

R4U LESSON PLAN 11

Red: Stops & Starts, forehand/ backhand passing

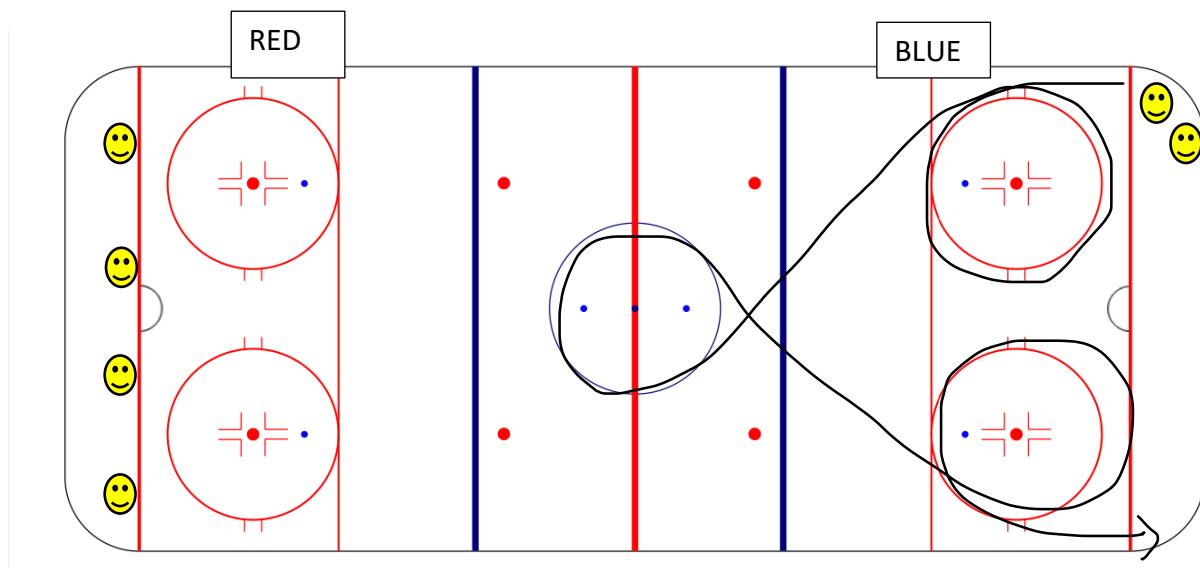
Blue: Crossovers, forward/ backhand passing while skating

