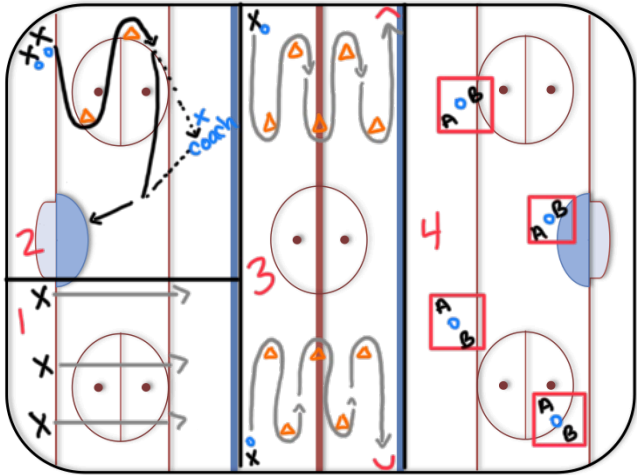
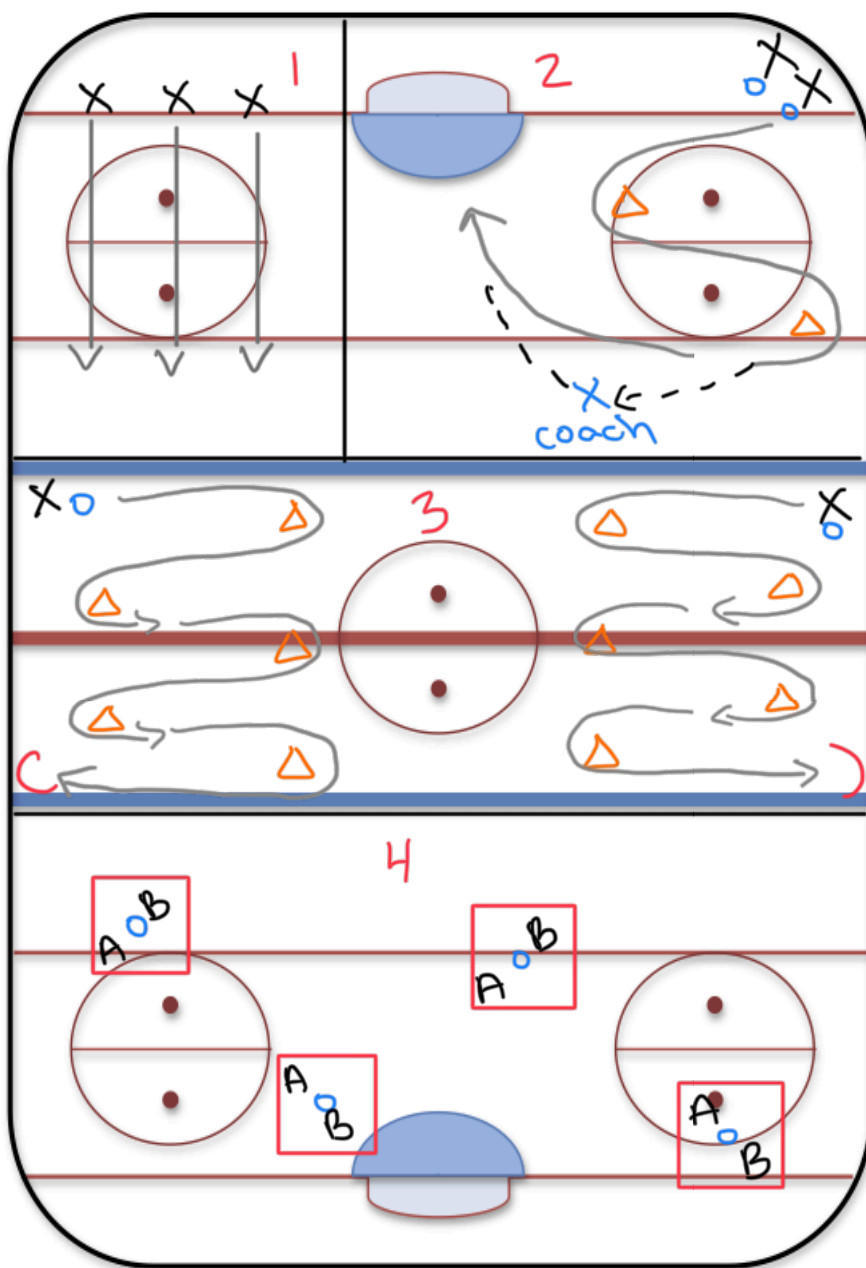
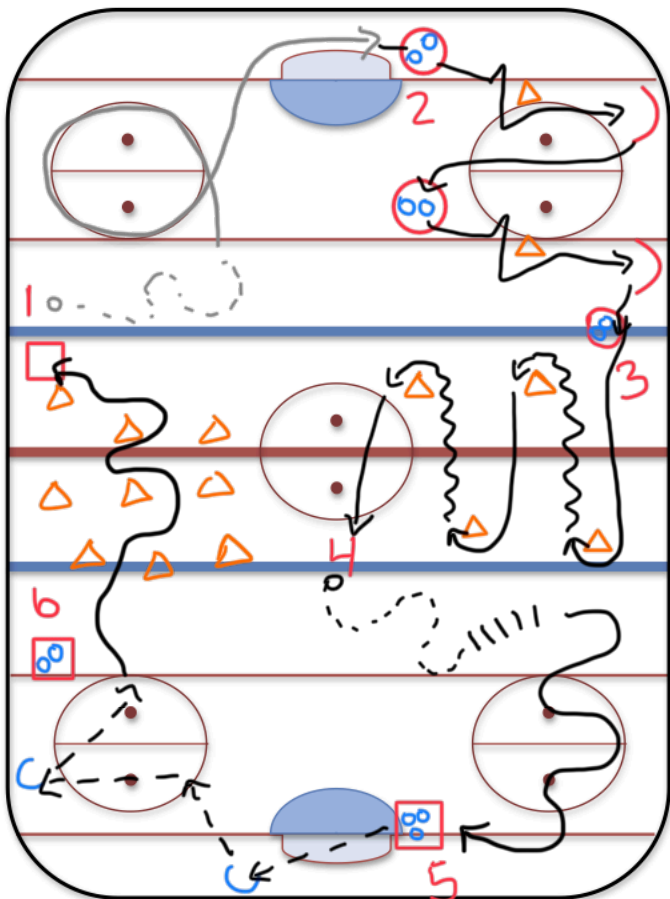


