

R4U GREEN LESSON PLAN

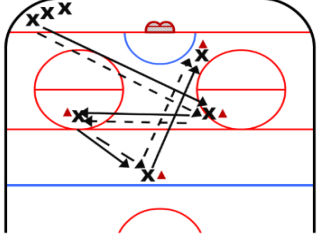
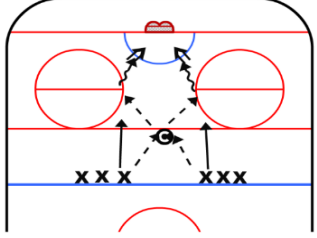
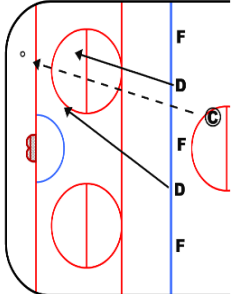
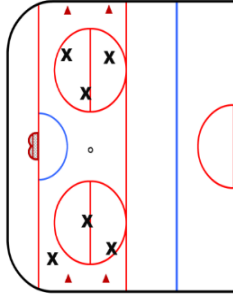
***WATERBREAKS THROUGH OUT THE LESSON WHEN NEEDED**



LESSON: ONE
WEEK: ONE
OBJECTIVE: FORWARD SKATING & STOPPING.
POSTIONS & RULES

DRILL & EXPLANATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:
<p>Freeze Tag: 2-3 Players are appointed as it. All the players skate around to avoid being "tagged". If a player gets "tagged" they must stand still, hold their arms out and wait for a player to skate under their arms. Now both players can re-join the game.</p>			
<p>Stops & Starts: Instructor must demonstrate the correct way to parallel stop. Players line up in the corner, skating and stopping at all of the pylons as directed. Switch sides half way through.</p>	<p>Parallel Stops: -Skate, glide, turn head in direction of stop, then shoulders and hips (skates will follow) -Push outward with equal pressure on both feet -Return to ready position</p>		<p><i>Common Errors:</i></p> <ul style="list-style-type: none"> • <i>unequal weight distribution on feet</i> • <i>feet too close or too far</i> • <i>dragging follow up foot</i> • <i>knees not bent</i>
<p>Stops with the Ring: Players line up in the corner with a ring. One at a time players will skate through the pylons, making a complete stop at every pylon. Players will skate around the last pylon and take a shot on net, aiming for the pylon in the net. Switch sides half way through.</p>	<p>Parallel Stops: -Skate, glide, turn head in direction of stop, then shoulders and hips (skates will follow) -Push outward with equal pressure on both feet -Return to ready position</p>		<p><i>Common Errors:</i></p> <ul style="list-style-type: none"> • <i>unequal weight distribution on feet</i> • <i>feet too close or too far</i> • <i>dragging follow up foot</i> • <i>knees not bent</i>
<p>Red/Green Light: Players line up against the boards. When the Instructor yells GREEN light, players skate forwards. When the Instructor yells RED light, players must stop. When the Instructor yells YELLOW light players stop and turn around in a circle. When the Instructor yells PURPLE light, players stop, drop to their knees and get back up.</p>			<p><i>*Give players a direction to face when stopping. Such as "Always face the clock" or "Stop facing Mom & Dad"</i></p>

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DRILL & EXPLANATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:
<p>Players line up in the corner with a player at each pylon. Player 1 passes to Player 2, then follows pass to replace position of player 2. Player 2 passes to player 3, then follows pass to replace player 3. Player 3 passes to Player 4, then follows pass to replace player 4. Player 4 passes to Player 5, then follows pass to replace player 5. Player 5 shoots and returns to the back of the line.</p>	<p>Forehand Sweep Pass:</p> <ul style="list-style-type: none"> - Proper grip; top hand pushes in, bottom hand pushes out -Body parallel to target, ring start at back skate brought to front skate where it is then released - Follow through; transfer weight from back foot to front foot -Point at target with stick upon release 		<p>Common Errors:</p> <ul style="list-style-type: none"> - Bringing ring too far behind back foot - Release of ring not at front foot - No follow through; not pointing stick in proper direction - Watching ring instead of the target
<p>Players line up in 2 lines across the blue line. The first player in line will pass to the Instructor and begin skating towards the net. The Instructor will pass back to the player, and the player will shoot on net, then go to the back of the line. The lines alternate.</p>	<p>Forehand Sweep Pass:</p> <ul style="list-style-type: none"> - Proper grip; top hand pushes in, bottom hand pushes out -Body parallel to target, ring start at back skate brought to front skate where it is then released - Follow through; transfer weight from back foot to front foot -Point at target with stick upon release 		<p>Common Errors:</p> <ul style="list-style-type: none"> - Bringing ring too far behind back foot - Release of ring not at front foot - No follow through; not pointing stick in proper direction - Watching ring instead of the target
<p>Know your zone: Give 5 players a position and line them up on the blue line. The instructor will throw a ring into the zone and yell go. Players will then skate to where they are allowed to go: Defence will go and get the ring, forwards will skate to the ringette line. The defence have to get the ring and skate it out and pass over the blue line to the forwards.</p>			<p><i>* Start with saying the zone is the "defensive zone" or "our zone". Once players understand that Defence go into "our zone", tell players that it is now the "offensive zone" or "the other team's zone" and re do the drill with the forwards going in and the defence stopping at the ringette line.</i></p>
<p>Ring Soccer:</p> <p>Set up pylons to act as nets. Divide players in half. Have players put their sticks on the bench. Tell players to use the inside of their foot to kick the ring to their team mates.</p>			<p><i>* This game is great for balance and agility. Have players practice using both feet when kicking the ring.</i></p>

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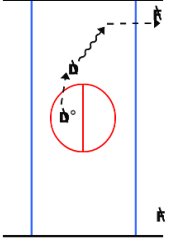
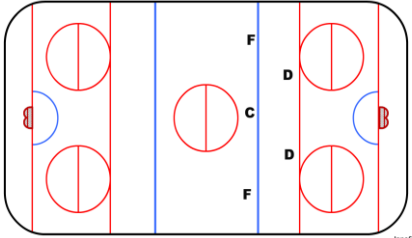
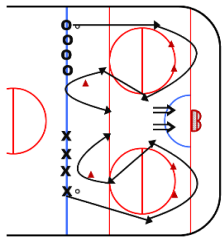
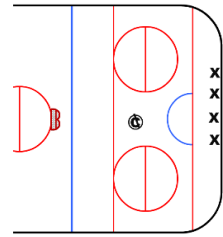
*Waterbreaks through out the lesson when needed



Lesson:	Two
Week:	Two
Objective:	Stopping, Transitions and Shooting

Drill & Explanation:	Skill Breakdown:	Diagram:	Instructor/Coach Tips:
<p>Follow the Stick: All players start out on the goal line facing the Instructor. When the Instructor points the stick towards the red line, all players skate forwards. When the Instructor points the stick towards the goal line, all players skate backwards. When the Instructor taps the stick on the ice, players drop to their knees and get back up. When the instructor points their stick towards the side boards, players skate to that side.</p>	<p>Forward Skating Parallel Stops Transitions</p>		
<p>Stops and Starts with the Ring: Players are divided into 2 lines. First player from each line will begin, skating to each pylon and making a parallel stop at each pylon. Once the first player gets to the first pylon, the next player can go.</p>	<p>Parallel Stops:</p> <ul style="list-style-type: none"> -Skate, glide, turn head in direction of stop, then shoulders and hips (skates will follow) -Push outward with equal pressure on both feet -Return to ready position 		<p>Common Errors:</p> <ul style="list-style-type: none"> · unequal weight distribution on feet · feet too close or too far · dragging follow up foot · knees not bent
<p>Start/Slide/Stop: Players line up in the corner. 1 at a time they skate towards the ringette line, fall on their belly, get up, skate to the first pylon and stop. The player will then skate towards the second pylon, do a tight turn around the pylon and continue to the third pylon and stop. The player will skate towards the goal line, fall on their belly of the ringette line, get up and skate to the back of the line.</p>	<p>Parallel Stops:</p> <ul style="list-style-type: none"> -Skate, glide, turn head in direction of stop, then shoulders and hips (skates will follow) -Push outward with equal pressure on both feet -Return to ready position 		<p>Common Errors:</p> <ul style="list-style-type: none"> · unequal weight distribution on feet · feet too close or too far · dragging follow up foot · knees not bent
<p>Reverse "Y" Drill: Players line up in 2 lines. Both lines can go at the same time. Players will make a pass to the coach standing on the red line. The coach will then make a pass back to the player towards the boards. The player will pick up the ring and then pass towards the coach standing over the blue line. The player will receive a pass back and go and take a shot on net.</p>	<p>Forehand Sweep Pass:</p> <ul style="list-style-type: none"> - Proper grip; top hand pushes in, bottom hand pushes out -Body parallel to target, ring start at back skate brought to front skate where it is then released - Follow through; transfer weight from back foot to front foot -Point at target with stick upon release <p>Forehand Shooting: (Same motion as the Forehand Sweep Pass.)</p>		<p>Common Errors:</p> <ul style="list-style-type: none"> - Bringing ring too far behind back foot - Release of ring not at front foot - No follow through; not pointing stick in proper direction - Watching ring instead of the target

