R4U LESSON PLAN 11

Focus:
Red: Stops and starts, forehand/ backhand passing
Blue: Crossovers, forward/ backhand passing while skating

Drill #1: (5 Minutes) All Together

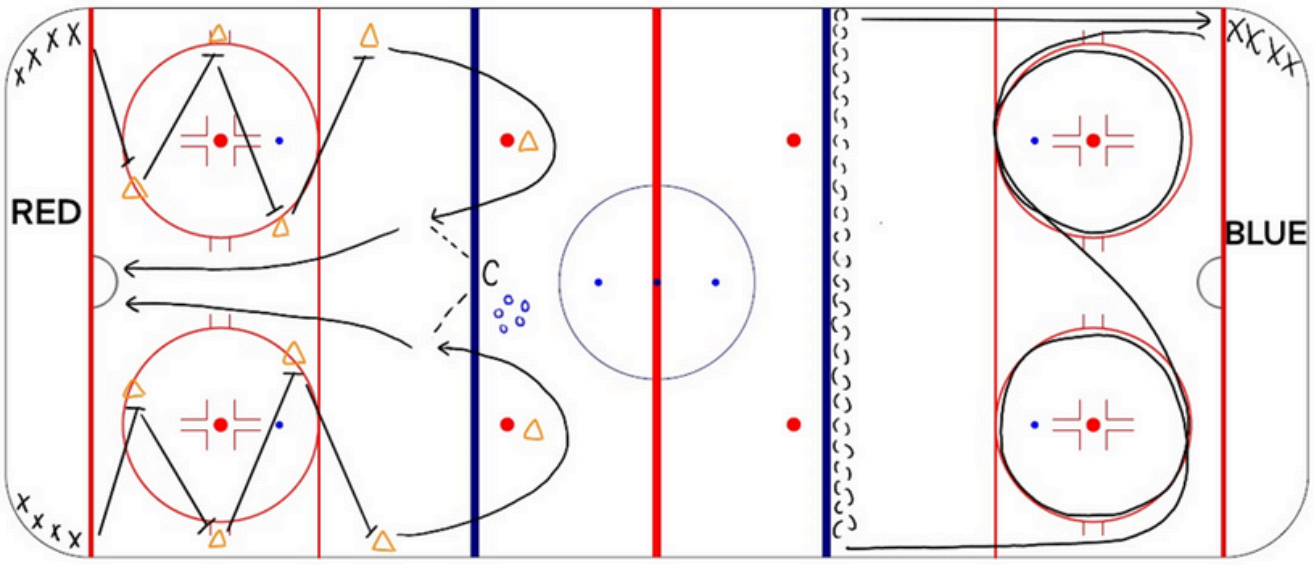
- **Freeze Tag**

Drill #2: (10 Minutes)
Red: Stops and Starts

- Players will line up in both corners. One at a time, players will skate to each pylon, complete a full stop, and then move to the next pylon. Once they have stopped at all 4 pylons, they will skate around the dot/ pylon and receive a pass from the coach to go in and shoot.

Blue: Crossovers

- Review crossovers on both feet.
- Have players line up in the corner. One at a time, players will do crossovers around each circle, then skate to the blue line, skate backwards and then return to the back of the line.



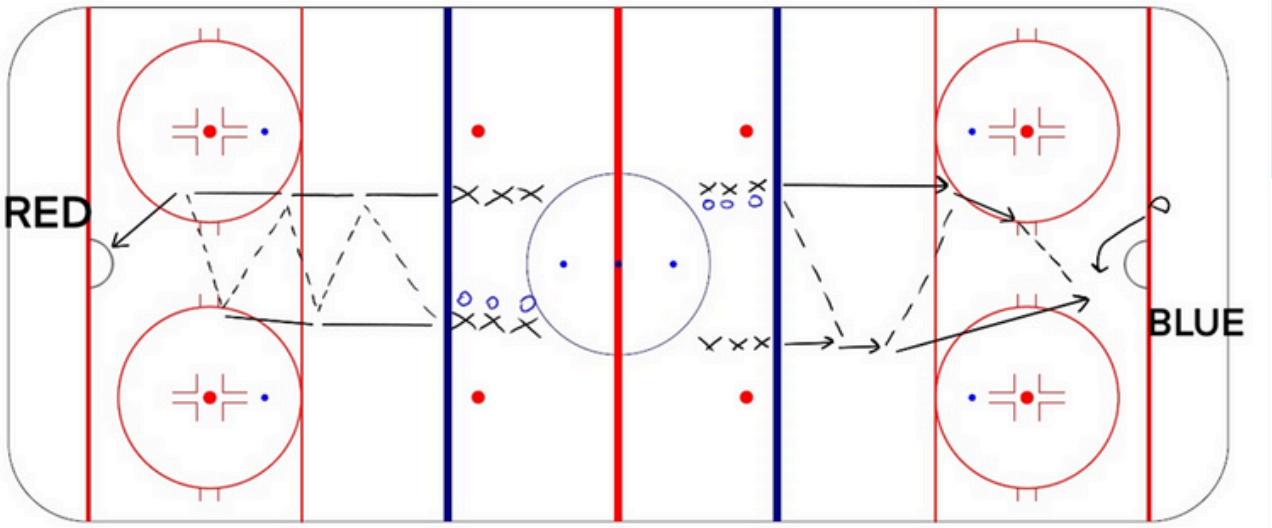
Drill #3: (together) (10 minutes)

- **Garbage**

R4U LESSON PLAN 10

Drill #4: (15 Minutes)
Red: Partner Passing
Forming two lines, players will pass back and forth and take a shot on net.
Blue: 2 on 1

- Players start in two lines on red line, one player with a ring. Another line of players will be behind goal line. Players begin passing back and forth using forehand and backhand passes down ice towards the net. The player lined up on the goal line will become a defender and attempt to check the players before shooting on net.



Drill #5: (10 Minutes) (together)
Full Ice Give and Go's

- Players line up in 2 lines in both corners. They will skate down the ice, making passes back and forth to each other. Make sure players are passing over the blue lines!
- Once players reach the ringette line, they can go take a shot on net and line up in the other corner.

Drill #6: (5-10 Minutes) (Together)

- **Target**