

## R4U LESSON PLAN 10

Red: Agility, forehand passing

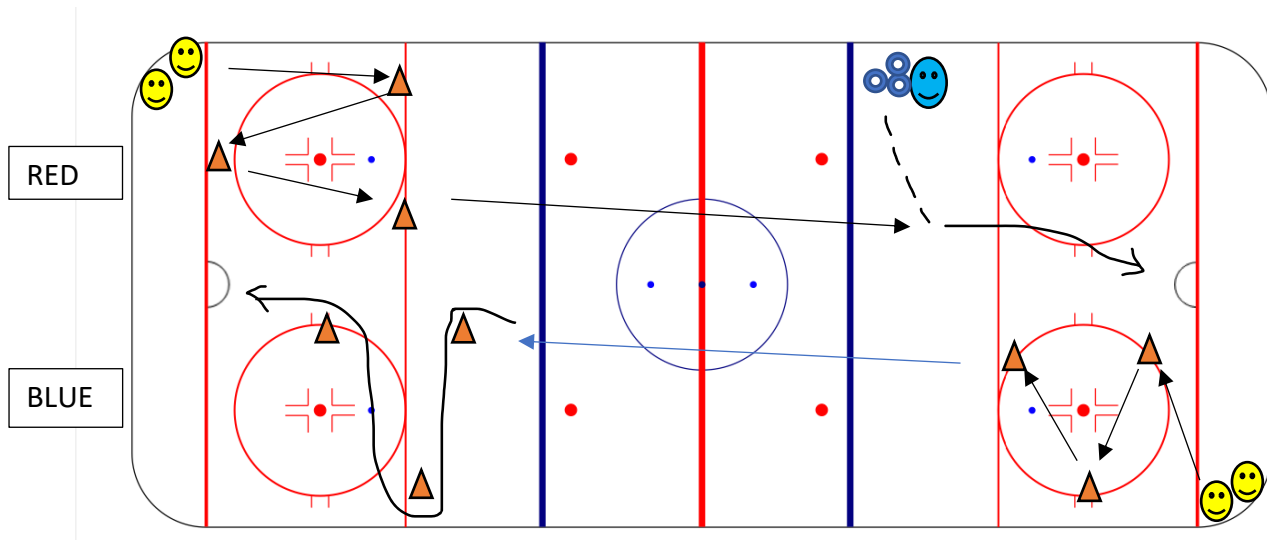
Blue: Agility and balance, forehand/ backhand passing

### Drill 1 (5 Minutes)/ Warm Up: ALL TOGETHER

- Follow the Stick

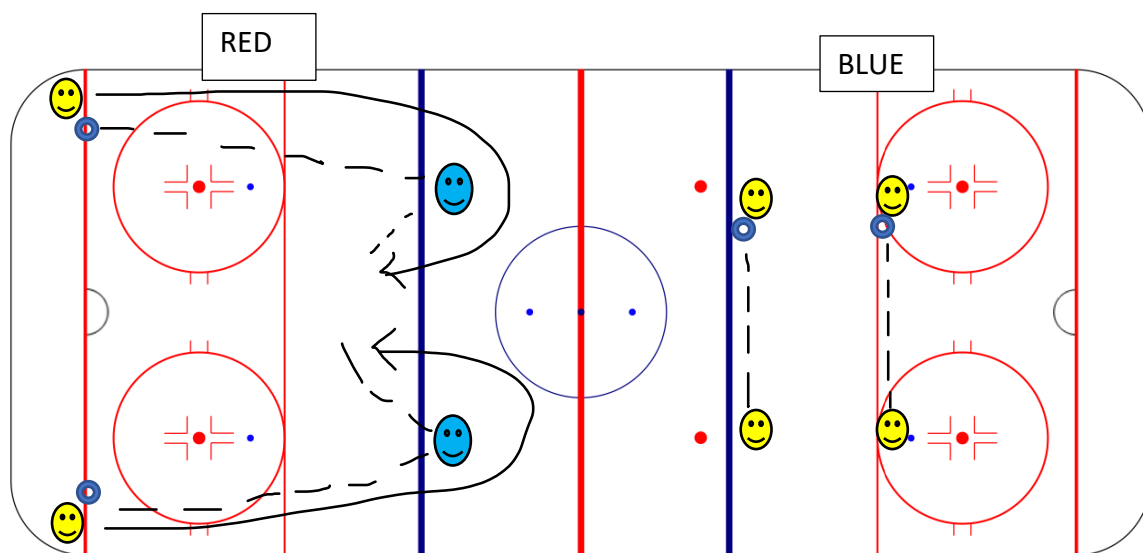
### Drill 2 (15 Minutes) IN COLOURS

- Split ice lengthwise for this drill
- Red: Agility Course
  - Line up in the corner, complete 3 snowplow stops, then skate through the neutral zone, fall and get up and then receive a pass from a coach before going to shoot on net
- Blue: Agility Course
  - Line up in the corner, complete 3 parallel stops, then skate through the neutral zone, fall and get up, then complete 3 tight turns around the pylons and take a shot on net



