

## R4U LESSON PLAN 12

Red: tight turns, backhand passing

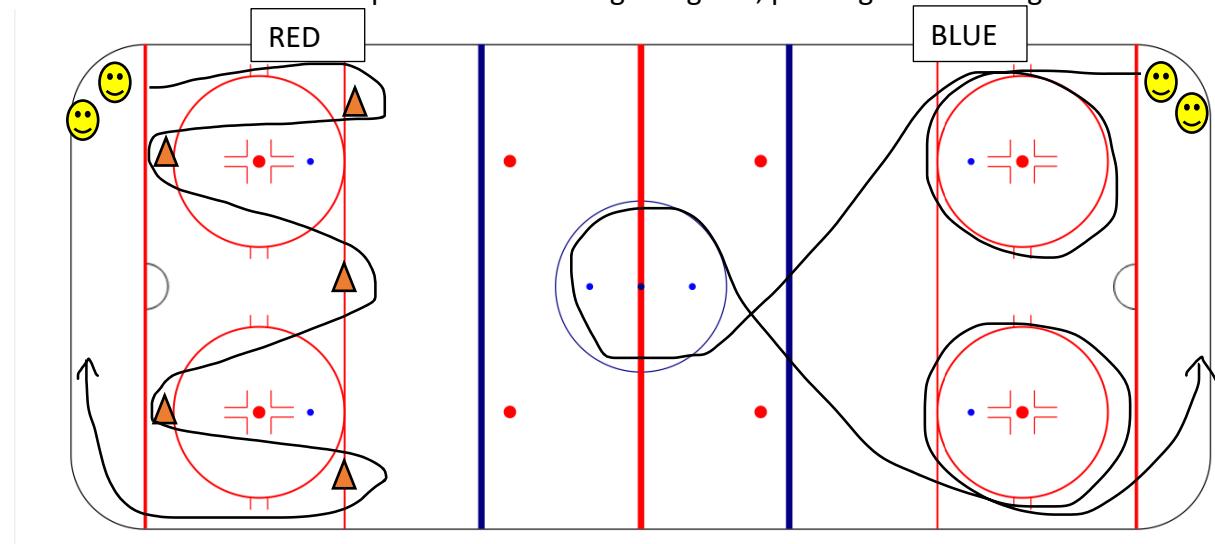
Blue: forward crossovers, checking while skating

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

- Follow the Leader
  - Players will all follow the instructor around the ice. They can jump over lines, do some stretches, skate backwards, etc.

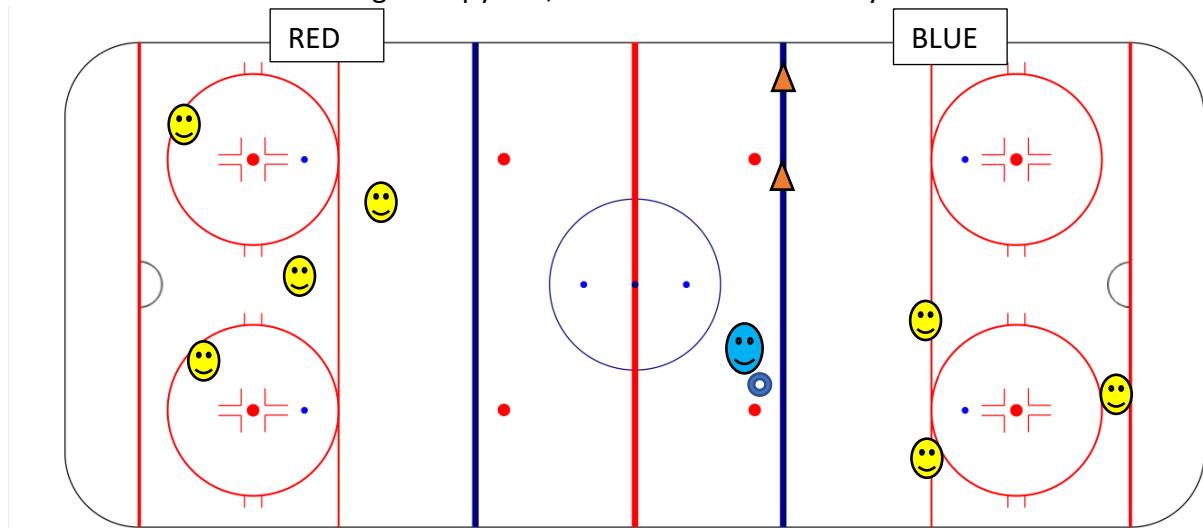
### Drill 2 (10 Minutes) IN COLOURS

- Red: Tight turns around cones
  - Start with half turns and progress to full turns if you think the players can do it.
- Blue: Forward Crossovers
  - Same as last practice. Work on getting low, pushing and crossing that foot over.