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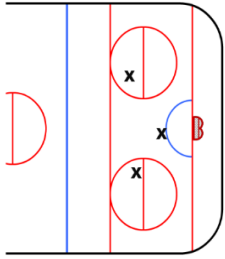
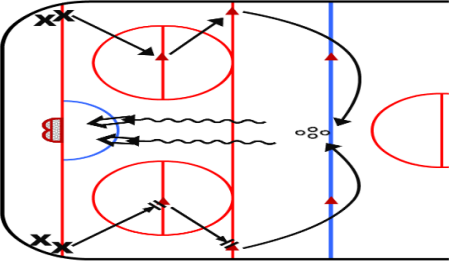
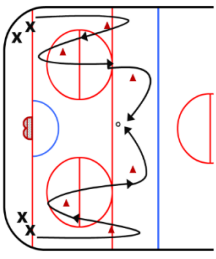
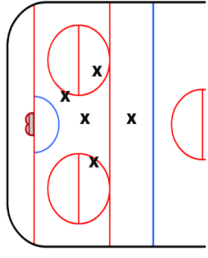
Drill & Explanation:	Skill Breakdown:	Diagram:	Instructor/Coach Tips:
**Split each squad in half. Half of each Squad will practice the Centre Free Pass & Defending a Centre Free Pass, while the other half participates in the Relay Shooting Drill. Squads will switch after 10 minutes.			
<p>Centre Free Pass: Have 1 D stand inside the circle with the ring. When the Coach/Instructor blows the whistle, the player will pass the ring to the other D. Now that D will skate with the ring to the blue line and pass to one of the Forwards. Remind players to pass over the blue line to their forward players.</p>	<p><i>* Allow squads to finish out the Centre Free pass in a scrimmage environment until either the offensive team shoots or the defensive team skates the ring out past the centre red line.</i></p>		<p><i>* Have both Green teams come together to complete this. Make sure that while one squad is practicing the Centre Free Pass, the other squad is practicing the defensive pattern as shown below.</i></p>
<p>Defending a Centre Free Pass: Line up your players as shown in the diagram. Players are not allowed to enter the centre circle before the ring leaves the circle.</p>	<p><i>* Allow squads to finish out the Centre Free pass in a scrimmage environment until either the offensive team shoots or the defensive team skates the ring out past the centre red line.</i></p>		<p><i>When the player on the other team passes the ring out of the circle, encourage the player closest to the ring to skate towards the ring and check the player who has the ring.</i></p>
<p>Relay Shooting: Players are divided into 2 lines. Players will skate with the ring around the pylons and take a shot on net. Players should be practicing their backhand shots while moving.</p>	<p>Backhand flip shot:</p> <ul style="list-style-type: none"> • Same body position as backhand sweep pass • Arms bent inward; ring closer to your body • A “shoveling” action from back foot to front foot, releasing by pointing at open area of net 		<p><i>Common errors to look for and correct:</i></p> <ul style="list-style-type: none"> • <i>Switching grip in order to always use forehand</i> • <i>Incorrect weight transfer</i> • <i>Incorrect follow through; not aiming for an open area of the net</i> • <i>Too high of a follow through</i>
<p>British Bulldog: Coaches/Instructors select 2 players to be in the middle. All other players line up on the goal line. When the players in the middle yell "British Bulldog" all of the other players try to skate to the Ringette line without being tagged.</p>			<p><i>*Players participating in the Relay shooting may play British Bulldog if they finish before the players participating in the Centre Free Pass Drills.</i></p>

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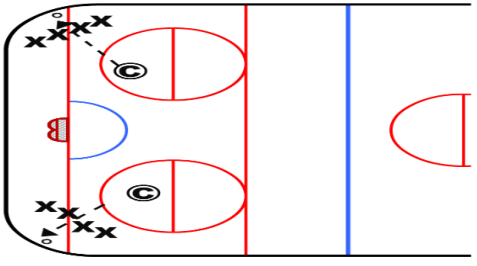
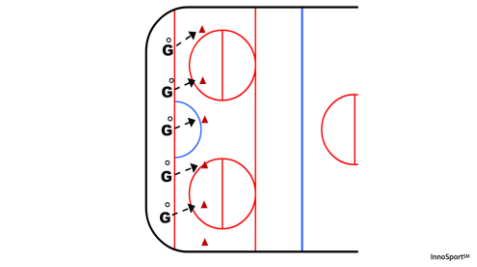
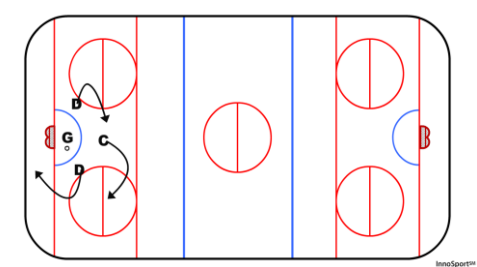
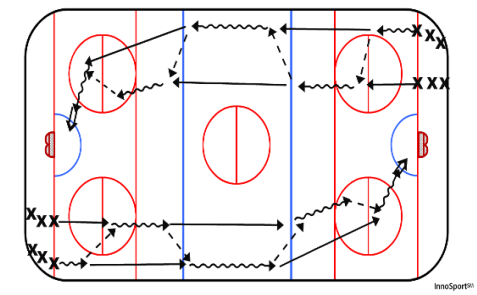
**Waterbreaks through out the lesson when needed*



Lesson:	Three
Week:	Three
Objective: Forward Skating Skills & Checking. Defensive Play & Goalie Ring.	

Drill & Explanation:	Skill Breakdown:	Diagram:	Instructor/Coach Tips:
<p>Planet Tag: Players are without sticks. Choose 1 or 2 people to be it. If tagged, the player must drop to their knees. Player can be "freed" when a person who is not it, does a tight turn around the tagged player (orbits the planet)</p>			
<p>Parallel Stops & Turns: Players are divided into 2 groups. The first player from each group will start. They must stop at the first and second pylons, go around the last pylon, pick up a ring and shoot on the net. Then go to the back of their line.</p>	<p>Parallel Stops: -Skate, glide, turn head in direction of stop, then shoulders and hips (skates will follow) -Push outward with equal pressure on both feet -Return to ready position</p>		<p>Common Errors:</p> <ul style="list-style-type: none"> · <i>unequal weight distribution on feet</i> · <i>feet too close or too far</i> · <i>dragging follow up foot</i> · <i>knees not bent</i>
<p>Race 4 the Ring: Players are divided into 1 line in each corner. one at a time, 1 player from each corner will race a player from the other corner to the ring. The player who gets the ring first will attempt to shoot. The other player will check the player with the ring.</p>	<p>Tight Turns:</p> <ul style="list-style-type: none"> • Skate, glide, inside foot is ahead of other foot (leading around turn) • Knees are flexed • On entering the turn, rotate head and shoulders around the point of the turn (pylon) • On completing turn, cross outside foot over inside foot to gain speed and balance 		<p>Common Errors:</p> <ul style="list-style-type: none"> • <i>Head and shoulders are not turned to lead the way</i> • <i>Lead foot too far ahead; wrong foot used as lead foot</i> • <i>Wide turn; pressure not applied on edges</i>
<p>Frenamies: Players in group of 3's will start as friends and pass while skating, when coach yells "enemies" the players will start checking, coach will yell "friends" and players will start passing again.</p>	<p>Side Stick Checking:</p> <ul style="list-style-type: none"> · must be in stride with opponent on the ring carrying side · aim for ring at the bottom of stick; making contact by sweeping on the ice · follow through on check must be low in order to knock the ring away from the opponent · this requires timing, patience and skating mobility 		<p>Common Errors:</p> <ul style="list-style-type: none"> · <i>player reaching to opposite side (in wrong position)</i> · <i>clipping gloves or legs of opponent with stick in a slashing manner</i> · <i>too far behind opponent's stick and reaching</i>

R4U Green LESSON PLAN

Drill & Explanation:	Skill Breakdown:	Diagram:	Instructor/Coach Tips:
<p>Queens Corner: 3-4 Girls line up facing the boards. The Assistant coaches tosses the ring in the corner above the players heads. The players then try to get the ring and skate it out. Players who do not have the ring are checking the player with the ring.</p>	<p>Side Stick Checking:</p> <ul style="list-style-type: none"> · must be in stride with opponent on the ring carrying side · aim for ring at the bottom of stick; making contact by sweeping on the ice · follow through on check · must be low in order to knock the ring away from the opponent · this requires timing, patience and skating mobility 		<p><i>Common Errors:</i></p> <ul style="list-style-type: none"> · player reaching to opposite side (in wrong position) · clipping gloves or legs of opponent with stick in a slashing manner · too far behind opponent's stick and reaching
<p>Goalie Ring: Have the players line up with a ring. You will need to set up pylons so that when you tell the players to throw to their RIGHT (or the pylon closest to a certain board) they have a pylon to throw to. When you tell them to throw to their LEFT (or the pylon closest to a certain board) they also have a pylon to throw to. Once they are good at throwing to their target you can get them into pairs and have one player throw the ring and one player receiving the ring.</p>			<p><i>Remind the players it is like throwing a frisbee and aim by pointing your arm & hand where you want the ring to go after you have thrown the ring.</i></p>
<p>Goalie Break-out: Start out by getting the girls set up as if it was a goalie ring. When the coach says go all the girls have to move and try and get to an open area so the goalie can throw them the ring. Once they are good at getting open add in some stationary players so the goalie know they can't pass to those areas. the next progression would be to have 3 checkers that the defense needs to get away from as in a real game. You can have one girl at a time being goalie.</p>			<p><i>Talk about the positions in the defensive zone. Goalie, 2 Defense and one Center. Remind the players that only the goalie is allowed to go in the crease and that they only have 5 seconds to hold the ring before they have to find one of their team mates to throw it out to so they have to get open as fast as they can.</i></p>
<p>Full Ice Partner Passing: Have players line up in 2 lines in each corner. Players will then pass the ring back and forth down the ice. Once they get to the end they will take a shot on net and get in line. Both sides can go at the same time.</p>			<p><i>Get both squads together to complete this drill.</i></p>

