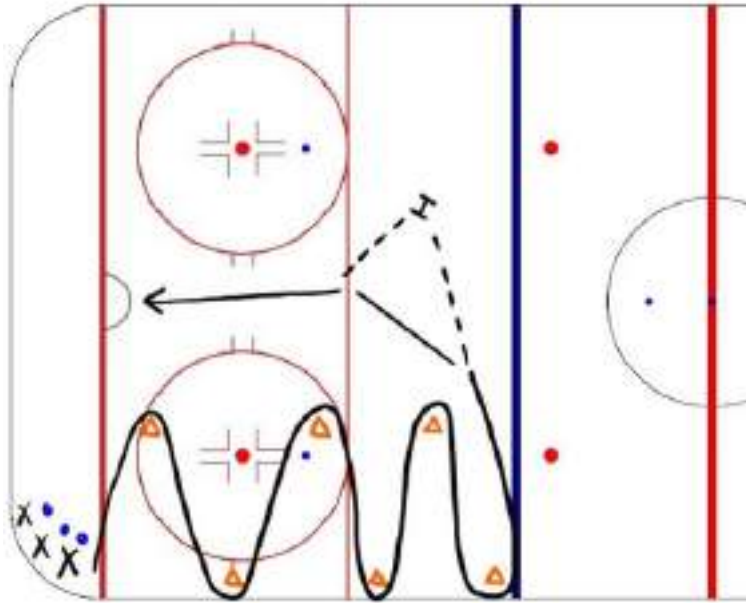


# R4U LESSON PLAN 8

## 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)

# R4U LESSON PLAN 8

## 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.

Drill

