

3R4U LESSON PLAN 9: FIRST HALF REVIEW

Red: Forehand passing, snowplow stops, sweep shots, sweep checking

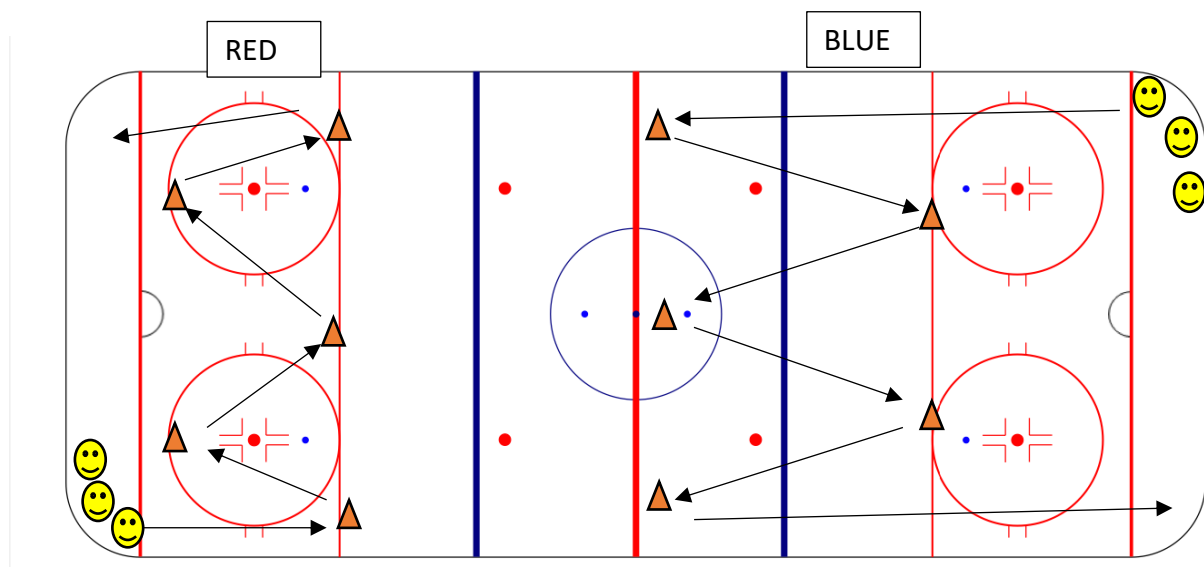
Blue: Backhand passing, lead passes, parallel stops, backhand shots, checking

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

- Freeze Tag
 - Arms out when tagged.
 - Player can rejoin game when another player skates under their arms