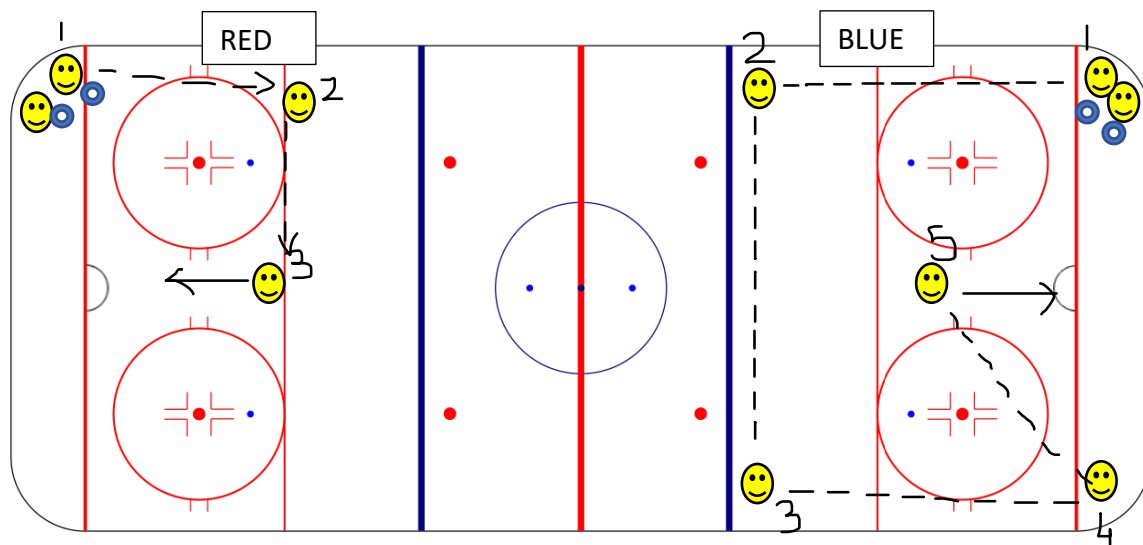
### Drill 3 (10 Minutes) IN COLOURS

- Red: Forehand Passing
  - Line up in both corners. Players will take turns passing to the coach, skating around the coach, receiving the ring back and then shooting on net.
- Blue: Forehand and Backhand Passing
  - Partner passing
  - Instructor and coaches will be skating around helping players with their backhand passes



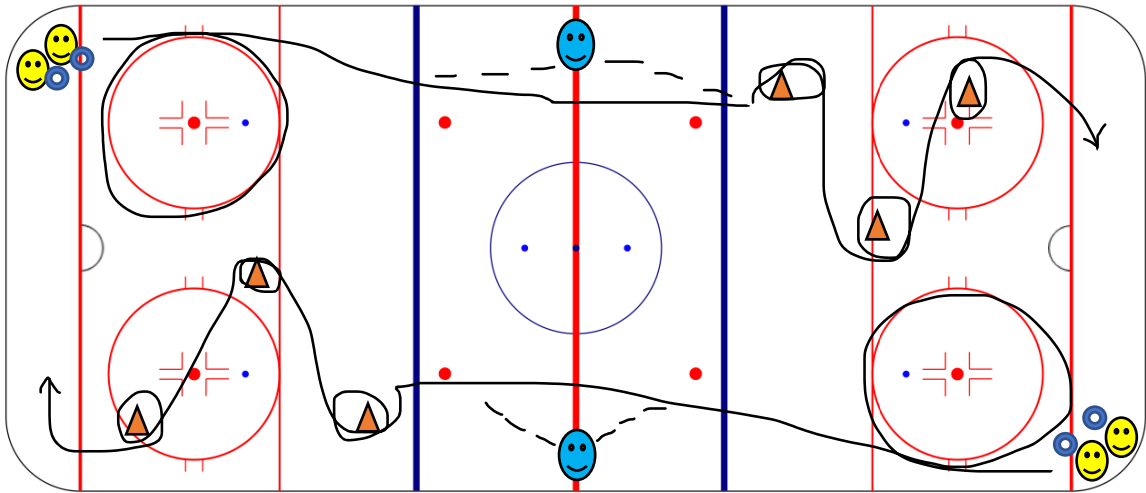
### Drill 4 (10 Minutes) IN COLOURS

- Red: Pass and Follow (Star passing)/ 3 point passing
  - Line up in the corner. Players will follow their pass, and then wait for the next person to pass. #3 shoots, then will join the line
- Blue: 5 point passing
  - Line up in the corner. Players will follow their pass, and then wait for the next person to pass. #5 shoots, then will join the line



### Drill 6 (15 Minutes) ALL TOGETHER

- Agility course with pass
  - Complete circle (Blue expected to try crossovers, red can skate around circle), then make a pass to the coach, fall and get up, then go to the pylons before shooting.
  - Pylons:
    - Red: Snowplow stops
    - Blue: Tight Turns



### Drill 7 (5 Minutes) ALL TOGETHER

- Oli Oli Octopus
  - Tagger can skate. When the others are tagged, they must glue their feet to the ice and they can only tag others by reaching with their arms