

R4U LESSON PLAN 14

Red: Backward skating, forehand/ backhand passing while skating

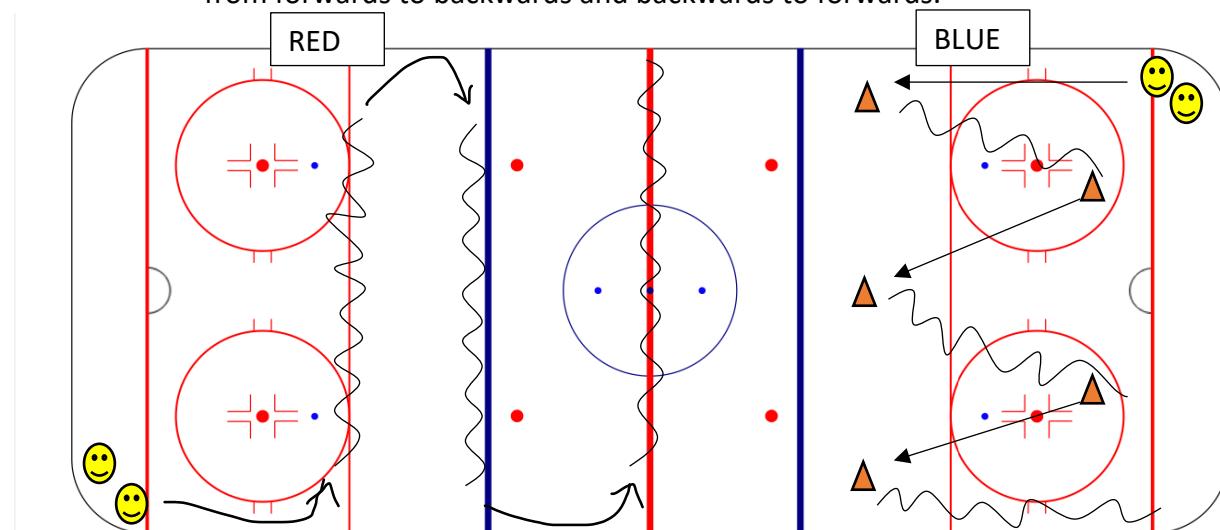
Blue: Transitions with rings, forehand/ backhand shooting at targets while skating

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

- Babysitter

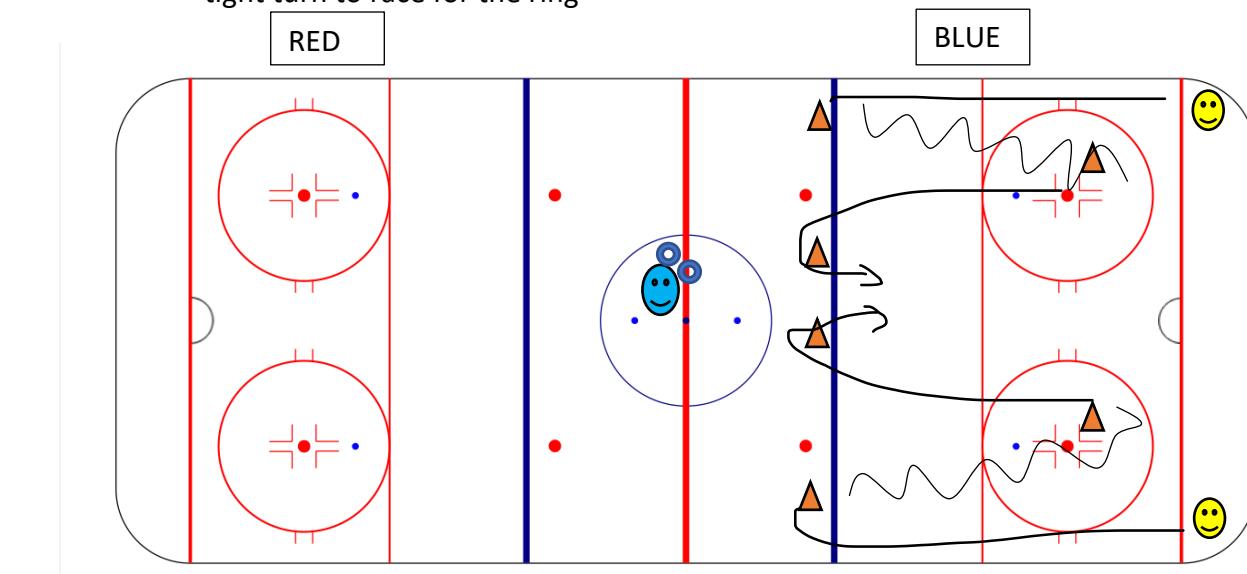
Drill 2 (10 Minutes) IN COLOURS

- Red: Backwards skating along lines
 - Ringette line: Right foot, blue line: left foot, red line: both feet
- Blue: Transitions around pylons
 - 5 pylons. Players will face the far end the whole time, working on transitioning from forwards to backwards and backwards to forwards.



