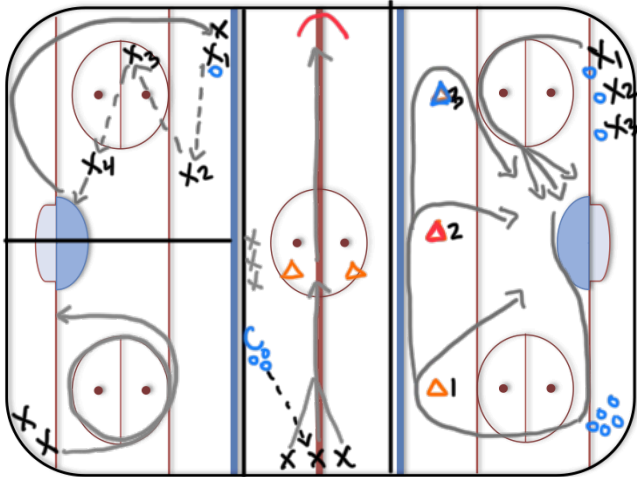
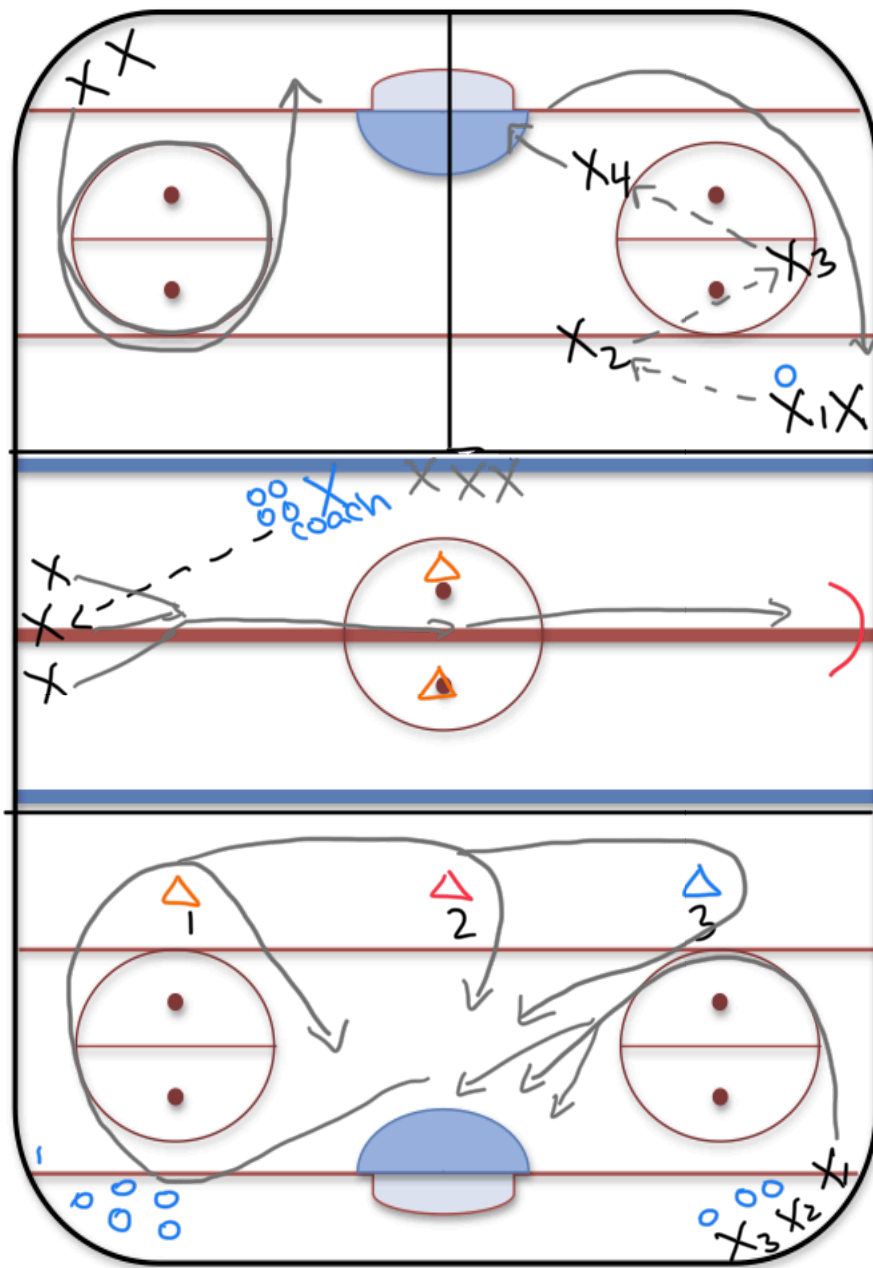
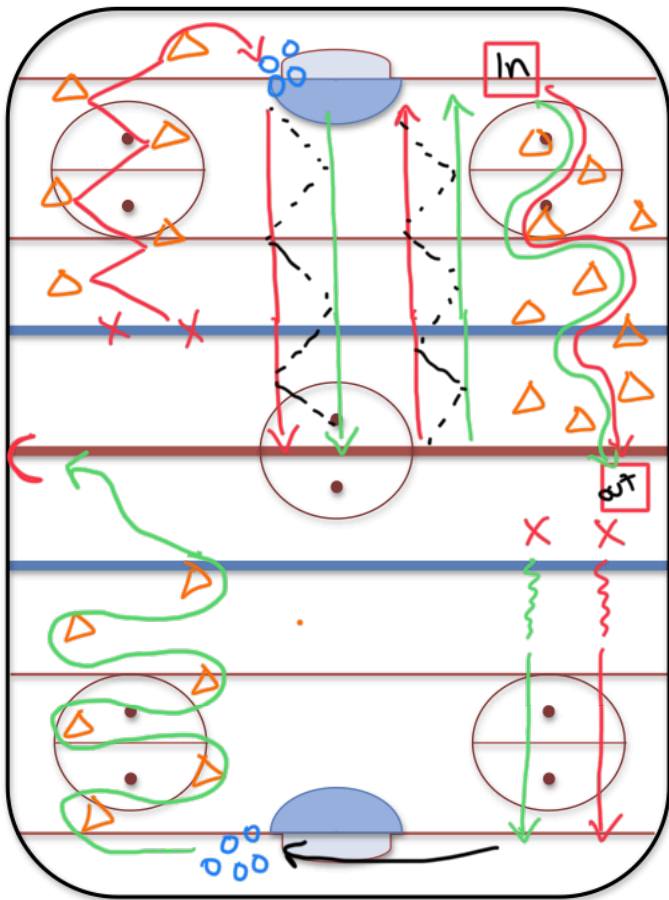


