

R4U LESSON PLAN 16

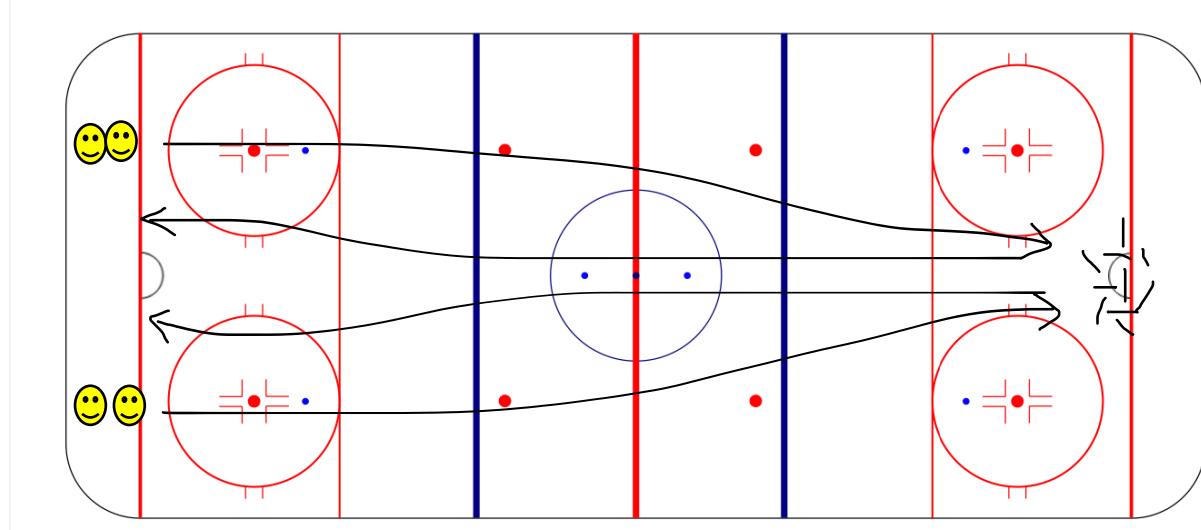
FUN

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

- Tag game of choice

Drill 2 (15 Minutes) (RELAY RACE) IN COLOURS

- Stick relay race. All sticks are in the far net. Players are split up into 2-4 teams. One at a time, they will skate to the far end, find their stick and skate back as hard as they can. The next player in line cannot go until the player who is going gives them a high five.
- When all players are back, and are sitting, they will be the winners



Drill 3 (10 Minutes) TOGETHER

- Chariot Races

Drill 4 (5-10 Minutes) TOGETHER

- Garbage

Drill 5 (5-10 Minutes) IN COLOURS

- Target

Drill 6 (5-10 Minutes) ALL TOGETHER

- Game of choice