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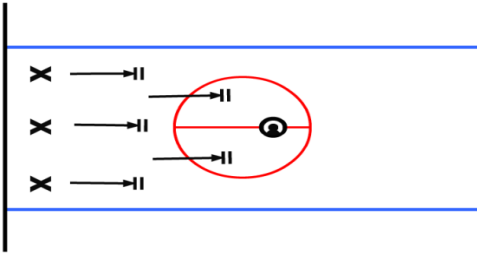
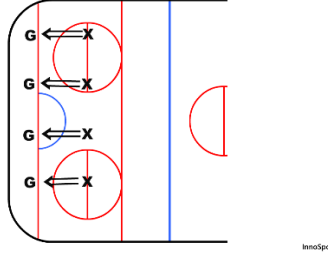
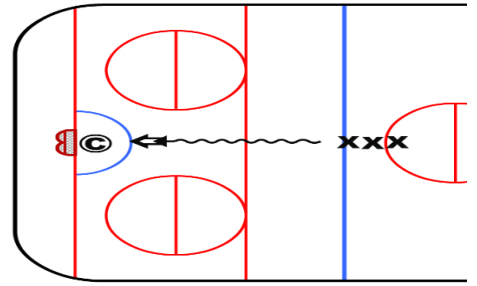
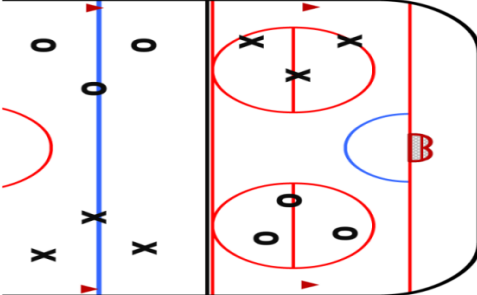
**Waterbreaks through out the lesson when needed*



LESSON: FOUR
WEEK: FOUR
OBJECTIVE: BACKWARD SKATING, BACKHAND SHOTS & PASSING.

DRILL & EXPLANATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:
<p>Backwards C Cuts: Players line up facing the boards and skate backwards to the far boards using their backwards "C" cuts with only their left foot. **Repeat using their right foot. ** Repeat using both feet.</p>	<p>Backward C Cuts:</p> <ul style="list-style-type: none"> -Ready Position -Weight on starting foot, slightly in front of the other -Make a full extended "C" with skating foot (cutting ice) -Return skating foot underneath body -Begin striding 		<p><i>Common Errors:</i></p> <ul style="list-style-type: none"> -Watching feet - "C" not fully extended (not cutting ice) -Straightening up after start
<p>Backhand Passing: You need to have two lines so that all the players are on their back hand. Have them skate along the boards making back hand passes to themselves through the pylons. Once they reach the goalline they skate up to the pylon on the blue line do a tight turn and go and take a shot on the net.</p>	<p>Backhand Passing:</p> <ul style="list-style-type: none"> • proper grip; back of the bottom hand facing the target • ring is brought from back foot to front foot with sweeping motion across body (arms fully extended) • weight transfer from back foot to front foot • follow through at front foot 		<p><i>Common Errors:</i></p> <ul style="list-style-type: none"> -Pulling ring too far in, causing the ring to be lifted off the ice. -improper follow through; not pointing the stick at the target -not releasing ring when arms extended at front foot, causing a weak pass - watching the ring instead of the target
<p>Station 1: Backhand Flip Shot: Players in partners will take turns holding their stick against the boards giving a target. Using their backhand shot they will try to hit their partners stick.</p>	<p>Backhand flip shot:</p> <ul style="list-style-type: none"> • Same body position as backhand sweep pass • Arms bent inward; ring closer to your body • A "shoveling" action from back foot to front foot, releasing by pointing at open area of net 		<p><i>Common errors to look for and correct:</i></p> <ul style="list-style-type: none"> • Switching grip in order to always use forehand • Incorrect weight transfer • Incorrect follow through; not aiming for an open area of the net • Too high of a follow through
<p>Station 2: One timer Backhand Shot: In partners players will take turns passing to each other practicing their backhand one timers.</p>	<p>Backhand flip shot:</p> <ul style="list-style-type: none"> • Same body position as backhand sweep pass • Arms bent inward; ring closer to your body • A "shoveling" action from back foot to front foot, releasing by pointing at open area of net 		<ul style="list-style-type: none"> • Make sure players are receiving the ring on their backhands (might have to switch spots with passer) • Passer to try to pass the ring to the shooters back foot

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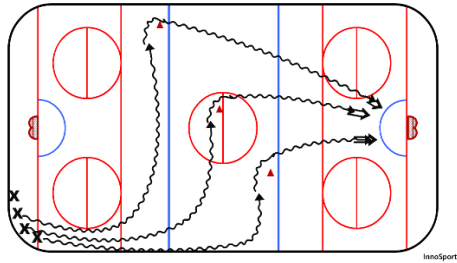
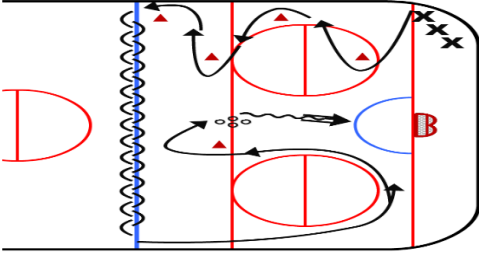
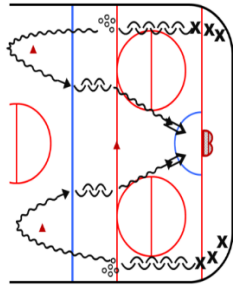
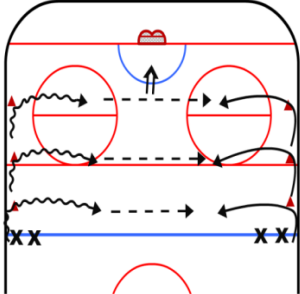
DRILL & EXPLANATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:
<p>Backward Red/Green Light: Players line up facing the boards. When the Instructor yells GREEN light, players skate backwards. When the Instructor yells RED light, players must stop. When the Instructor yells YELLOW light players stop and turn around in a circle.</p>	<p>Backward C Cuts:</p> <ul style="list-style-type: none"> -Ready Position -Weight on starting foot, slightly in front of the other -Make a full extended "C" with skating foot (cutting ice) -Return skating foot underneath body -Begin striding 		<p><i>Common Errors:</i></p> <ul style="list-style-type: none"> -Watching feet - "C" not fully extended (not cutting ice) -Straightening up after start
<p>Playing Goalie: Have players set up in partners. One partner will be the 'goalie' and the other partner will be shooting. Have the player who is shooting to shoot on the ice and aim for the 'goalies' feet. The 'goalie' player will practice dropping to her knees to stop the ring.</p>			<p><i>Once players get the hang of stopping the ring, have the "goalie" pick up the ring to 'throw' it back to the shooter.</i></p>
<p>Shoot out: Players line up on the blue line. One at a time they skate in and take a backhand shot on one of their squad mates standing in net. Encourage players to cheer on each other and make "moves" on the goaltender. **Change goaltenders every 3 or 4 shots.</p>	<p>Backhand flip shot:</p> <ul style="list-style-type: none"> • Same body position as backhand sweep pass • Arms bent inward; ring closer to your body • A "shoveling" action from back foot to front foot, releasing by pointing at open area of net 		<p><i>Common errors to look for and correct:</i></p> <ul style="list-style-type: none"> • Switching grip in order to always use forehand • Incorrect weight transfer • Incorrect follow through; not aiming for an open area of the net • Too high of a follow through
<p>Mini Games: Players are encouraged to pass to each player on the team before shooting for the pylon. The ring must hit the pylon to be considered a goal.</p>			<p><i>* Divide both squads into 4 mini teams. Have 4 mini games taking place at one time.</i></p>

R4U GREEN LESSON PLAN

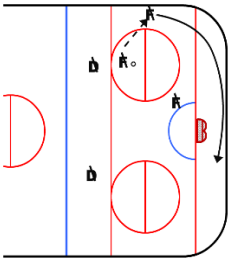
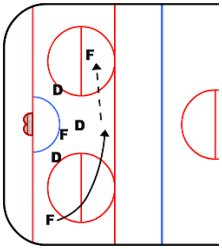
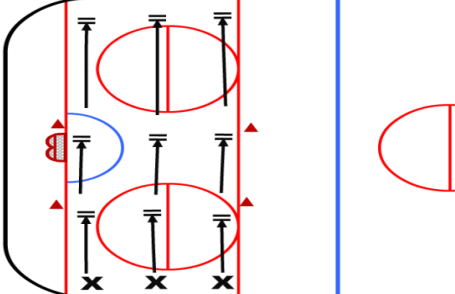
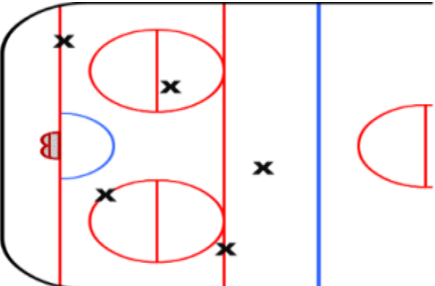
**Waterbreaks through out the lesson when needed*



LESSON: FIVE
WEEK: FIVE
OBJECTIVE: SKATING, TRANSITIONS, SHOOTING.