| Practice #                                                                                                                                                                                                                                                                                                                                                                                              | R4U 3 - Skating, Passing, Ring Protection, Checking (Stations - Full Ice)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Warmup</b>                                                                                                                                                                                                                                                                                                                                                                                           | Banana tag - Players take turns being it. When a tagger tags a player, they stand still with arms up until another player peels their arms down.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|                                                                                                                                                                                                                                                                                                                        | <p><b>4 stations x 6 minutes</b><br/>On the whistle, before they change stations players <b>complete 3 hops per foot</b> before moving to the next stations. Players can stop for a water break upon completion of each station.</p>                                                                                                                                                                                                                                                                                                                                                                                                                     |
|                                                                                                                                                                                                                                                                                                                                                                                                         | <p><b>Equipment needed</b></p> <ul style="list-style-type: none"> <li>• 15-20 rings</li> <li>• Bingo dabbers</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <p><b>Station 1 - Skating (balance + weight transfer)</b><br/>Wave skating: Flamingos (1 foot glide + hold), Penguins (slide on belly and get up), Marching band (march on skates), bunnies (2 foot hop over lines), backwards skating. Stop at each end. Choose one of the above for each wave</p>                                                                                                     | <p><b>Station 3 - Ring Protection</b><br/>Players skate through the course while ensuring they protect the ring as they skate near the pylons. Players take a shot at each net. Once they have all completed the course, they skate through the opposite direction to ensure development of skills in all directions.<br/><b>Coach:</b> moves through the drill while encouraging players to look up as they have a tendency to look down at the ring or their skates</p>                                                                                                                                                                                |
| <p><b>Station 2 - Give + Go Passing</b><br/>Players skate around cones doing tight turns then make a pass to the coach. They keep skating and receive a pass back from the coach and take a shot on net.<br/><b>Coach:</b> 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.</p> | <p><b>Station 4 - A + Bees</b><br/>Set up multiple small zones on the ice (draw circles, use existing lines to make squares). Players will pair up, with the A's having the ring and the Bees looking to check the ring from them. They must stay in their circle and practice stealing the ring from each other.<br/><b>Coach:</b> Should take a moment to demonstrate <b>how to properly check the ring</b>. Once completed take the time to see each participant and make corrections as needed.<br/><b>Progression:</b> Introduce the concept of 2v1 while checking the ring. Make groups of 3 and have them work together to retrieve the ring.</p> |

Practice #

R4U 3 Stations



| Practice #                                                                                                                                                                                                                                                                                                                                                                            | R4U 3 Skating, Ring Handling and Passing (Circuit - Full Ice)                                                                                                           |  |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <b>Continuous circuit</b><br>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. | <b>Equipment needed</b> <ul style="list-style-type: none"><li>• 20-30 Rings</li><li>• Bingo dabbers</li><li>• Pylons</li><li>• 2 nets or pylons to make a net</li></ul> |  |
| 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.                                                                                                                                                                            |                                                                                                                                                                         |  |
| <b>Part 1 - Skating and Crossovers</b><br>Skate a path then crossovers around circle                                                                                                                                                                                                                                                                                                  |                                                                                      |  |
| <b>Part 2 - Shooting and Dekeing</b><br>Players exit the skating path, pick up a ring in the circle and deke the cone and shoot on net, grab a new ring, deke the cone and shoot on net.<br>Logistics: A Coach must be assigned to move the rings back into the first circle.                                                                                                         |                                                                                                                                                                         |  |
| <b>Part 3 - Transitions</b><br>Players practice skating forwards and backwards transitioning at the cones and always facing the same direction.                                                                                                                                                                                                                                       |                                                                                                                                                                         |  |
| <b>Part 4 - Bunnies and Penguins</b><br>A pattern of 3-4 skating skills are drawn on the ice and players skate through the path while also doing bunnies and penguins                                                                                                                                                                                                                 |                                                                                                                                                                         |  |
| <b>Part 5 - Give and Go</b><br>Players make give and go passes with coaches standing on the boards.                                                                                                                                                                                                                                                                                   |                                                                                                                                                                         |  |
| <b>Part 6 - Ring protection</b><br>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                                                                                        |                                                                                                                                                                         |  |
| <b>Game/Cool down (remainder of practice time):</b><br>Target - Nets are moved to ringette lines. Players skate around the ice in the same direction. Coaches shoot rings and try to hit players skates. If a player gets hit they join the middle.                                                                                                                                   |                                                                                                                                                                         |  |