

## R4U LESSON PLAN 15

Red: Backward skating, forehand target shooting

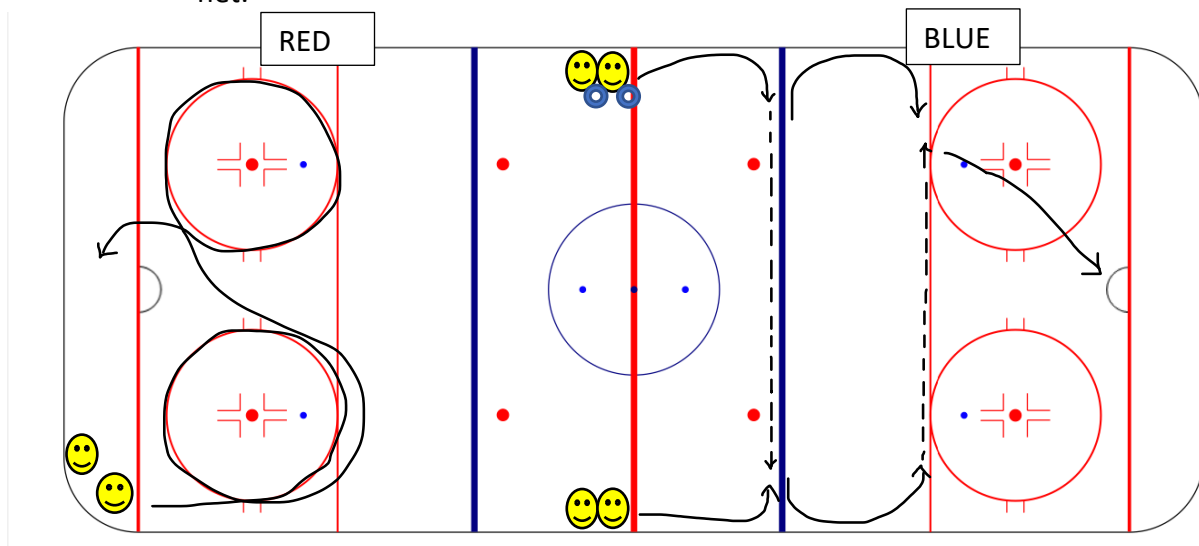
Blue: Backward crossovers, forehand/ backhand passing while skating