DRILL & EXPLANATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:
<p>3 Lane Shooting: Players line up in the corner. 3 at a time they will begin. The first player will skate to the far blue line, skate across the blue line, around their pylon and go shoot on net. The second player will skate to the red line, skate across the red line, around their pylon and go shoot on net. The third player will skate to the close blue line, skate across the blue line, around their pylon and go shoot on net.</p>			<p><i>* Combine Squads to complete this drill.</i></p>
<p>Obstacle Course: Player start out in the corner. They skate through the pylon obstacle course, staying close to the pylons. Players skate backwards down the blue line and stop at the boards. The players then skate around the circle and the pylon, pick up a ring and shoot on net.</p>	<p>Tight Turns:</p> <ul style="list-style-type: none"> · Skate, glide, inside foot is ahead of other foot (leading around turn) · Knees are flexed · On entering the turn, rotate head and shoulders around the point of the turn (pylon) · On completing turn, cross outside foot over inside foot to gain speed and balance 		<p>Backward Skating:</p> <ul style="list-style-type: none"> -Ready position -Weight on starting foot, slightly in front of the other. -Make a full extended "C" with skating foot (cutting ice) -Return skating foot underneath body -Begin striding
<p>Backwards Relay Race: Players line up in each corner. The first player goes, skating backwards towards the ringette line. Then they transition to forwards, pick up a ring and skate around the pylon. Then players transition to backwards at the blue line, skate backwards to the ringette line, transition to forwards and shoot on net.</p>	<p>Backward Skating:</p> <ul style="list-style-type: none"> -Ready position -Weight on starting foot, slightly in front of the other. -Make a full extended "C" with skating foot (cutting ice) -Return skating foot underneath body -Begin striding 		<p>Common Errors to Look for:</p> <ul style="list-style-type: none"> -Straightening up between strides -'bum wiggling' -no full extension of the stride -feet too far apart
<p>Mini Line Passing: Players line up in 2 lines on the blue line. One line has rings. One player from each line will go at the same time. Players will skate to the first set of pylons, turn towards each other. The player with the ring will pass to the other player and continue skating. Players will then skate up to the next set of pylons and continue. Players will shoot once they reach the net.</p>	<p>Forehand Sweep Pass:</p> <ul style="list-style-type: none"> - Proper grip; top hand pushes in, bottom hand pushes out -Body parallel to target, ring start at back skate brought to front skate where it is then released - Follow through; transfer weight from back foot to front foot -Point at target with stick upon release 		<p>Common Errors:</p> <ul style="list-style-type: none"> - Bringing ring too far behind back foot - Release of ring not at front foot - No follow through; not pointing stick in proper direction - Watching ring instead of the target

R4U GREEN LESSON PLAN

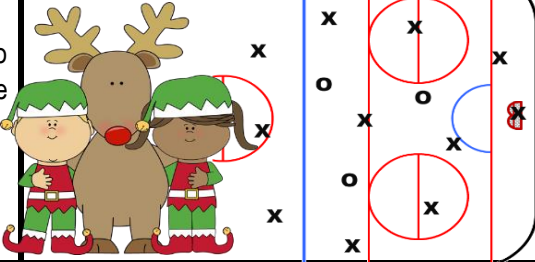
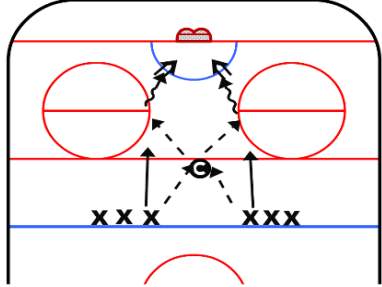
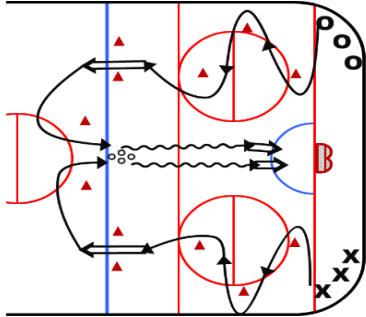
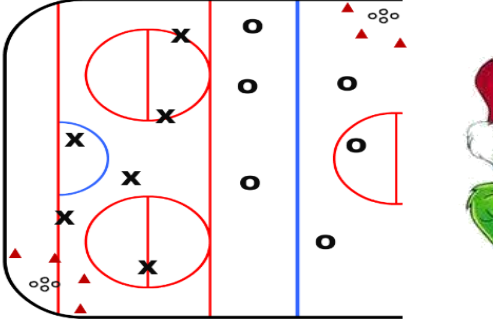

DRILL & EXPLANATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:
Divide ALL players into 3 groups (There should be some of each squad in each group) Each group spends 10 minutes at each Station before rotating to the next station!			
<p>STATION #1 Offensive Free Pass: Have 1 Forward stand in the circle with the ring. They pass to the forward standing right outside the circle. That forward will then skate with the ring and pass to another line mate. Once every player has touched the ring they will try and score.</p>			<p>Get players used to passing in 5 seconds. Only the Forwards are allowed in the offensive zone. Teach players when/why they get an offensive free pass.</p>
<p>STATION #2 Playing Forward: Give each player a position (forward or D) Have the D stand in front of the net. The forwards will skate and pass in the offensive zone and try to shoot on net and score. The D will try and stop the forwards</p>			<p>Encourage players to pass the ring to their line mates. Encourage players to shoot on net after everyone on their team has touched the ring.</p>
<p>STATION #3 V-Starts: (5 MINUTES) Instructor must demonstrate the correct way to do a v-start. Players line up with their backs to the boards and skate forwards stopping at each pylon "line" and starting over until they reach the other side.</p>	<p>V-Starts: -Ready Position -Make a "V" with feet (heels don't touch) -Lean into start, at the point where you "feel" you are going to fall, take a few steps -Begin Striding - Proper Grip on the stick</p>		<p>Common Errors:</p> <ul style="list-style-type: none"> • heels together • knees not bent • not "feeling" the fall • no full extension of the stride
<p>STATION #3 Cops & Robbers: (5 MINUTES) All the players are the Robbers and the instructor and coaches are the Cops. The Cops have to "tag" the Robbers. Once tagged the Robbers have to go and sit in the net until a coach or Instructor yells "Jail Break"</p>			

R4U SQUAD PARTY LESSON PLAN



ONE SQUAD IS HAVING THEIR SQUAD PARTY ON HALF THE ICE WHILE THE OTHER SQUAD IS TAKING THEIR REGULARLY SCHEDULED LESSON ON THE OTHER HALF.

DRILL & EXPLANATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:
<p>Warm up: 1 or 2 laps around the ice depending on the level of participants. * Review Safety Rules*</p>			<p>Safety Rules:</p> <ul style="list-style-type: none"> -Keep your stick pointed down. -Do not hit anyone with your stick. -No pushing/shoving -Always listen to the Instructor/Coaches
<p>Red / Green light: Players line up along the boards. When the Instructor yells green light, players skate forwards. When the Instructor yells red light, players stop. When the Instructor yells yellow light players stop & turn around in a circle.</p>	<p>Forward Skating & Stops: (Friends - Snowplow Stops) (Red / Purple - Snowplow Stops) (Green - Parallel Stops)</p>		<p><i>Give Friends a little instruction on how to snowplow stop. Encourage current players to stop using the stop they are currently working on.</i></p>
<p>Partner Passing: Instructors introduce and demonstrate the basics of the sweep pass (for friends). Players work in pairs, passing the ring back and forth. Count out loud how many complete passes they can make in a row. (Encourage Purple/Green players to exclusively use backhand passes)</p>	<p>Forehand Sweep Pass:</p> <ul style="list-style-type: none"> -Proper grip; top hand pushes in, bottom hand pushes out -Body parallel to target, ring start at back skate brought to front skate where it is then released -Follow through; transfer weight from back foot to front foot -Point at target with stick upon release 		<p>Backhand Passing: (for Existing Players)</p> <ul style="list-style-type: none"> • proper grip; back of the bottom hand facing the target • ring is brought from back foot to front foot with sweeping motion across body (arms fully extended) • weight transfer from back foot to front foot • follow through at front foot
<p>Snowball Fight: Divide players evenly into 2 teams. The goal of the game is to have no "snowballs" left on your side of the playing surface when the Instructor says stop. Players are not allowed to cross the pylon line.</p>	<p>Forehand Sweep Pass:</p> <ul style="list-style-type: none"> -Proper grip; top hand pushes in, bottom hand pushes out -Body parallel to target, ring start at back skate brought to front skate where it is then released -Follow through; transfer weight from back foot to front foot -Point at target with stick upon release 		<p><i>Ensure that you are dividing players equally with the same amount of "friends" on each side.</i></p>

