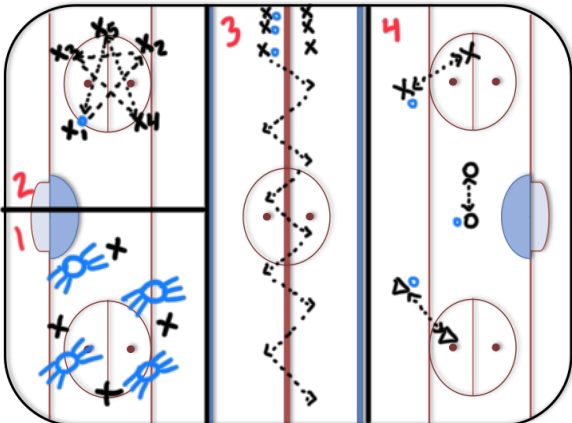
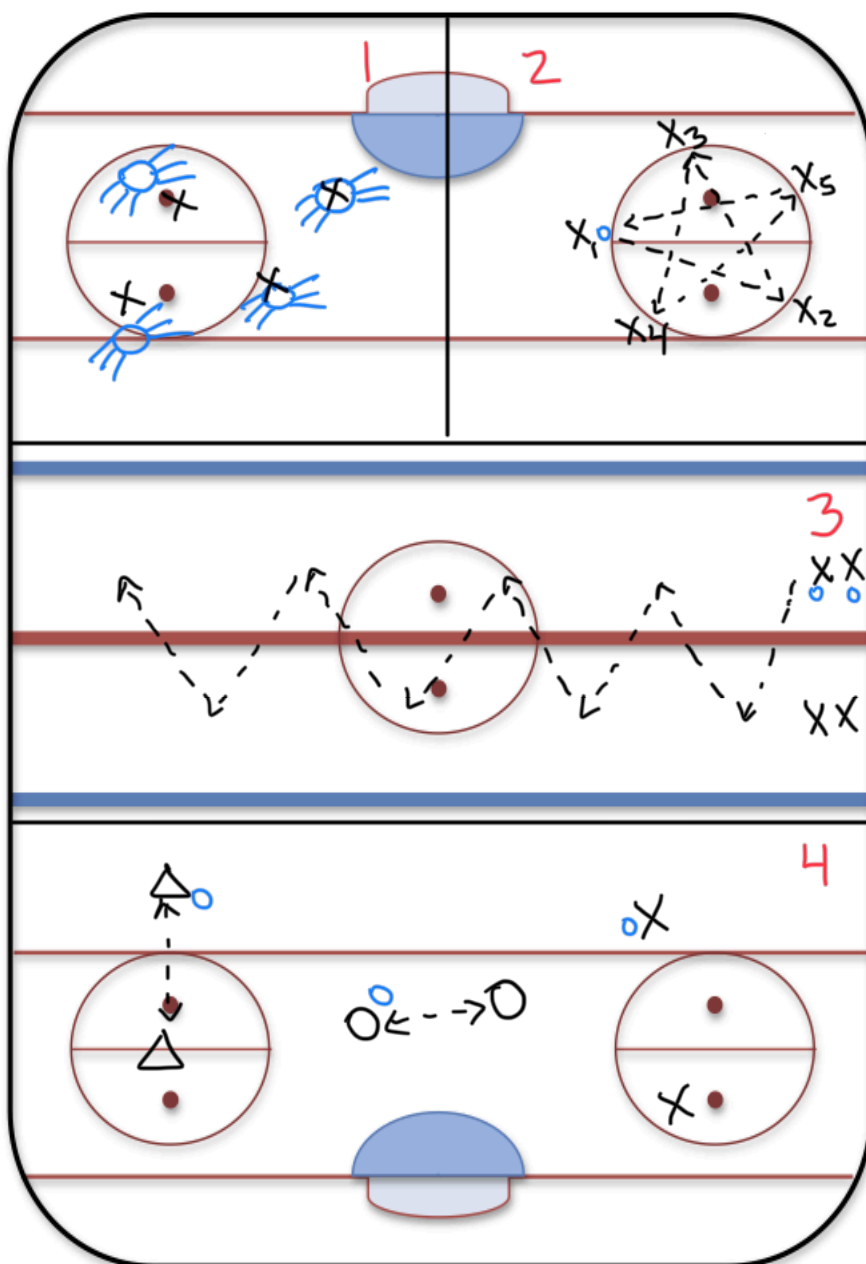
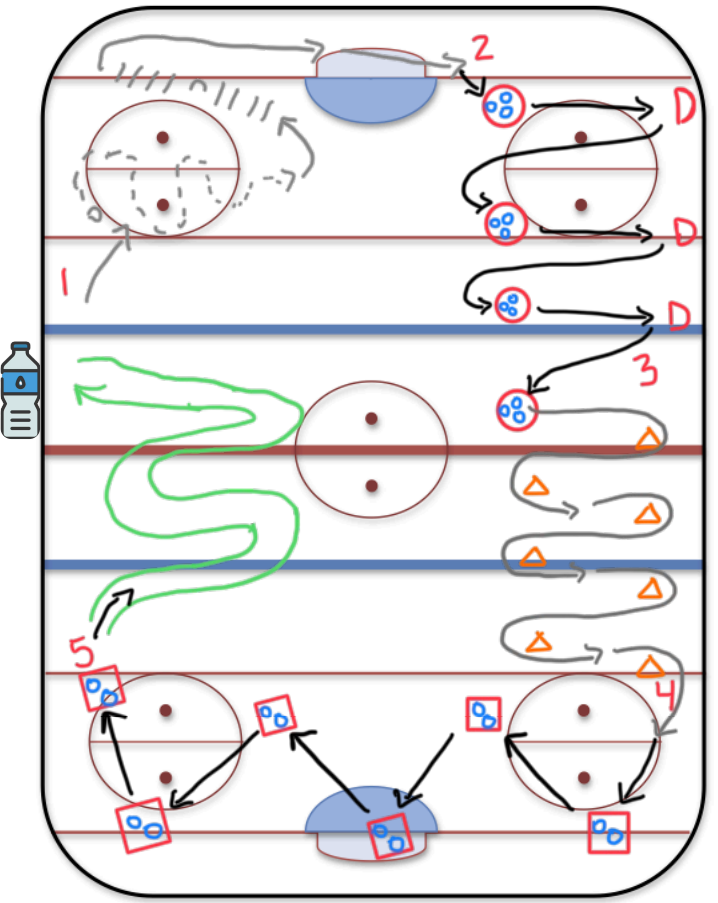