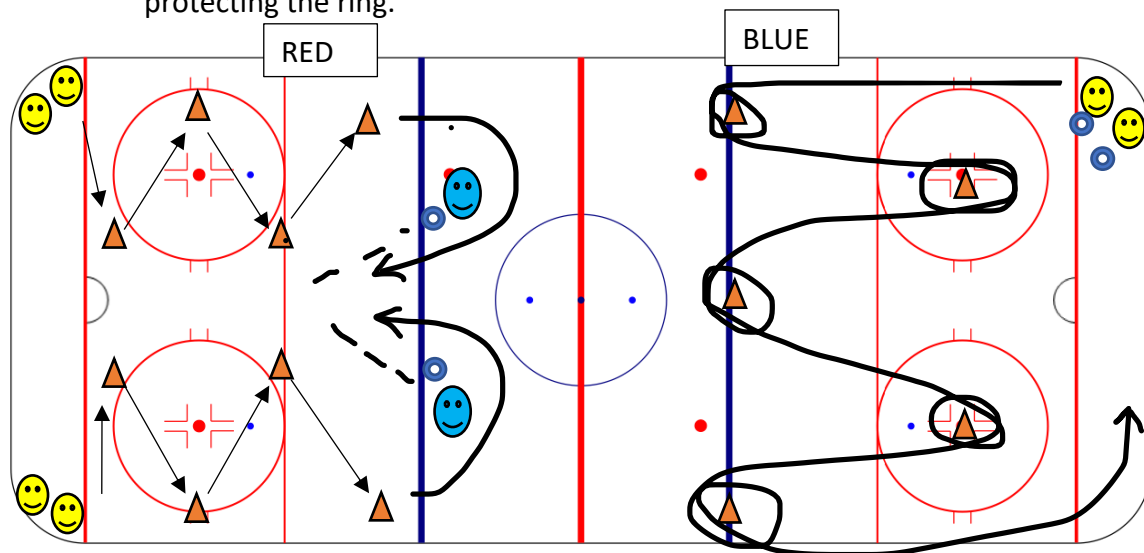
Drill 2 (10 Minutes) IN COLOURS

- Red: Snowplow stops
 - Zig Zag from pylon to pylon, fully stopping at each one.
 - Coaches remind players to get low and push out
- Blue: Parallel stops
 - Stop at each pylon.
 - Make sure players are stopping facing the same way for the duration of the drill (ie; stop facing the bench)



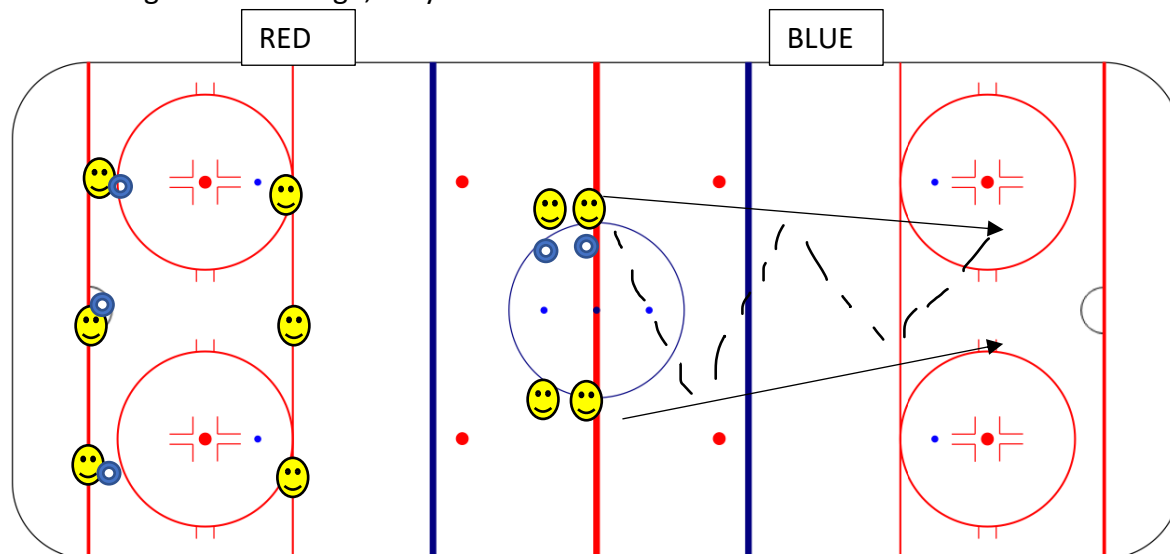
Drill 3 (10 Minutes) IN COLOURS

- Red: Snowplow Stops
 - Players will be split up into 2 corners. On the whistle/ when the coach says “go” the first player in line can go stop at each pylon, then skate around the coach, who will give them a pass. The player can then go in and shoot
- Blue: Tight Turns and Ring Protection
 - One at a time, players will skate around the 5 pylons, completing full tight turns around each pylon. Remind players to bend their knees and not drag their toe.
 - Coaches can be placed at each pylon checking the players if they are not protecting the ring.