Drill & Explanation:	Skill Breakdown:	Diagram:	Instructor/Coach Tips:
<p>Elves & Reindeer: All the players are the Reindeer and the instructor and coaches are the Elves. The Elves have to tag or "catch" the Reindeer. Once tagged the Reindeer have to go and sit in the net (barn) until a coach or Instructor yells "Merry Christmas" then all the Reindeer escape and start skating again.</p>			<p>Switch it up and have the players be the Elves and the coaches/instructors be the Reindeer.</p>
<p>Give & Go Shooting: Players line up in 2 lines across the blue line. The first player in line will pass to the Instructor and begin skating towards the net. The Instructor will pass back to the player, and the player will shoot on net, then go to the back of the line. The lines alternate.</p>	<p>Forehand Sweep Shot: (For Friends) -Proper grip; top hand pushes in, bottom hand pushes out. -Body parallel to target, ring starts at back skate brought to front skate where it is then released. -Follow through; transfer weight from back foot to front foot.</p>		<p>Backhand Flip Shot: (Teach ALL)</p> <ul style="list-style-type: none"> • Same body position as backhand sweep pass • Arms bent inward; ring closer to your body • A "shoveling" action from back foot to front foot, releasing by pointing at open area of net
<p>Relay Race: Players are divided into 2 teams. One player from each team will begin skating around the pylons, sliding on their belly through the pylons, pick up a ring and go shoot on net.</p>	<p><i>Encourage all players to cheer on their "team mates" loudly.</i></p>		<p>Tight Turns: (for existing players)</p> <ul style="list-style-type: none"> • Skate, glide, inside foot is ahead of other foot (leading around turn) • Knees are flexed • On entering the turn, rotate head and shoulders around the point of the turn (pylon) • On completing turn, cross outside foot over inside foot to gain speed and balance
<p>Mr. Grinch: Players are divided into 2 teams. Each team has a corner of "presents". The object of the game is to steal the other teams presents. Players are safe on their home side of the ringette line. As soon as they cross the line they may be tagged and have to sit where they are tagged. To be saved, a team mate must come and grab their hand. Both players get a free pass to skate back to their side.</p>			

R4U GREEN LESSON PLAN

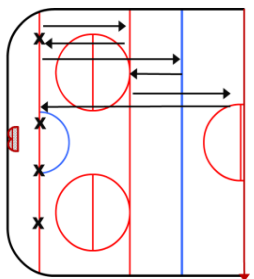
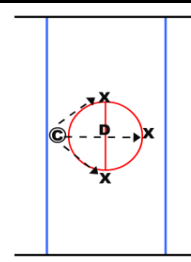
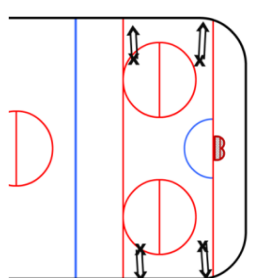
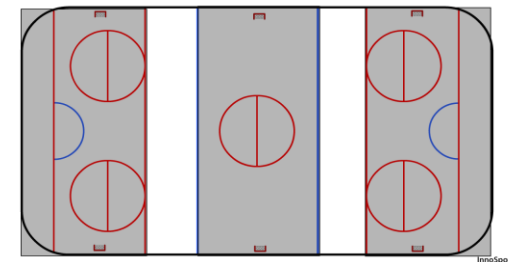
**Waterbreaks through out the lesson when needed*



LESSON: SEVEN

OBJECTIVE:

R4U GREEN LESSON PLAN

DRILL & EXPLANATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:
<p>Lightening Drill: All players line up on the goal line and begin drill together. Players skate from the goal line to the ringette line, stop, then skate back to the goal line and stop. Players then skate to the blue line and stop, then skate back to the ringette line and stop. Players then skate to the Red line and stop, then skate back to the blue line and stop. Players then skate to the Red line, stop and then skate all the way back to the goal line and stop.</p>	<p>Forward Striding</p> <ul style="list-style-type: none"> -ready position -full push outward extending one leg, using all joints (hip, knee, ankle, toes) returning leg to ready position -alternate legs -arm motion should be forward (running motion) 		<p><i>Common Errors:</i></p> <ul style="list-style-type: none"> -weak push; partial extension -dragging feet on return -straightening up between strides (bobbing) -stance too wide
<p>Divide your players into 2 groups. 1 group is taking part in the "Attacking the Forward" Drill while the other group is learning the Forehand Flip Shot. Then switch groups.</p>			
<p>Attacking the Forward:</p> <p>The Instructor will pass to one of the players on the outside of the circle, that player will then pass it back to the instructor and the instructor will pass it to someone else. The player in the middle will skate towards the player who just received the pass and try to check them. If they get the ring then they will switch with that player.</p>			<p><i>Divide players into groups.</i></p> <p><i>More than 1 circle can be running at the same time. Use the 2 circles on your half of the ice.</i></p>
<p>Players will practice their flip shots against boards</p>	<p>INTRO TO FOREHAND FLIP SHOT</p> <ul style="list-style-type: none"> -body and toes facing your target -bring the ring towards body and shovel forwards; lifting ring off the ice -follow through pointing stick at open area of the net 		<p><i>Common Errors:</i></p> <ul style="list-style-type: none"> -lifting stick too high; resulting in too high of a shot -Not flicking their wrist to raise the ring
<p>Mini Games:</p> <p>(should their be enough time at the end of the Lesson)</p>			

R4U GREEN LESSON PLAN

***WATERBREAKS THROUGH OUT THE LESSON WHEN NEEDED**



LESSON: EIGHT

**OBJECTIVE:
SKATING SKILLS**

DRILL & EXPLANATION:

SKILL BREAKDOWN:

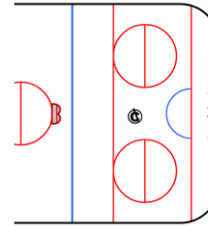
DIAGRAM:

INSTRUCTOR/COACH TIPS:

The first half of this lesson will take place with players participating with their own squads, and the ice divided in half.

Follow the Stick: (2-3 Minutes)

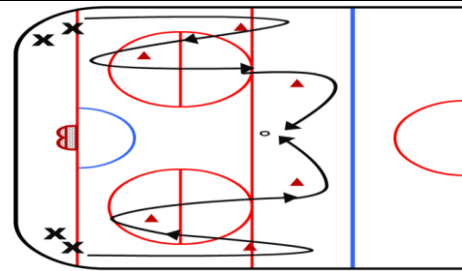
All players start out on the goal line facing the Instructor. When the Instructor points the stick towards the red line, all players skate forwards. When the Instructor points the stick towards the goal line, all players skate backwards. When the Instructor taps the stick on the ice, players drop to their knees and get back up. When the instructor points their stick towards the side boards, players skate to that side.



Race for the Ring: (5 min) Players are divided into 1 line in each corner. one at a time, 1 player from each corner will race a player from the other corner to the ring. The player who gets the ring first will attempt to shoot. The other player will check the player with the ring.

Tight Turns:

- Skate, glide, inside foot is ahead (leading)
- Knees are flexed
- On entering the turn, rotate head and shoulders around the point of the turn (pylon)
- On completing turn, cross outside foot over inside foot.



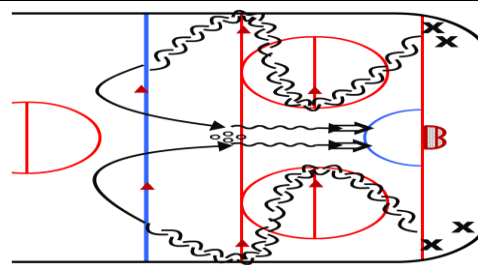
Common Errors to look for and Correct:

- Head and shoulders are not turned to lead the way
- Lead foot too far ahead; wrong foot used as lead foot
- Wide turn; pressure not applied on edges

Backwards Turns: (5 min) Players are split into 2 groups. The first player from each group will begin skating backwards around the pylons. At the blue line they will transition to forwards, skate around the last pylon, pick up a ring and shoot on net.

Backwards Striding:

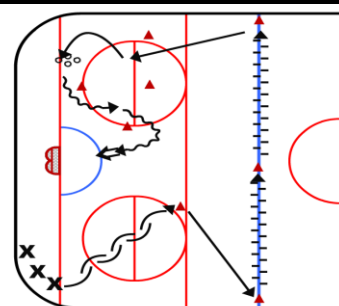
- ready position
- make a full extended "C" with one leg, returning to ready position
- alternate legs



Common Errors:

- straightening up between strides
- “bum wiggling”
- no full extension of the stride
- feet too far apart
- *Remind players to keep their heads up and glancing behind them to avoid the pylons.*

Obstical Course: (7 min) Players line up in the corner. Players start off skating backwards to the first pylon and stop. Then they skate forwards to the pylon on the blue line and stop. Players then do chopovers facing the far net until they get to the pylon in the middle of the blue line, players switch and now face their own net and continue the chopovers to the boards. Players skate as hard as they can and slide on their belly through the 2 pylons. Players get up, pick up a ring and take a shot on net.



Chop-over Tips:

- Starting at boards facing the end of the rink
- cross outside foot over inside foot (i.e. right over left etc)
- Continue across width of ice – keep shoulders straight and maintain a side stepping motion.

R4U GREEN LESSON PLAN

DRILL & EXPLANATION:

SKILL BREAKDOWN:

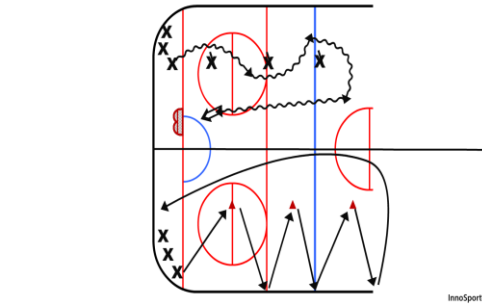
DIAGRAM:

INSTRUCTOR/COACH TIPS:

All Players should be divided into 4 groups and rotate around the ice through the last 4 stations. Groups should spend 5-6 minutes at each station.

