

R4U LESSON PLAN 13

Red: Tight turns with rings, backhand passing while skating

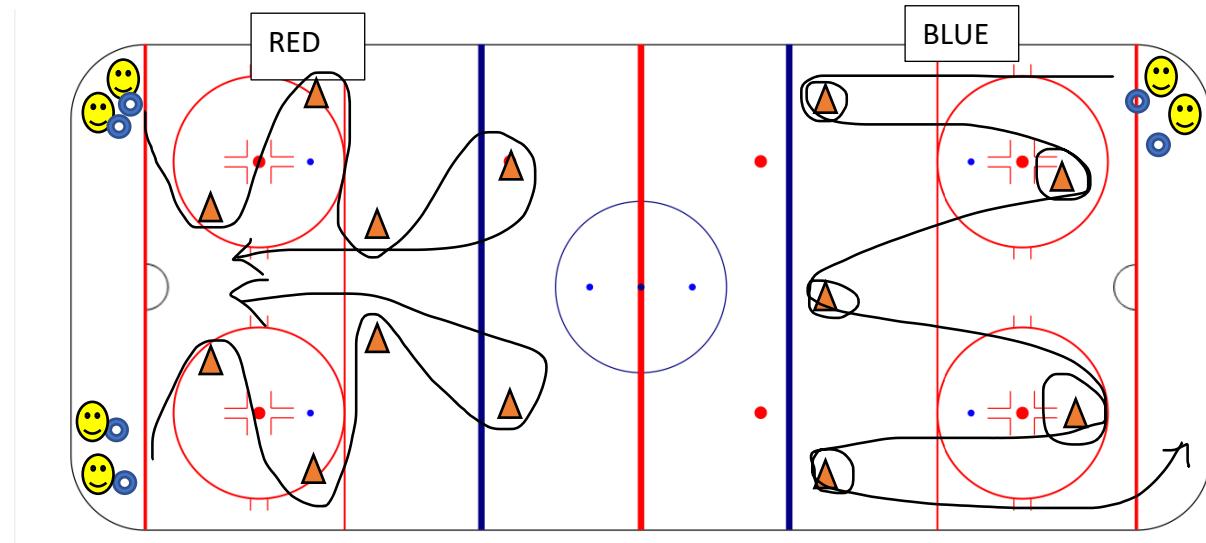
Blue: Full tight turns using crossovers, checking with forward and backward skating

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

- 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.

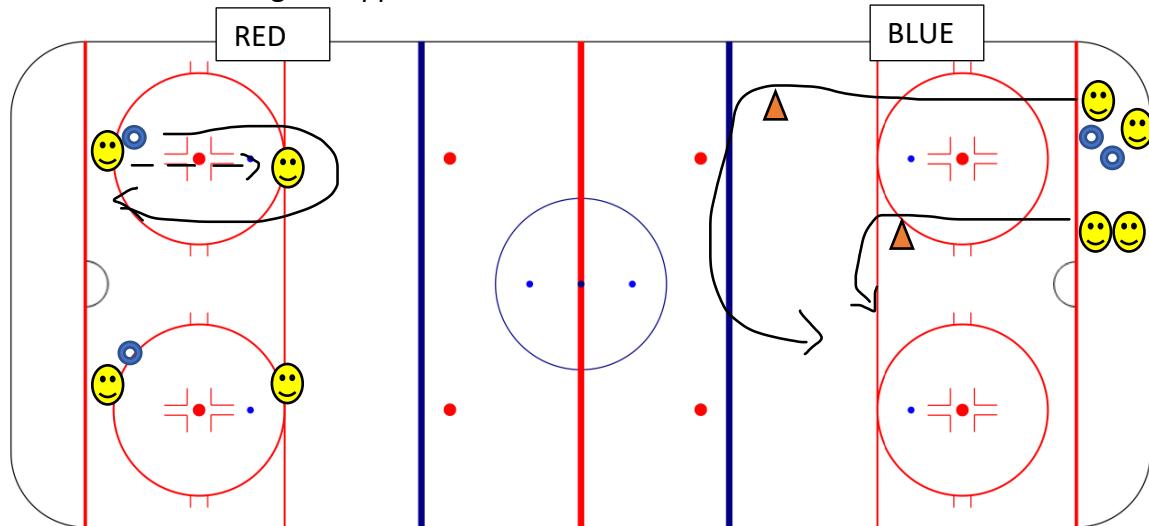
Drill 2 (10 Minutes) IN COLOURS

- Red: Tight turns with rings/ ring protection
 - Players will go around 4 pylons then go in and shoot
 - Coaches/ instructors can be at pylons pretending to check the players/ teaching them how to protect it from their opponents
- Blue: Tight Turn W (Practice exiting with a crossover)
 - Players will line up in the corner and do 5 full tight turns around the pylons.
 - We are working on accelerating out of our turns using a crossover, so this is the focus of this drill.



