R4U LESSON PLAN 16

Focus: FUN!

Warm up: 10 minutes - skate and stretch, then play toilet tag

15 minutes - Relay race
2 teams, each team lines up in the corner, when the whistle blows
first player on both teams go stoping at the first 3 pylons, penguin sliding through the 2 pylons between the blue and red line and then race to the ring to shoot on net. If you don't get the ring you are checking until the ring is shot and then race back down the ice and tag your teammates hand so they can go.

10 minutes - chariot races -

- pair up, one player on their knees or feet (pending size) and the other player pulling them while holding their sticks

10 minutes - target

10 minutes - shoot out

5 minutes - snow queen