Station #1: Players line up in the corner. The coach will assign 3 players to stand at pylons. The player in line will then try and skate around each pylon player, protecting the ring from being checked.

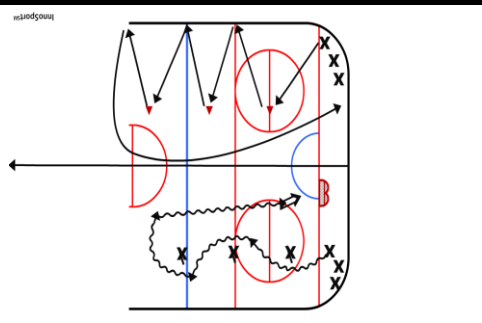
Protecting the Ring:
When approaching the pylon/player, the ring carrier should be protecting the ring by placing their own body inbetween the pylon/player and the ring.



^*Instructor to lead this station*^
IF THE PLAYERS ARE SKATING FAR AWAY FROM THEIR TEAM MATES INSTEAD OF PROTECTING THE RING WITH THEIR BODIES THEN ADD SOME PYLONS ON THE SIDE SO THEY CAN'T GO PAST THE PYLONS.

Station #2: Players line up in the corner. The first player in line will skate to the first pylon and complete a parallel stop. Once the first player is skating towards the second pylon, the next player can go.

Parallel Stops:
-Skate, glide, turn head in direction of stop, then shoulders and hips (skates will follow)
-Push outward with equal pressure on both feet
-Return to ready position

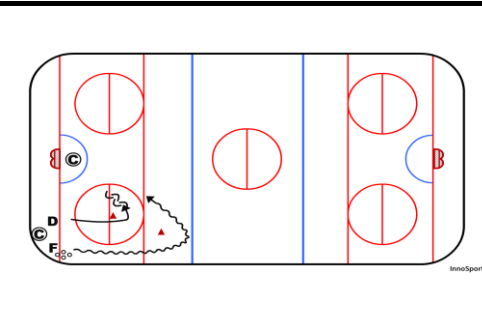


Common Errors:

- unequal weight distribution on feet
- feet too close or too far
- dragging follow up foot
- knees not bent

Station #3 One on One's: Start the drill by having one Defence and one Forward (who is carrying the ring) skating forwards towards their specific pylon. Once the forward gets to their pylon they will do a tight turn and skate towards the net to try and take a shot. As the Defence reaches their pylon they does a transition turn from forwards to backwards and try's to keep the forward player from getting a good shot on net by checking them.

Defence: should have their knees bent and heads up so they can see the girl skating towards them . **Forwards:** should focus on where they want to go, not looking down at the ring.

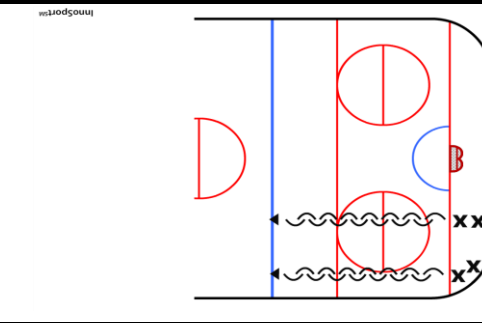


^*Instructor to lead this station*^
If the defence is getting beat while they are skating backwards make sure they know that they can turn and go forwards.
****This can be done from both sides.****

Station #4 Backwards C Cuts with V Stops:
Players line up facing the boards and skate backwards to the blue line using their backwards "C" cuts. Players practice stopping in their Backwards 'V' Stop.

BACKWARD "C" START:

- ready position, facing forward
- weight on starting foot, slightly in front of the other foot
- make a full extended "C" with skating foot (cutting ice)
- return skating foot underneath body
- begin striding



Common Errors:

- Watching feet
- "C" not fully extended (not cutting ice)
- Straightening up after start

R4U GREEN LESSON PLAN

***WATERBREAKS THROUGH OUT THE LESSON WHEN NEEDED**

*** THIS LESSON IS DESIGNED TO TAKE PLACE WITH EACH SQUAD ON HALF OF THE ICE.**



LESSON: NINE

**OBJECTIVE: ASSESSMENT
REVIEW & PREP**

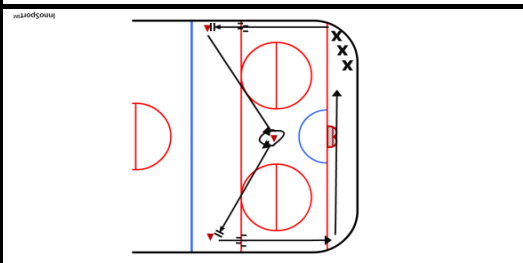
DRILL & EXPLANATION:

SKILL BREAKDOWN:

DIAGRAM:

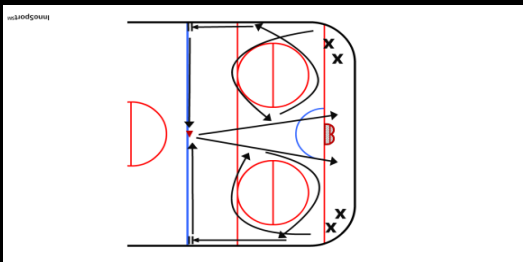
INSTRUCTOR/COACH TIPS:

Players line up in the corner. 1 at a time they skate towards the ringette line, fall on their belly, get up and skate to the first pylon and stop. The player will then skate towards the second pylon, do a tight turn around the pylon and continue to the third pylon and stop. The player will skate towards the goal line, fall on their belly on the ringette line, get up and skate to the back of the line.



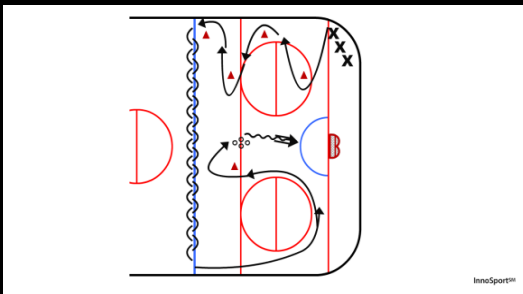
*Forward Stride;
Parallel Stops;
Tight Turns;
Getting up*

Divide the players into 2 teams. Players must do crossovers around the circle. Skate forward to the boards at the blue line and stop. Players then skate forwards to the pylon in the middle of the blue line and stop. Players then skate hard to the net and take a shot. The next player goes.



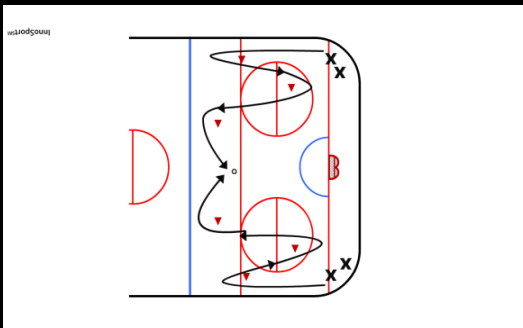
*Forward Stride;
Forward Cross-overs (Can be done with backwards cross-overs);
Parallel Stops*

Player start out in the corner. They skate through the pylon obstacle course, staying close to the pylons. Players skate backwards down the blue line and stop at the boards. The player then skate around the circle and the pylon, grabs a ring and shoots on net.



*Tight Turns;
Backwards Stride;
Forward Cross-overs;
Shooting (Backhand Accuracy/Forehand Flip practice)*

Players are divided into 2 groups. When the coach yells go (or blows the whistle) the first player in each line will race around the pylons for the ring.



*Forward Stride;
Tight Turns;
Side Stick Checking*

R4U GREEN LESSON PLAN

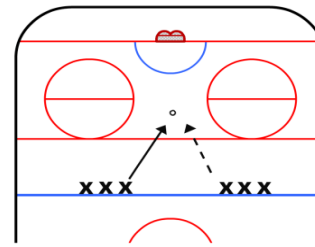
DRILL & EXPLANATION:

SKILL BREAKDOWN:

DIAGRAM:

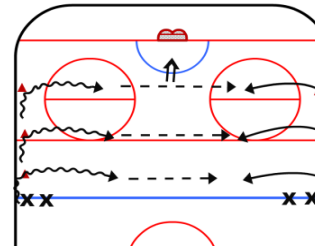
INSTRUCTOR/COACH TIPS:

Players line up in 2 lines. 1 player from the first line will begin to skate, the first player from the second line will make a lead pass to the player from the first line. The player receiving the pass will go in and shoot. The player who made the pass will begin skating and receive a pass from the other line.



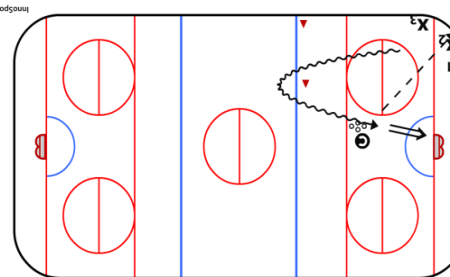
*Forehand Sweep Pass;
Backhand Sweep Pass;
Receiving a pass in motion;
Backhand Target Shooting;
Forehand Flip Shooting*

Players line up in 2 lines on the blue line. One line has rings. One player from each line will go at the same time. Players will skate to the first set of pylons, turn towards each other. The player with the ring will pass to the other player and continue skating. Players will then skate up to the next set of pylons and continue. Players will shoot once they reach the net.