Practice #	R4U 4 - Crossovers, Shooting, Passing and Checking (Stations - Full Ice)	
Warmup	Safety tag - Draw zones on the ice and players stand in each zone. Keep additional players out of zones. Have a coach be 'it'. Players not in a zone must try not to get tagged. If they choose to enter one of the zones to be safe, the player standing in the zone must exit and get away from the coaches that are 'it'.	
	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	
Station 1 - Crossovers Players skate around the circle attempting to glide on one foot at the time, focusing on shifting weight over foot on the ground. Players can then try striding with their outside leg while the inside leg stays on the circle. Final progression is outside leg coming over inside leg for crossover Coach: Encourage players to stay low and bend their knees to allow bigger crossovers. Make sure players go both ways around the circle before moving on to the next skill.	Station 3 - Queen's Corner 2-3 players line up facing the boards. The coach will shoot a ring towards the boards and the players will battle trying to get the ring. The player who gains possession and skates through the cone gate, gets to shoot on net. The other two players line back up in line. Coach: Should take a moment to demonstrate how to properly check the ring . Once completed take the time to see each participant and make corrections as needed.	
Station 2 - Snake Passing Draw zones on the ice and arrows for direction. Players must skate towards the next zone and pass to the player standing in the zone. They then replace the player in the new zone. This goes on continuously. Coach: Should take a moment to demonstrate how to properly pass to a partner while skating . Emphasize proper technique during the drill. Progression: Encourage players to start skating out of their zone, so they receive a 'lead' pass while in motion.	Station 4 - Double Shot 3 players leave the corner at times and skate around the circle and take a shot on net. Then they grab another ring and go around the cone to take another shot on net. Coach: Encourage proper shooting technique. For some, this is the introduction of the goal crease. Be sure to draw a line on the ice and take the time to explain to the players that they cannot enter this zone during the play.	

Practice #

R4U 4 Stations



Practice #	R4U 4 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. <i>This practice will be completed in pairs. Have the players partner up with someone they wish to be with for this practice.</i>	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 skate through the path. Suggestion: Focus on starts, stops, and directional changes		
Part 2 - Pair passing - Skating Players skate in pairs while passing back and forth to each other. Ensure that players stay on either side of the lines drawn on the ice. Encourage the concept of the 'lead pass'		
Part 3 - Follow the leader Players will take turns being the leader at each rotation. Player 1 skates through the pylons and makes their own path towards the exit. Player 2 follows them. Progression: Player 2 may try to steal the ring from Player 1. If successful they become the leader.		
Part 4 - Anna and Elsa (Snow queens) Players skate side by side to the line and try to slide on their stomach further than their partner. If they have enough space left they can do it a second time before getting to the boards.		
Part 6 - Protect and shooting Players each skate around the pylons with a ring and take a shot on the net at the end of the path. Once completed, they may stop at the water station before moving back through the full circuit.		
Game/Cool down (remainder of practice time): It is suggested to set up multiple mini-zones and have all players play mini-games. Ensure that you balance out your groups to ensure meaningful 'competition.' The size of each zone should be relative to the skating skill. Move the nets closer for groups that are at the early stage of skating development		