R4U LESSON PLAN 15

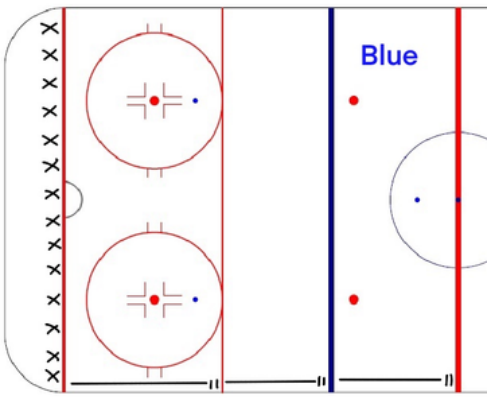
Focus:
Red - Proper skating stance, falling & getting back up/ forehand passing
Blue - Forward skating/forehand passing

Warm up (10 minutes) - Skate and stretch then Freeze tag

Drill #1: 10 minutes - Split ice in half

Red: Mimic the instructor - Get all the players to stand on the goal line and show them ringette ready and how to fall down and get back up (explaining placement of hands, legs, feet, etc..). Then play a game of “follow the leader” where the instructor either shows ringette ready or falls down and gets back up to work on their skills.

Blue: Go over forward stride breaking down how to properly extend your leg and bringing it back to start before extending the other leg. Have players line up on goal line and skate as a group to the ringette, then blue, then red stopping at each one for the instructor



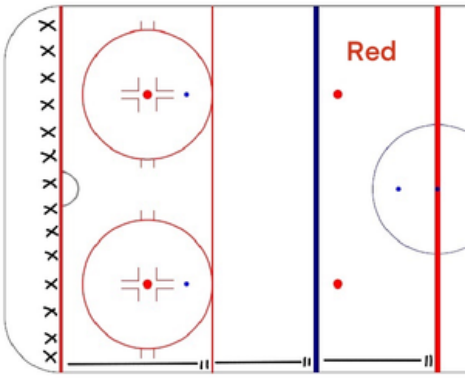
Game (5 minutes) - What time is it Mr. Wolf

R4U LESSON PLAN 1

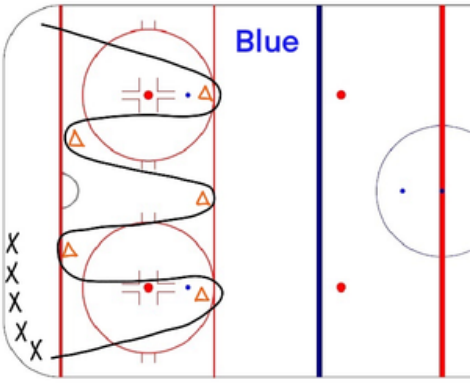
Drill #2 (10 minutes) - Together as a group
Show players how to properly forehand pass and receive (where to hold there stick, how far to bring the stick back with the ring, how to propel the ring forward, where their stick should be pointed when they release the ring to pass. when receive it go over “ring” “stab” to help them with their passes). Then get players to partner up and pass about 10 feet apart from each other.

Game (5 minutes) - Babysitter

Drill #3 (10 minutes) - Split ice in half
Red: Have players line up on goal line and skate as a group to the ringette, then blue, then red stopping at each one for the instructor



Blue: W skate. Place the pylons in a “W” shape and have the players skate around each pylon working on their forward stride



Games (10 minutes) - Garbage