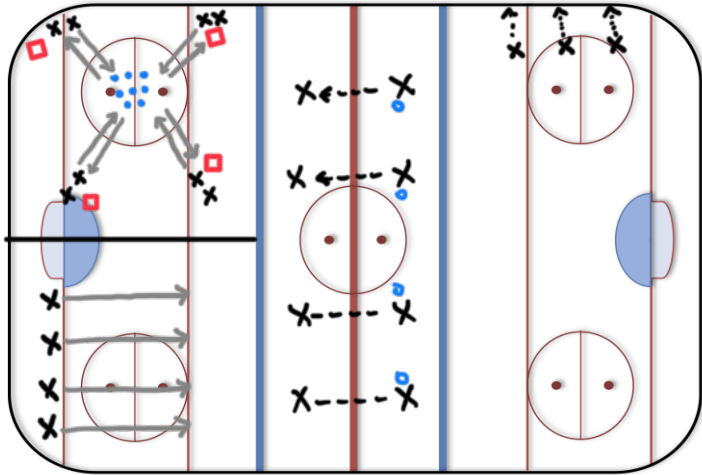
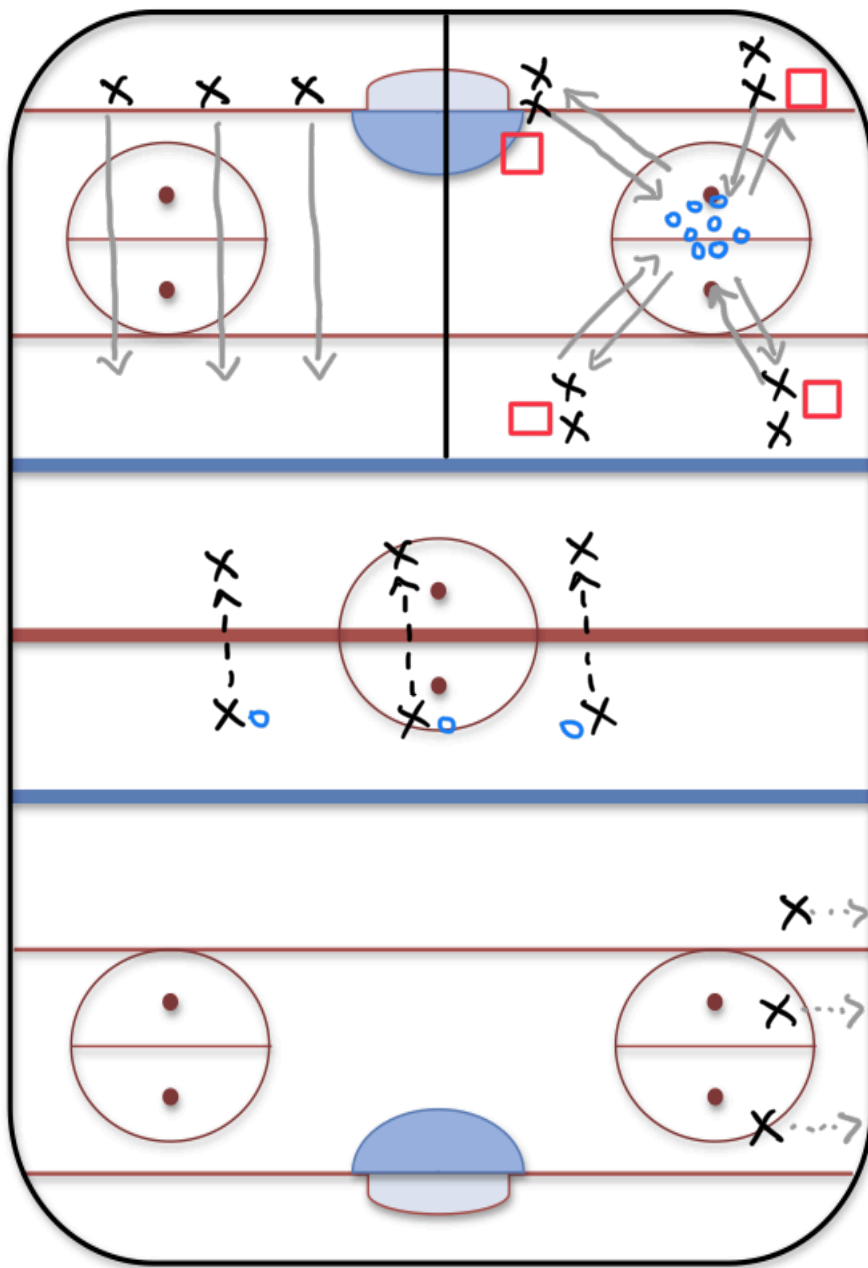
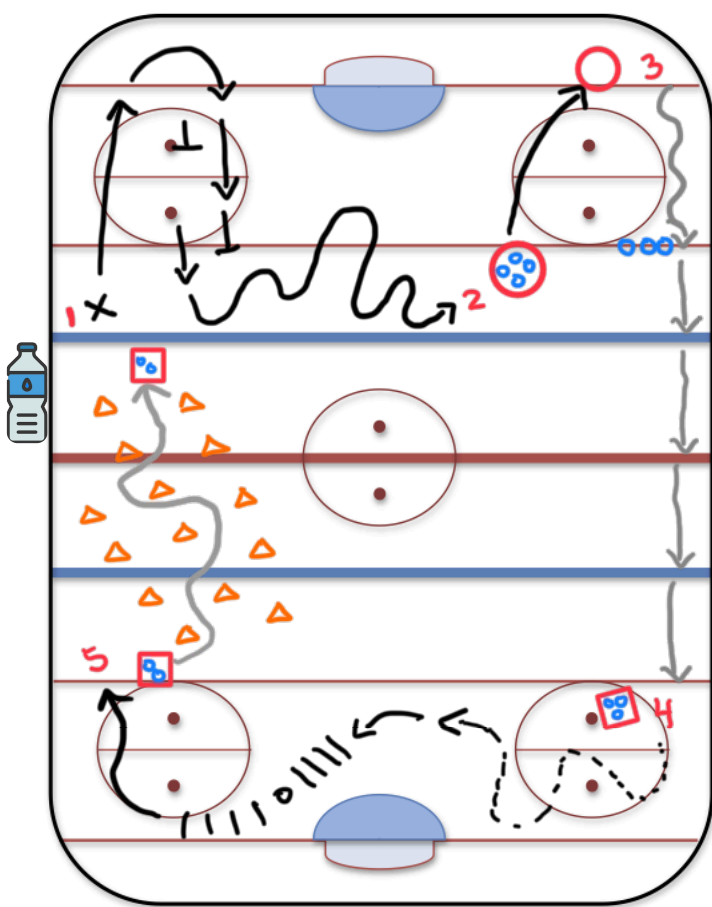