*Forehand Sweep Pass;
Backhand Sweep Pass;
Receiving a pass in motion;
Backhand Target Shooting;
Forehand Flip Shooting*

Set up 3 girls at a time facing the boards. The coach then throws in a ring and the girls fight for it. Whichever girl gets the ring wants to skate it out through the pylons while the other two try and check her. The girl that gets it through the pylons gets to go take a shot on net while the other two girls go and line up again. This can be done out of each corner.



*Side Stick Checking;
Forward Stride*

R4U GREEN STAGE ASSESSMENT

This assessment is designed to be completed with 1 squad on each 1/2 of the ice.

Provide a quick water break after every 2 or 3 drills. It is very important that each drill is completed in this plan.

Most drills will only take a few minutes to complete. The Assessor must tell the Instructor/Coaches when they are ready to move on to ensure that the plan is completed.

DRILL & EXPLANATION:

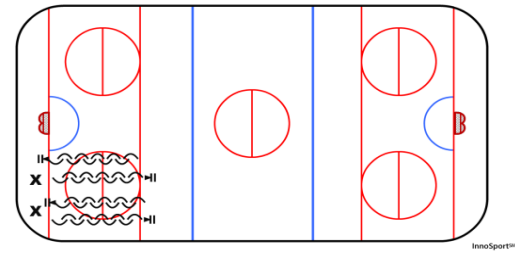
SKILL BREAKDOWN:

DIAGRAM:

SKATING SKILLS SECTION - 15 MINUTES

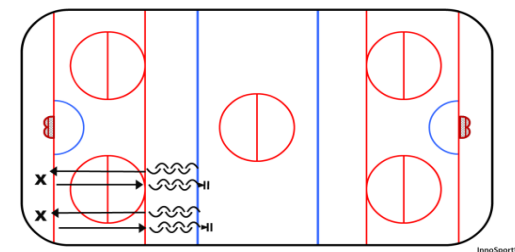
Backward Skating - Players line up in 2 separate lines. The first player from each line skates backwards to the blue line; stops. Player skates backwards from the blue line to the goal line and stops.

Backwards Stride
2 players go at a time



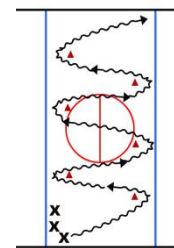
Transitions - Players line up on the goal line and skate forwards to the ringette line, then they transition to backwards and continue skating backwards to the blue line. Players then skate backwards towards the ringette line, then they transition to forwards and continue skating forwards to the goal line.

Transitions
2 players go at a time



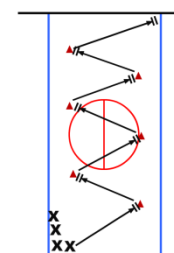
Tight Turns & Ring Protection - Players line up on the blue line. Once at a time, they skate with a ring through the obstacle course. Players should be making tight turns around the pylons while protecting the ring.

Tight Turns
Next player goes after the first player is on their way to the second pylon



Parallel Stops - Players line up on the blue line. One at a time they skate to each pylon and make a full parallel stop before continuing to the next pylon.

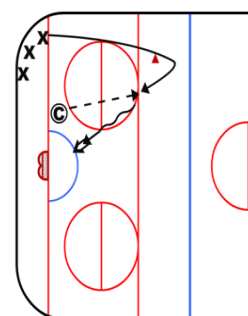
Parallel Stops
Next player goes after the first player is on their way to the second pylon



RINGETTE SKILLS SECTION - 15 MINUTES

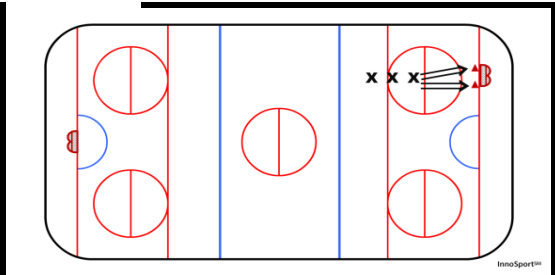
Passing: Players line up in the corner. One at a time they will skate toward the cone, make a tight turn and receive a pass from the coach/instructor before going and taking a shot on net.

Receiving a Pass in Motion



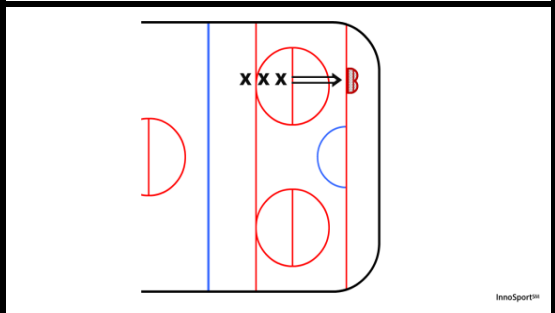
Hitting a Target - Backhand Flip - One at a time players will take a shot on net aiming for the pylons.

Backhand Flip Aim



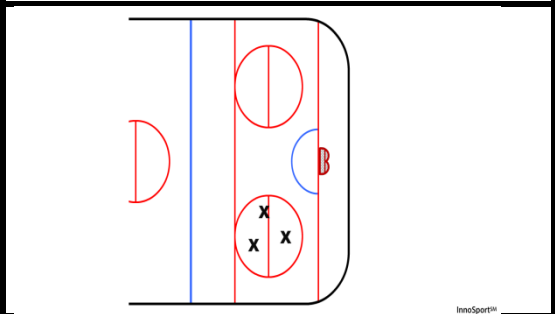
Forehand Flip Shot - One at a time players will skate in a take a shot on net.

Concept of Forehand Flip



Shark & Fishes Game: Confine players to a circle. There should be 2 "sharks" per circle. The Fish have rings and are trying to protect the ring from the sharks who are trying to check the fish.

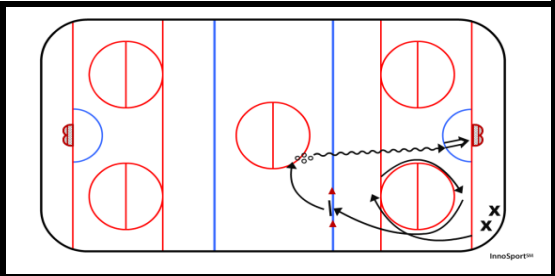
Side Stick Checking



CROSSOVERS SECTION - 15 MINUTES

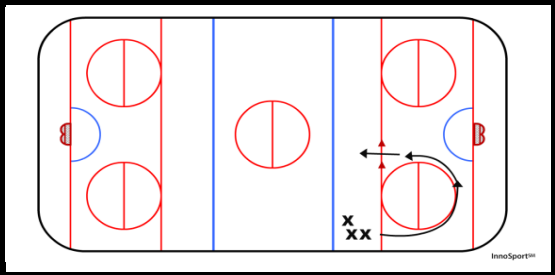
Forward Cross-overs - Players line up on the goal line. One at a time players skate the entire circle using their forward cross-overs. They then slide on their belly between 2 pylons, pick up a ring and shoot on net.

Forward Cross-overs
Next player goes when the first player gets half way around the circle.



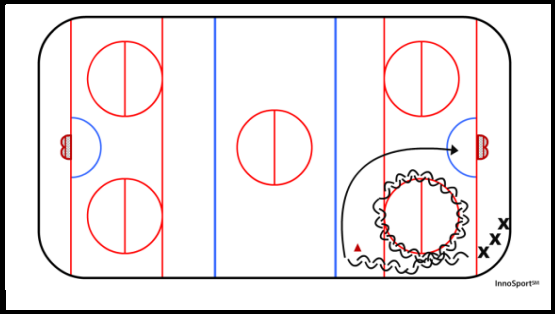
Forward Cross-overs - Players line up on the ringette line. One at a time players skate 3/4 of the circle using forward cross-overs. They then slide on their belly between the 2 pylons and get back in line.

Forward Cross-overs
(opposite side)



Backwards Cross-overs - Players line up on the goal line with a ring and skate backwards around the circle using their backwards cross-overs. Then they transition around the pylon and take a shot on net.

Backward Cross-overs
Next player goes when the first player gets half way around the circle.