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

- Babysitter

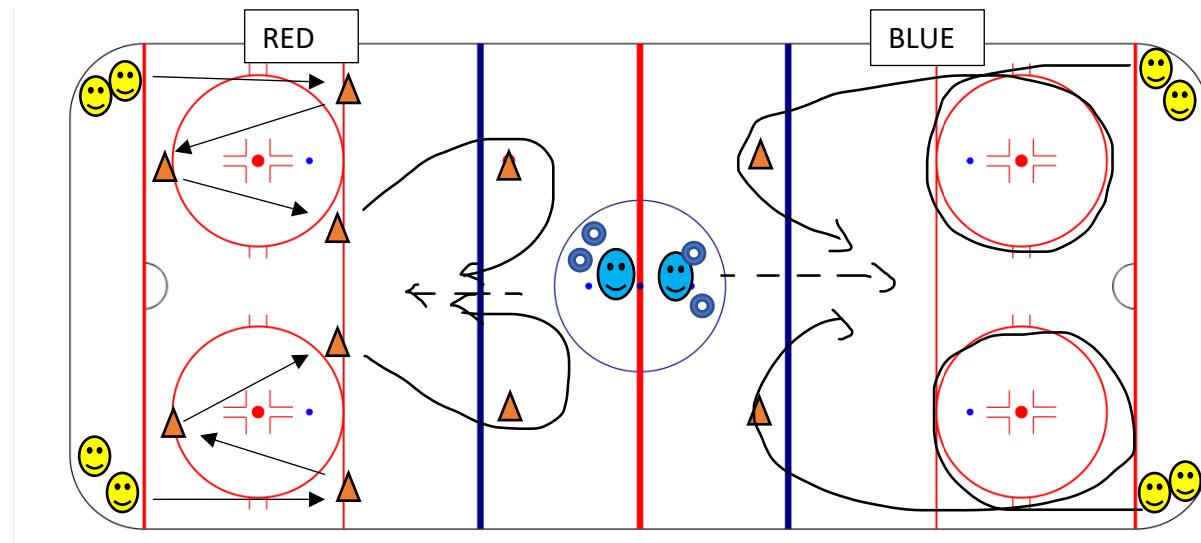
Drill 2 (10 Minutes) IN COLOURS

- Red: Red Light, Green Light (Until blue line)
- Blue: Forward Crossovers
 - Using 3 circles



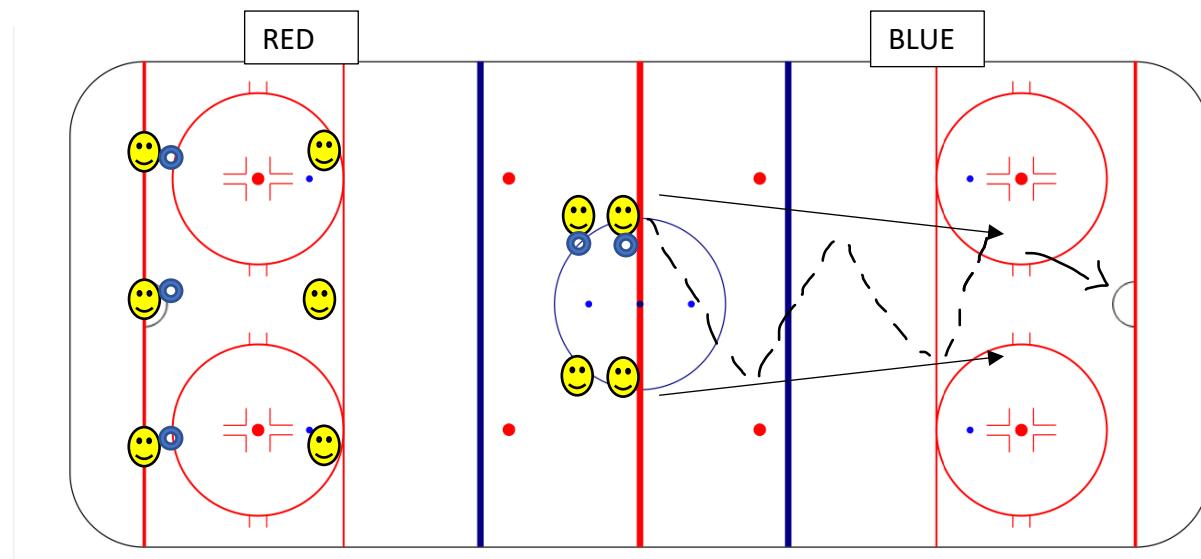
Drill 3 (10 Minutes) IN COLOURS

- Red: Stops and Starts
 - Make 3 snowplow stops, then skate around the pylon to receive a pass from the coach
- Blue: Crossover Race
 - On the whistle, complete the circle doing crossovers, then skate around the pylon and race for the ring the coach will pass in.
 - Make sure players line up in the opposite corner, so they practice crossovers on both feet.