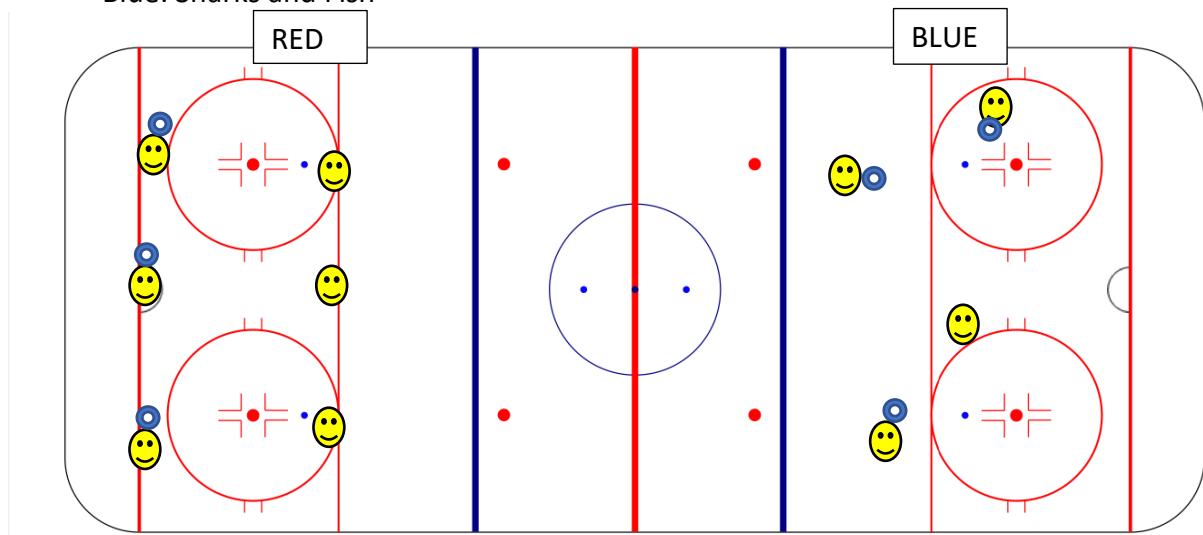
### Drill 3 (10 Minutes) IN COLOURS

- Red: Planet Tag
  - When tagged, players crouch down in a ball. When a player does a tight turn around them (orbits the planet), they can rejoin the game.
- Blue: 2 on 1
  - The defence is closest to the boards. The forwards/ checkers are on the ringette line. When the instructor throws the ring in the corner, the defence will try and skate it through the pylons, and the forwards will try and check