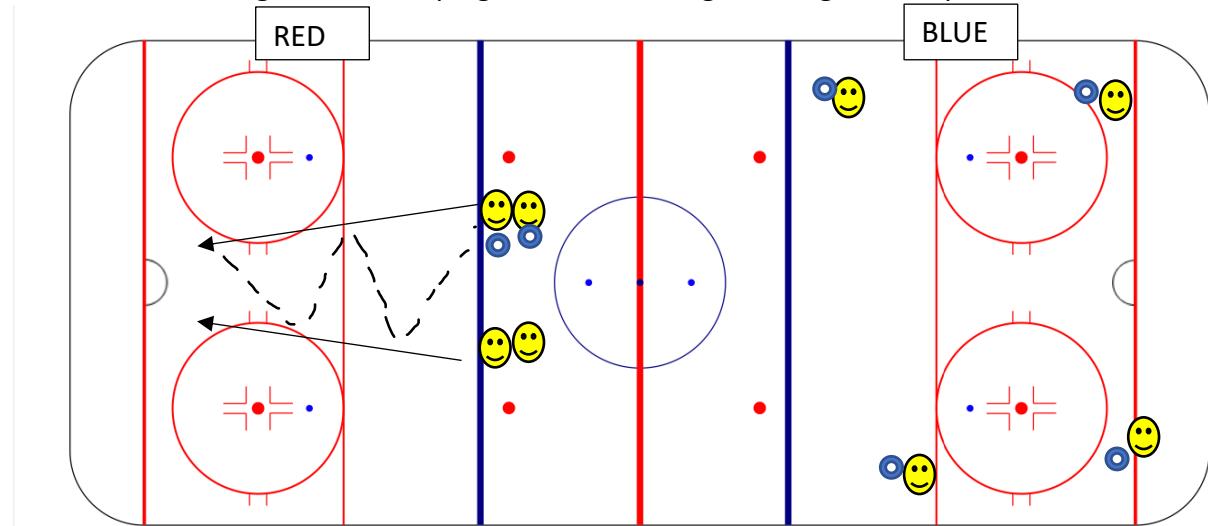
Drill 3 (10 Minutes) IN COLOURS

- Red: red light green light (backwards)
- Blue: Transition race
 - Players will start in the corners. On the whistle, they will skate up, transition around the first pylon, turn forwards around the second pylon and then do a tight turn to race for the ring



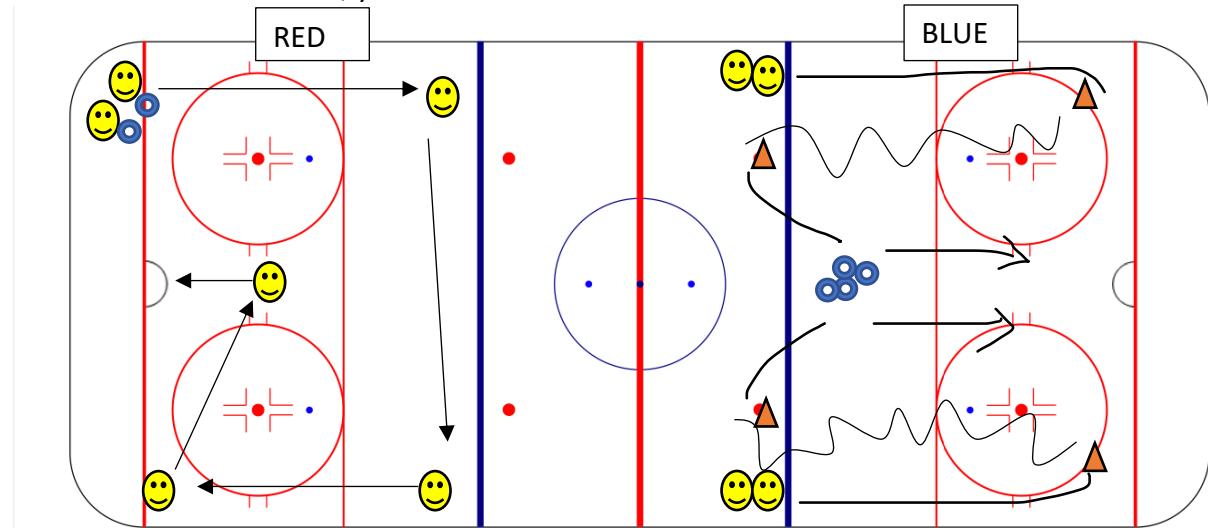
Drill 4 (10 Minutes) IN COLOURS

- Red: forehand and backhand passing while skating
 - Players will line up at the blue line and will skate together in pairs, passing until they get close to the crease and can shoot. Work on passing to where the player is going and keeping their feet moving
- Blue: Shooting on boards
 - Players will work on their backhand shots on the boards. Instructors and coaches will go around helping them aim at targets and get more power.



Drill 5 (10 Minutes) IN COLOURS

- Red: 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
- Blue: transitions into shooting
 - Players will line up at the blue line, will go do a transition around 2 pylons, then get a ring from the pile and shoot. If players are doing great with their transitions, you can make it into a race.



Drill 6 (10 Minutes) separate but doing the same drill

- $\frac{1}{2}$ ice horseshoe

Drill 7 (5 Minutes) ALL TOGETHER

- Target