Practice #	R4U 2 - Stopping, Passing, and Checking (Stations - Full Ice)	
Warmup	Follow the leader - Coach skates around ice and players follow completing skating skills. Flamingos (1 foot glide + hold), Penguins (slide on belly and get up), Marching band (march on skates), Bunnies (2 foot hop over lines, or Fish (2 foot bubbles).	
		4 stations x 6 minutes On the whistle, before they change stations players complete 5 snow angels 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
Station 1 - Skating (Stopping) Stopping: Scape a spider and drawing off the ice. Squish the spider and use edges to scrape off spider legs. Coach: Show players how to transfer weight and scrape inside and outside edge) Progression: Once players can do on both sides, have them attempt a snow plow stop by making a “pizza” with their skates (toes in) and pushing out to make it bigger/snow plow stop. Movement can be added to further progress this skill if they can successfully complete the snowplow stationary.		Station 3 - Passing Players pair up and skate up and down the zone while passing to each other. Coach: Take a moment to explain and demonstrate how to properly pass to a partner while skating. Emphasize proper technique during the drill and cheer when pairs complete the skill multiple times in a row. Progression: Add lines on the ice that they must pass over. Put obstacles in the way so they have to skate or pass around them.
Station 2 - Circle Passing Players find a spot on the circle. Ring starts at X1. X1 makes a pass to X2 -> X3, etc. until the ring makes it back to X1. Continue pattern. 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. Could also pass in reverse.		Station 4 - Friends and Enemies Players find a partner to start partner passing. When the coach calls “Enemies”, the player with the ring skates away and the partner tries to check them. When the coach calls “Friends”, players pass back and forth. Coach: Should take a moment to demonstrate how to check properly. Once completed take the time to see each participant and make corrections as needed. Progression: Makes groups of 3 for a harder challenge during Enemies.

Practice #

R4U 2 Stations



Practice #	R4U 2 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 - Shots on net Players exit the skating path, pick up a ring in square 1 and take a shot on net 1. They then move on to square and net 2 and then 3. Logistics: A Coach must be assigned to move the rings out of the net and back into the squares.	
Part 3 - Ring Handling Players skate through the pylon path while ensuring they properly protect the ring. Logistics: A Coach must be assigned to move the rings back to the start of the drill. Tip: Draw arrows on the ice to designate the path they must follow to avoid confusion on which pylon they must go to next.	
Part 4 - Ring Handling and Control Players skate the length of the zone, while dropping their ring into the box (or on the line) and picking up a new one from the same box (or line) Logistics: A coach must be assigned to move the rings back from the last box to the first box. Tip: Draw arrows on the ice to designate the path they must follow to avoid confusion on which pylon they must go to next.	
Part 5 - Skating - stay in the path Draw a maze type path on the ice and have the player skate through it. Once completed, they may stop at the water station before moving back through the full circuit.	