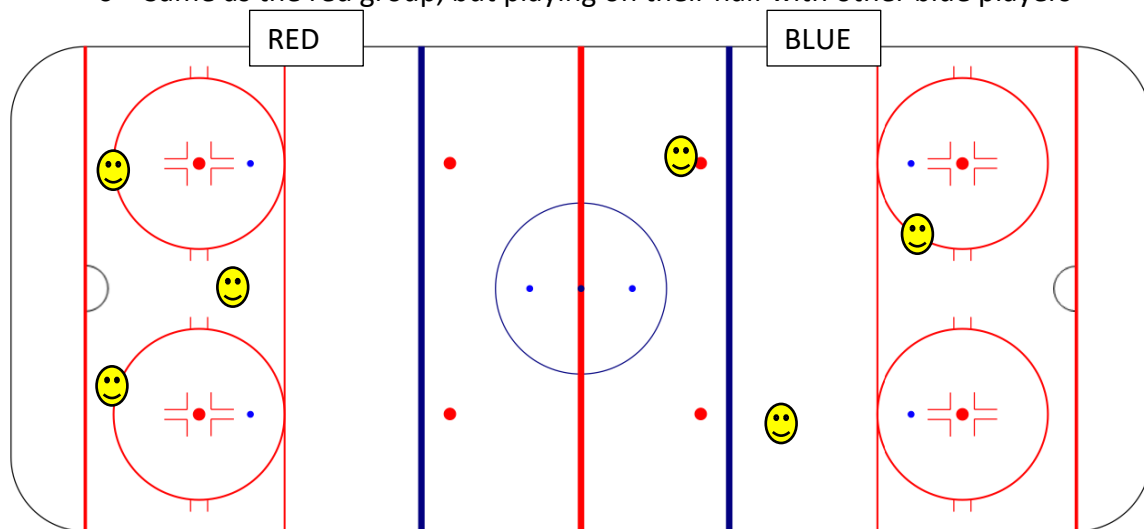
Drill 4 (10 Minutes) IN COLOURS

- Red: Forehand Passing
 - Players will be passing in partners, working on their accuracy and speed. Can make it a game to see what pairing can stab the most consecutive passes
- Blue: Backhand and Lead Passing
 - Players will line up in 2 lines at the red line. When the coach says “go”, players can skate down the ice together, making lead passes to their partner. When they get close enough, they can take a shot on net



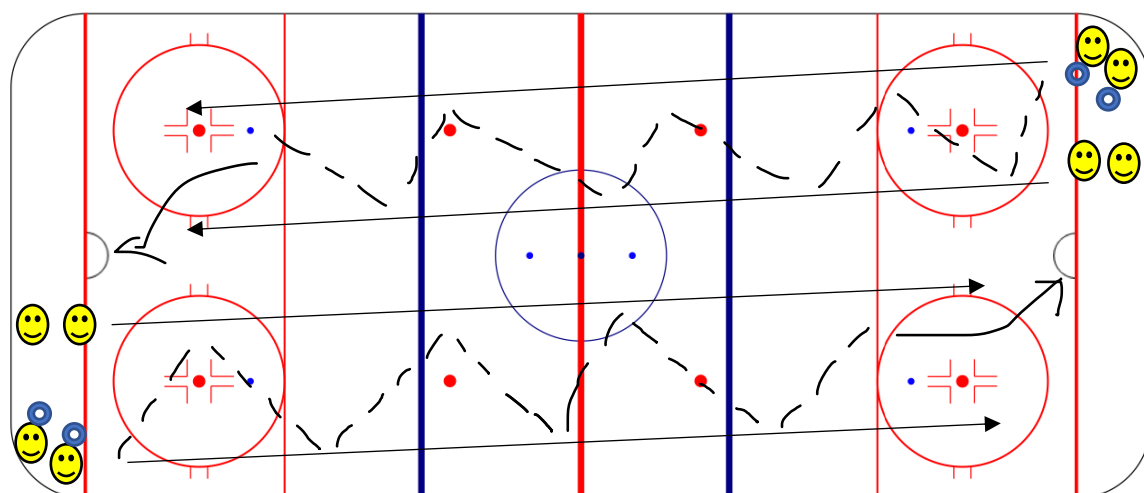
Drill 5 (10 Minutes) IN COLOURS

- Red: Sweep Checking & Sharks and Fish
 - Remind players how to sweep check before playing the game
 - All players but 2 will start with a ring. When a shark steals a fish's ring, they will switch roles
- Blue: Controlled Checking & Sharks and Fish
 - Same as the red group, but playing on their half with other blue players



Drill 6 (10 Minutes) ALL TOGETHER

- Pass and Go Full Ice
 - Try and match blue players with blue players and red players with red players.
 - One group at a time, players will skate down the ice passing with their partners. Remind players to make lead passes, call for the ring and pass over the blue lines.



Drill 7 (5 Minutes) ALL TOGETHER

- Cops and Robbers