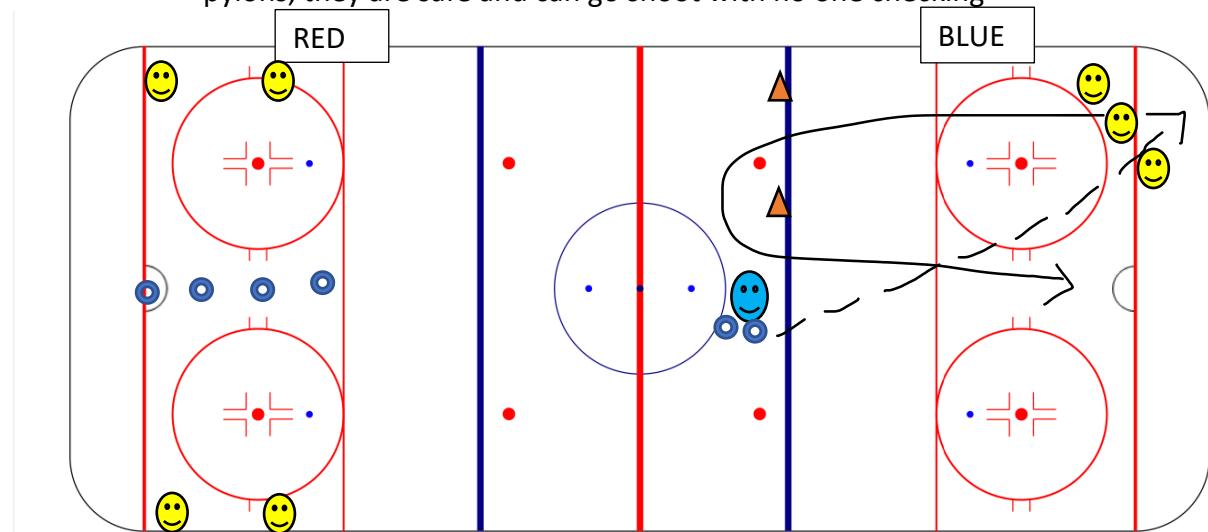
### Drill 4 (10 Minutes) IN COLOURS

- Red: Backhand Passing
  - Players will be in partners passing. Instructors and coaches will go around, helping everyone with their backhands
- Blue: Sharks and Fish



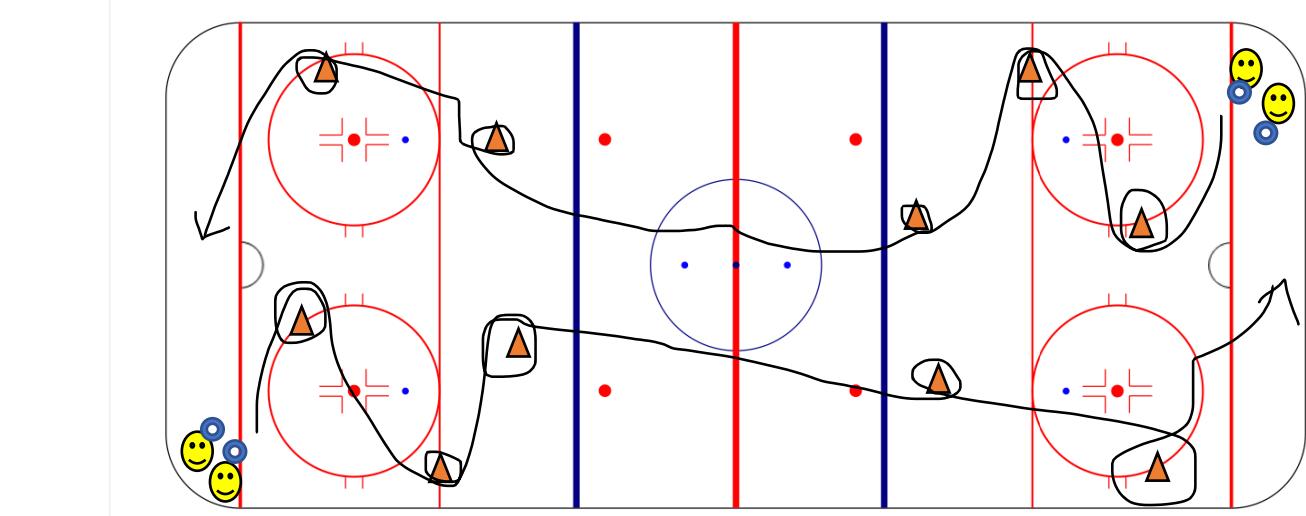
### Drill 5 (10 Minutes) IN COLOURS

- Red: Garbage (use only backhand passing)
  - Play board to board on their half and split the ice using a marker
- Blue: Queen's Corner
  - 3 players will be in the corner, facing the boards. When the instructor throws the ring in, they will check each other for it. Whoever gets the ring skates it through the pylons, while the other 2 keep checking. Once a player makes it through the pylons, they are safe and can go shoot with no one checking



### Drill 6 (10 Minutes) ALL TOGETHER

- Full Ice Skating Drill (Tight Turns)
  - Complete 3 tight turns (blue players can do full turns, red can do half turns), then slide on their tummy at the red line, then complete 2 more tight turns at the other end. **WITH RINGS**



### Drill 7 (5 Minutes) ALL TOGETHER

- Game of Choice