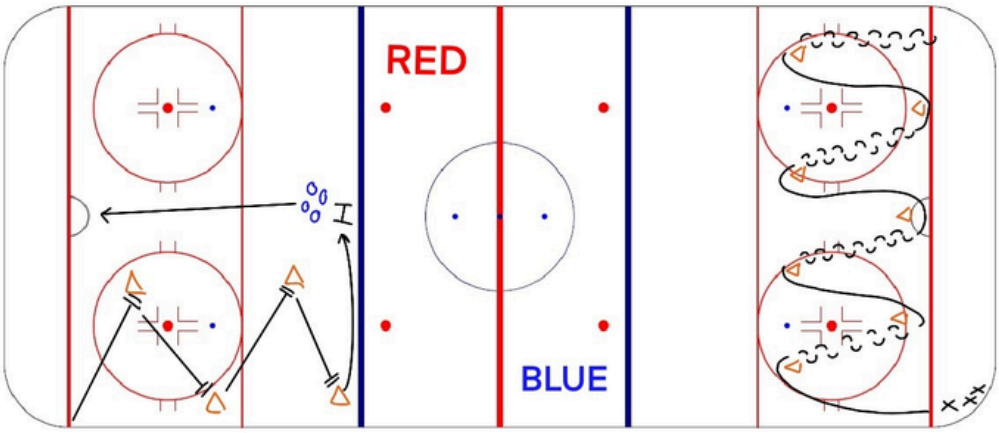
R4U LESSON PLAN 8

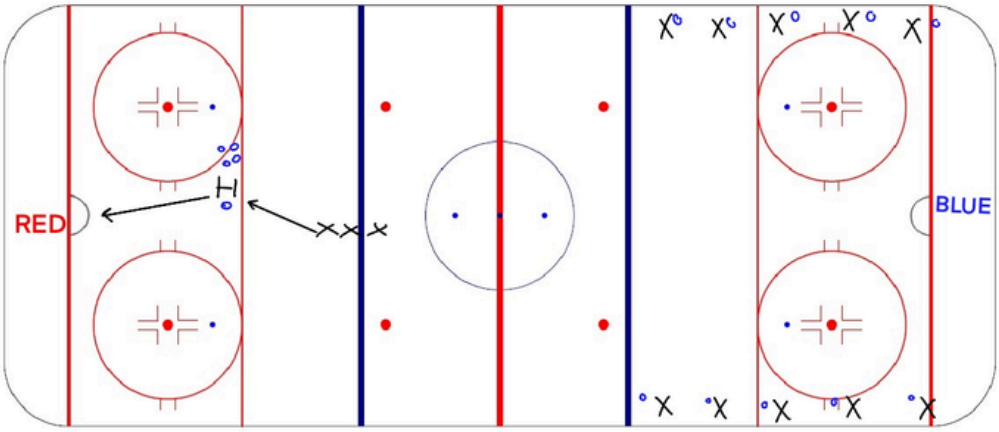
Red - agility, sweep checking
Blue - transitions, backhand shot at target

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

Drill 1 (15 minutes) - split ice in half
Red - stops and starts at the pylon in zig zag then check the instructor and shoot on net
Blue - Review what transitions are (how to transition, foot placement, body weight transfer) place pylons in a zig zag on ice, have players line up in the corner and do transitions around the pylons always facing the same way (ie always facing the clock or pick an object for them to always be looking at)



Drill 2 (10 minute_,
Red: Have players line up at the ringette line, they will skate towards the instructor, sweep check the ring away from the instructor and then go and shoot on net.
Blue: Pick a spot on the boards and practice aiming and hitting the same target over and over again.



Game (5 minutes) - what time is it Mr. wolf

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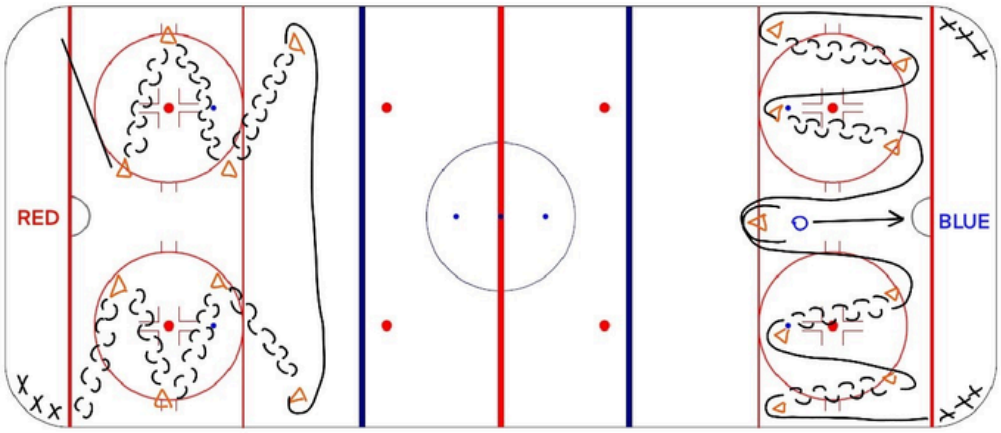
Drill (10 minutes)
Red: Backwards skating around the zig zag cones
Blue: Transition races. Split into two groups and have each group line up in the corners. When the whistle blows the first player from each group will go through the pylons practing their transitions, while racing to the ring, the first player to the ring will head towards the net to take a shot and the player that didn't get the ring will be checking them



Game (10 minutes) - Target