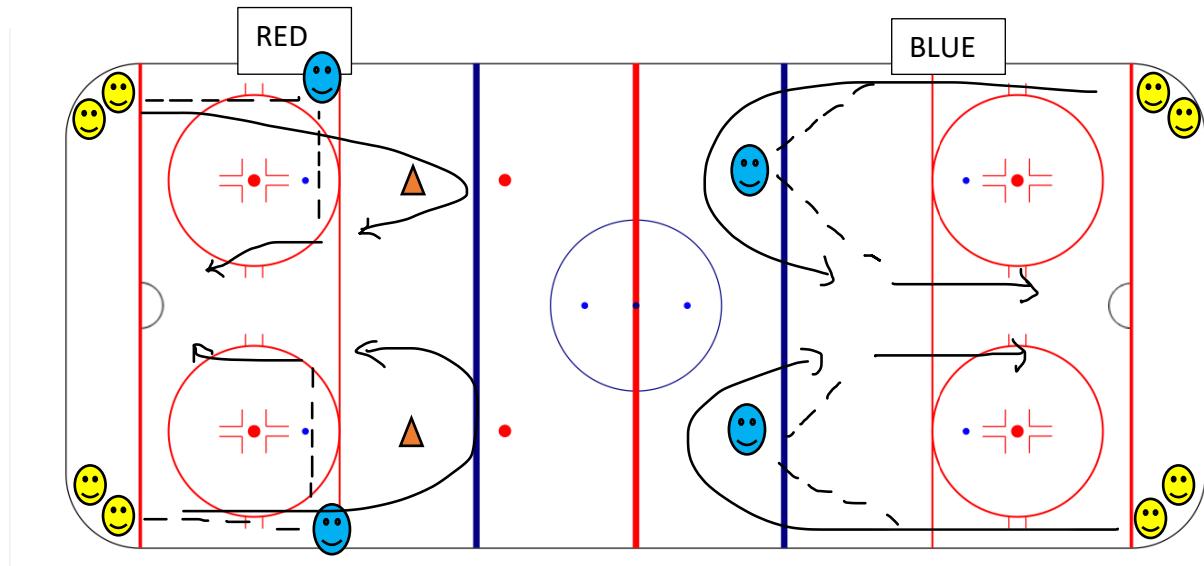
Drill 4 (10 Minutes) IN COLOURS

- Red: Forehand and Backhand Passing
 - Partner passing. Coach/ instructor will go around helping with backhand passing
- Blue: Passing While Skating
 - Line up at red line, players will skate in 2 at a time, making lead passes to each other.



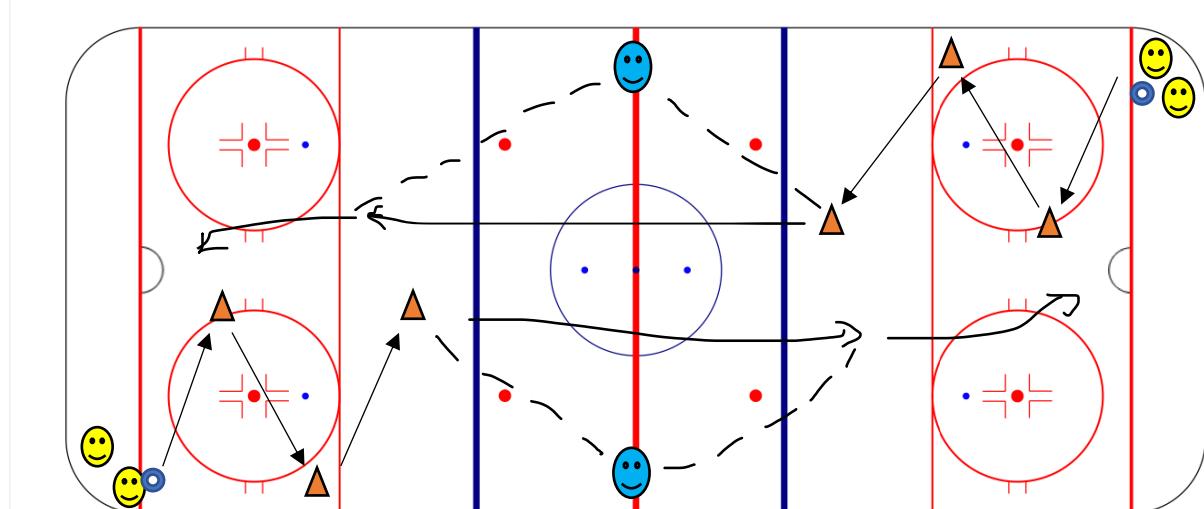
Drill 5 (10 Minutes) IN COLOURS

- Red: Pass and Go
 - Pass to coach along board, skate around pylon and get the pass back
- Blue: Give and Go's
 - Skate up, pass to coach, skate around coach and get pass back before shooting



Drill 6 (10 Minutes) ALL TOGETHER

- Full Ice stop and pass
 - Complete 3 stops (red= snowplow, blue= parallel), make pass to coach, receive pass and shoot



Drill 7 (5 Minutes) ALL TOGETHER

- British Bulldog