Practice #	R4U 1 - Skating, Shooting, Passing and Ring Handling (Stations - Full Ice)
Warmup	Freeze tag - Players take turns being it. When a tagger tags player, they have to stand frozen until another player skates under their arms and unfreezes them.
	4 stations x 6 minutes On the whistle, before they change stations players complete 3 hops per foot before moving to the next stations. Players can stop for a water break upon completion of each station.
	Equipment needed • 15-20 rings • Bingo dabbers • Pylons for targets
Station 1 - Skating (balance + ready position) Wave skating: practice stationary ready position(sitting in a chair with head and chest up), practice marching back and forth, forward stride, and gliding in ready position Coach: make lines on ice for pushing \ / to teach stride and gliding to teach ready position in motion. For proper ready position players should be on flats (ankles straight) when stationary and gliding Progression: have players try and get as low as possible when gliding, add more strides pushes then gliding to increase speed.	Station 3 - Passing Players partner up and stand 2-3 m apart. Players pass back and forth. Coach: Take a moment to explain and demonstrate proper passing technique prior to the start of the drill. Emphasize proper technique during the drill and cheer when pairs complete the skill multiple times in a row. Progression: The coach may call different types of passes (forehand, backhand) to have pairs alternate the skill during the drill. Pairs may be asked to move farther apart
Station 2 - Clean your room Rings are placed in the free play circle (the room). Players are asked to clean up their room by taking one ring at a time into the closets (squares drawn on the ice). Coach: Take a moment to demonstrate how to hold the stick while in possession of the ring. Once completed take the time to see each participant and make corrections as needed. Progression: Use a timer and encourage the group to complete tasks faster than their previous time. Have players use different skating skills to get the rings (bubbles, inside edges, backwards skating.)	Station 4 - Shooting (forehand sweep/backhand flip) Players line up near the boards and practice shooting the ring. Ensure every player has 3-4 rings to increase the number of repetitions completed. Coach: Should take a moment to demonstrate how to shoot. Once completed take the time to see each participant and make corrections as needed. Progression: Place a pylon or draw shapes on the ice near the board and have them count how many times they can hit the target.

Practice #

R4U 1 Stations



Practice #	R4U 1 Skating, Ring Handling and Passing (Circuit - Full Ice)	
Continuous circuit After the stations, players will run through the circuit (clockwise direction) for the duration of practice. Coaches are assigned to encourage and provide feedback to players as they complete each skill. As noted in the diagram, water bottles are lined up on the board and players can stop for a water break upon completion of the full circuit.	Equipment needed • 20-30 Rings • Bingo dabbers • Pylons • 2 nets or pylons to make a net	
Remind players that it is not a race, to take their time for each skill. If the person in front of them is not as fast as they are, they can politely move ahead of them when they have a chance to do so.		
Part 1 - Skating A pattern of 3-4 skating skills are drawn on the ice and players skating through the path. Focus on areas that were highlighted the week before or areas you know your group needs to work on.		
Part 2 - Ringhandling Players exit the skating path, pick up a ring in the circle and skate as fast as they can to drop a ring in the far circle. They then pivot backwards and skate to the free play line where they pivot forward and pick up a ring. Logistics: A Coach must be assigned to move the rings back into the first circle.		
Part 3 - Ring Drop Players skate the length of the ice, while dropping their ring on a free line and picking up a ring on the next line and so on. Logistics: A Coach must be assigned to move the rings back to the first lines.		
Part 4 - Skating A pattern of 3-4 skating skills are drawn on the ice and players skate through the path.		
Part 5 - Ring protection Pylons and obstacles are placed in the zone. Players pick up a ring in the first box, and must skate through the path to place their ring in the second box. Once completed, they may stop at the water station before moving back through the full circuit		
Game/Cool down (remainder of practice time): Chariot races - Players line up on a ringette line with a partner and hold each other sticks. The player in front pulls the partner to the far ringette line, they switch who is pulling and the other partner pulls back. Slowing down before stopping. The person in the back cannot skate, they can apply resistance, go on knees or glide on flats.		