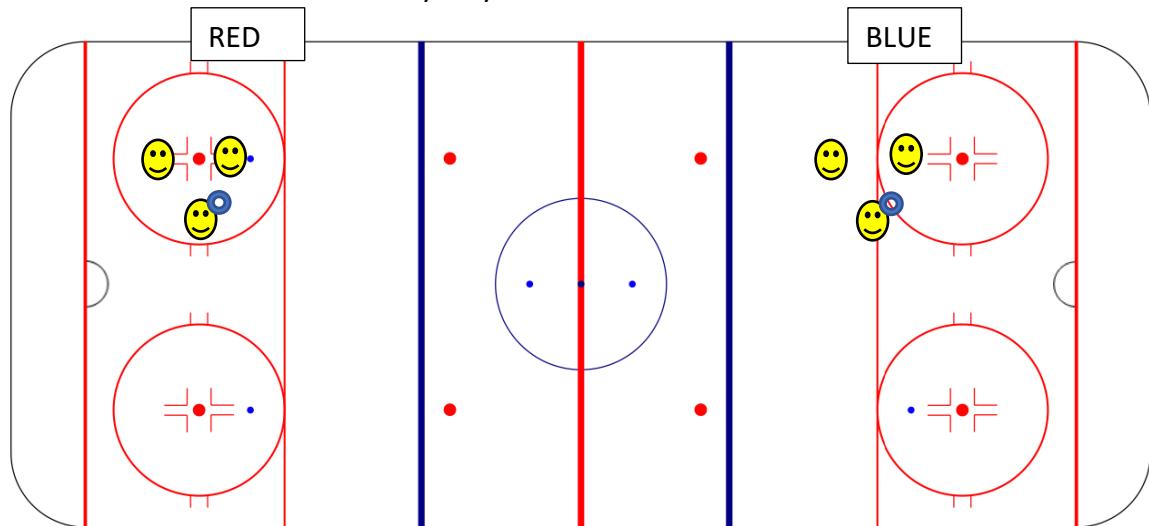
Drill 3 (10 Minutes) IN COLOURS

- Red: Pass and tight turn around partner
 - Players will be partner passing. Once a player passes, they will complete a tight turn around their partner, return back to their spot, then their partner will go
- Blue: 1 v 1
 - 2 lines in the corners. The line closest to the board is the forward line and will take the ring around the farthest pylon. The defence is closer to the net, will go around the closest pylon and will check the forward. Work on transitioning and channeling the opponent to the boards.



Drill 4 (10 Minutes) IN COLOURS

- Red: Friends and Enemies (backhand passing)
 - When the instructor yells friends, they will work on backhand passes, when they yell enemies, they will check each other.
- Blue: Friends and Enemies
 - Same drill as the red group, but keep them in colours so they are in their skill levels. Make sure they stay on their half of the ice.

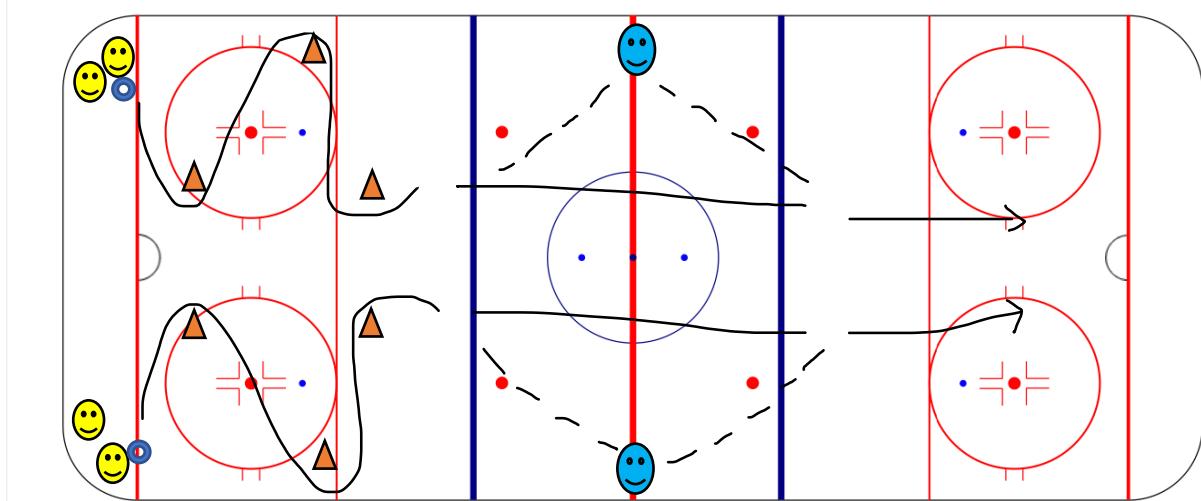


Drill 5 (10 Minutes) IN COLOURS

- Red: sharks and fish
- Blue: sharks and fish
- Same drill, but separated for skill level

Drill 6 (10 Minutes) ALL TOGETHER

- Full Ice tight turn relay
 - Players will complete 3 tight turns, pass to the coach for a give and go, then shoot on net. Players can skate back along the boards to rejoin the line.
 - Red: Half turns
 - Blue: Full turns



Drill 7 (5 Minutes) ALL TOGETHER

- Snow Queen