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

- Banana Tag

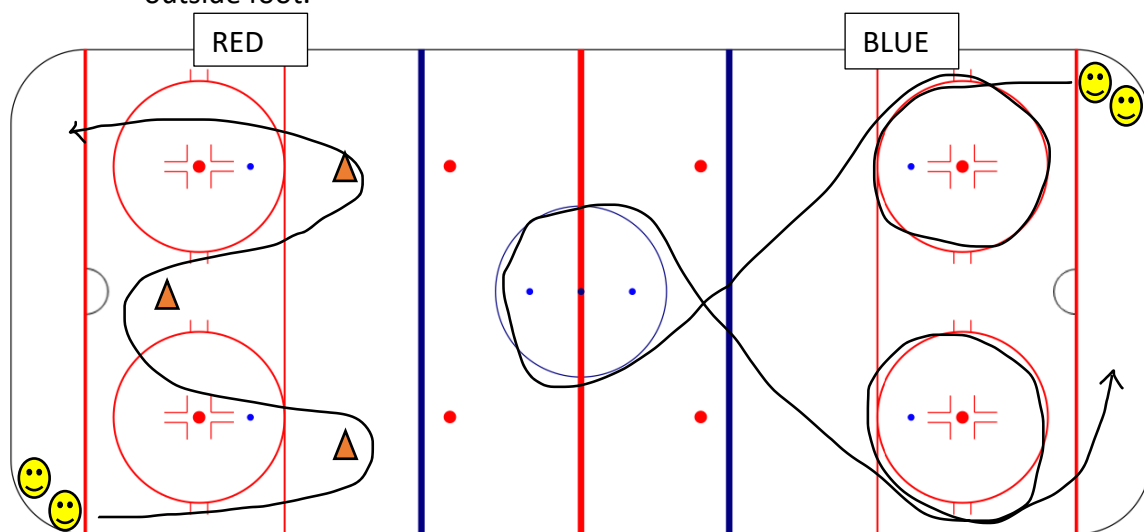
### Drill 2 (10 Minutes) IN COLOURS

- Red: Backward skating around circles (preparing for crossovers)
  - Not too much emphasis on crossing over, more emphasis on backwards skating
- Blue: Mini Pancake Drill
  - Players line up at the red line. 2 players go at a time, making a head on pass to each other at both the blue line and ringette line, then they can take a shot on net.



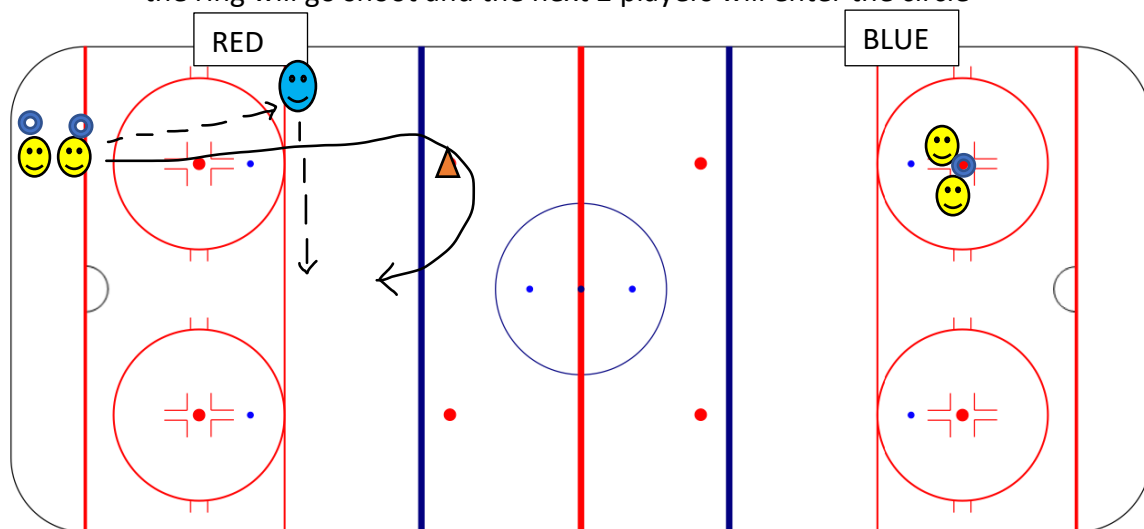
### Drill 3 (10 Minutes) IN COLOURS

- Red: Backward zig zag
  - Players will skate backwards in a zig zag pattern around the 3 pylons
- Blue: Backwards crossovers (using middle circle too)
  - Same pattern as forwards crossovers. Work on pushing and crossing over that outside foot.



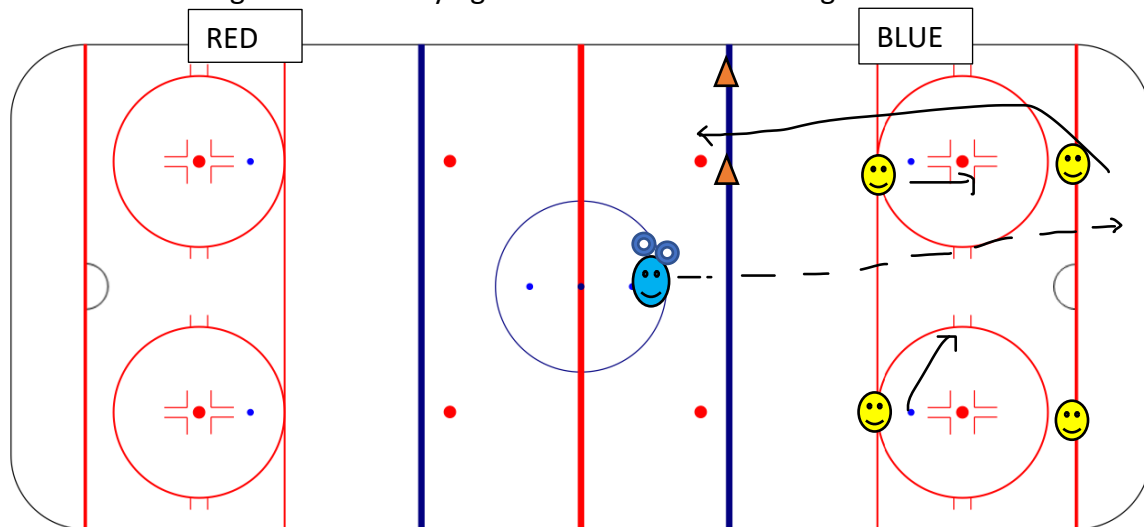
### Drill 4 (10 Minutes) IN COLOURS

- Red: Give and go to shoot on net
  - Player will pass the ring to the coach, skate around the pylon and then receive the ring back before going to shoot on net
- Blue: 1 v 1 battles in circles
  - 2 players will start in the circle. They must stay in the circle while checking. On the first whistle, they will check each other. On the second whistle, whoever has the ring will go shoot and the next 2 players will enter the circle



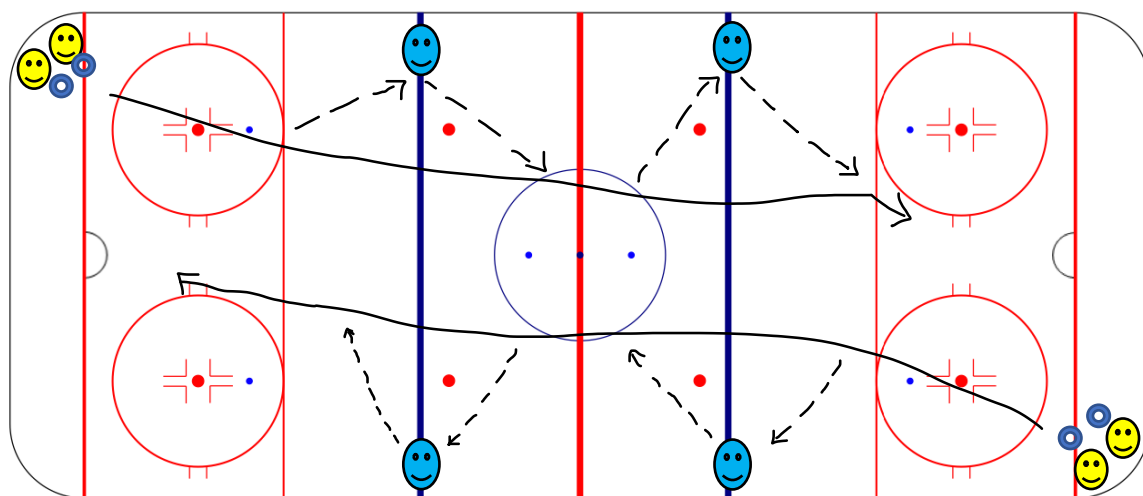
### Drill 5 (10 Minutes) IN COLOURS

- Red: Babysitter
- Blue: 2 v 2
  - 2 players on the goal line are the defenders. They are trying to skate the ring out through the pylons when the instructor passes it in the zone. The forwards, at the ringette line are trying to check and steal the ring to take a shot on net.



### Drill 6 (10 Minutes) ALL TOGETHER

- Full ice give and go
  - Players will start in 2 lines in opposite corners. One at a time, they will skate up the ice, making 2 give and go passes (over the blue lines) before going in to shoot on the net.



### Drill 7 (5 Minutes) ALL TOGETHER

- Cops and Robbers