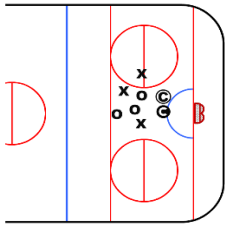
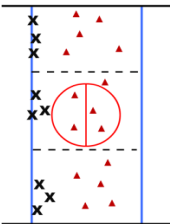
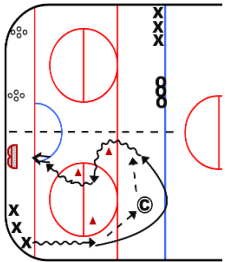
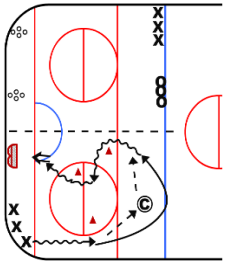
R4U GREEN LESSON PLAN

*Waterbreaks through out the lesson when needed

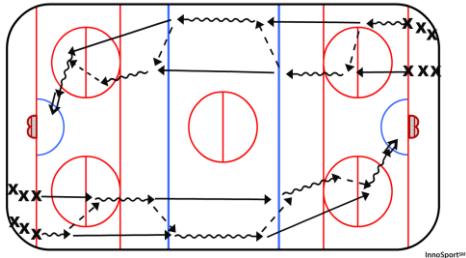
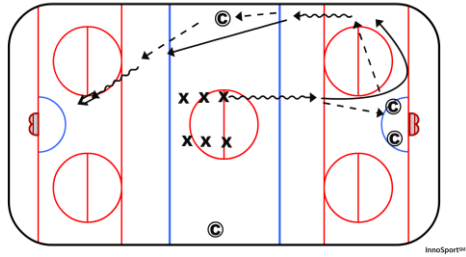
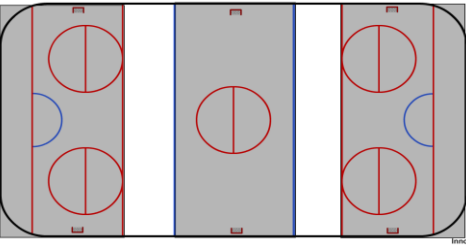
This Lesson is designed to be run in 4 stations. Players of both squads should be broken up into 4 groups prior to the ice time. Players should spend between 5 to 7 minutes at each station before moving onto the full ice drills.



Lesson: TEN

Drill & Explanation:	Skill Breakdown:	Diagram:	Instructor/Coach Tips:
<p>Coaches Choice Station: Coaches from each squad can use this section of ice to practice a drill/skill of their choice. Coaches can choose to keep all the players together, or separate into their own squads in this station.</p>			
<p>Station #2 Timed Goalie Throwing - Divide players in 2 groups (3 if the number of players is large). Scatter pylons beside and in front of the players. On go, the first player from each group will pick up a ring and throw it at one of their pylons, repeating for 30 seconds. Each group will count the number of pylons that their player hit. Rotate through all of the players in each group. Winning group will have hit the most number of pylons. Losing team has to do 5 snow angels.</p>			<p><i>Remind players how to throw the ring (like a frisbee, with their arm & pointer finger extended to where they want the ring to go)</i> <i>* Coaches will need to collect rings through this drill to ensure that players keep having rings to throw.</i></p>
<p>Station #3: Go Fishing: (top station) Players are divided into 2 teams. When the coach yells go, the first player from each team will skate forwards towards their teams pile of rings (1 per player), grab one and bring it back, once they return the next player in line will go. First team to get all their rings wins... other team has to do 5 snow angels.</p>			<p><i>Once players have finished the race 1 time, have players skate backwards to the rings, pick one up and skate backwards back to the blue line.</i></p>
<p>Station #4: Passing in motion: Players will line up in the corner with a ring. The first player will begin skating towards the coach, they will make a pass to the coach before reaching the pylon. Then they player will skate around the coach, and receive a pass, before skating around the pylons and taking a shot on net. Once the coache has passed back to the first player, the next player in line can go.</p>	<p>Remind players to point their stick to where they want the ring passed to them.</p>		

R4U Green LESSON PLAN

Drill & Explanation:	Skill Breakdown:	Diagram:	Instructor/Coach Tips:
<p>Full Ice Partner Passing: Players will line up as shown. The first pair from each corner will begin skating up the ice, passing to each other over the lines, then take a shot on net and get back in line. Once the pair has skated over the blue line, the next pair can begin.</p>	<p>Remind players to point their stick to where they want the ring passed to them and to call their partners name to get the ring.</p>		
<p>Full Ice Y-Drill: Players will line up in 2 lines as shown. The first player from each line will skate towards their coach, pass them the ring and continue skating around the bottom of the circle on their side. They will then receive a pass back from their coach, skating up to the ringette line, and pass the ring to their next coach who is standing on the red line. The player will continue skating past their coach, and receive a pass back before going in and taking a shot on net.</p>			<p><i>Once the first coach has passed the ring back to the first player, the next player in line can go. Both of these lines should be running together to keep players moving and not waiting.</i></p>
<p>Divide each squad into 3 mini teams. Mini teams play each of the opposing 3 teams for 3 minutes each.</p>			

R4U GREEN LESSON PLAN

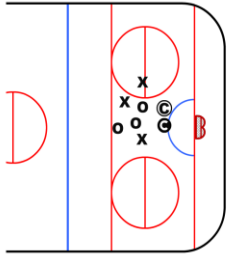
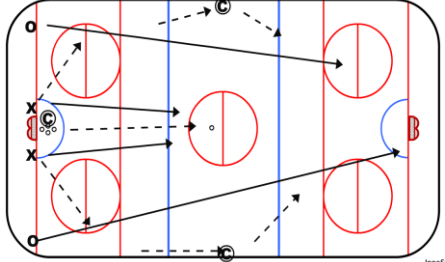
*Waterbreaks through out the lesson when needed



Lesson: Eleven

Objective: Backwards Skating Skills & Cross-overs

R4U Green LESSON PLAN

Drill & Explanation:	Skill Breakdown:	Diagram:	Instructor/Coach Tips:
<p>Coaches Choice Station: (1/4 ice): Coaches from each squad can use this section of ice to practice a drill/skill of their choice. Coaches can choose to keep all the players together, or separate into their own squads in this station.</p>			
<p>You have 4 groups set up as shown in the picture. 2 groups in the corners and two groups set up beside the nets. The groups that are set up beside the nets have rings which they will make a lead pass to the girl who is skating up the boards from the corner. You want to make sure you send the girls in the corners at delayed times so they are not all bunched up when reaching the goal to shoot. Once your girls that are beside the nets make that pass they get down on their bellies. and wait for the coach to throw out a ring for them to race after. Mean while the girls that were in the corners who received the passes skate up towards the coach/instructor and make a pass while skating and then will receive a pass back from the coach/instructor and go take a shot on the net. All the girls will stay down at the end they shot on until everyone is done. Make sure to switch the lines the girls are in every time you go through the drill.</p>			<p><i>All the players will stay down at the end they shot on until everyone is done. Make sure to switch the lines the players are in every time you go through the drill.</i></p>

Full-ice Scrimmage!!

R4U GREEN LESSON PLAN

PLAYERS WILL SPEND 5 MINUTES ON EACH WARM-UP DRILL BEFORE STARTING THEIR GAME.

HAVE ALL PLAYERS ROTATE PRACTICING IN NET THROUGH THE WARM-UP.



LESSON: TWELVE

OBJECTIVE:

DRILL & EXPLANATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:
<p>Horseshoe Warm-up: Players line up in each corner. The first player will start off without a ring and skate around the pylon, receiving a pass from the first player from the other line and taking a shot. The player who just passed the ring will skate around the pylon and receive a pass from the opposite corner. continue.</p>	<p>RECEIVING</p> <ul style="list-style-type: none"> • head up; body behind the ring • keep stick close to the ice; “telescope” the ring with your stick until they meet before your feet 		<p>COMMON ERRORS</p> <ul style="list-style-type: none"> • incorrect position of body and stick (not behind the ring) • not watching the ring • poor anticipation
<p>Team Canada Warm-up: Players line up in each corner with a ring. The first player will start without a ring, skating towards the opposite boards. The player will receive a bounce pass, skate around the circle and shoot on net. The player who just passed the ring will begin the pattern over again.</p>	<p>Game Warm-up: Forward Skating, Pass Reception, Shooting.</p>		

R4U DRILLS - FOR COACHES



Skating Drills:

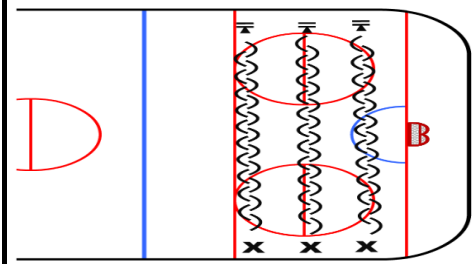
Forward Skating	PG 1
Backwards Skating	PG 2
Stops & Starts	PG 3-4
Tight Turns	PG 3-4
Cross-overs	PG 5

FORWARD SKATING		
<p>V-Starts: Instructor must demonstrate the correct way to do a v-start. Players line up with their backs to the boards and skate forwards stopping at each pylon "line" and starting over until they reach the other side.</p>	<p>Forward Skating; Snowplough Stops; V-Starts.</p>	
<p>Lightening Drill: All players line up on the goal line and begin drill together. Players skate from the goal line to the ringette line, stop, then skate back to the goal line and stop. Players then skate to the blue line and stop, then skate back to the ringette line and stop. Players then skate to the Red line and stop, then skate back to the blue line and stop. Players then skate to the Red line, stop and then skate all the way back to the goal line and stop.</p>	<p>Forward Skating; Snowplough Stops; Parallel Stops</p>	
<p>Skate/Slide/Stop: Players get into 3 lines. The first girl from each line begins to skate towards the space between the pylons. As soon as they get to the pylons, they slide on their belly through the pylons. Then the player gets back up, skates to the ringette line and snowplough stops. They then go to the back of the line.</p>	<p>Forward Skating; Falling / Getting up; Snowplough Stops; Parallel Stops</p>	
<p>Protecting the Ring: Have players line up in the corner. Put 1 player at each pylon. 1 player from the corner will skate towards the first pylon, make a turn and protect the ring from being checked by the player standing there, before continuing on to the next pylon. Player will take a shot at the end of the drill.</p>	<p>Forward Skating; Skating with the ring; Tight Turns; Shooting.</p>	

BACKWARDS SKATING

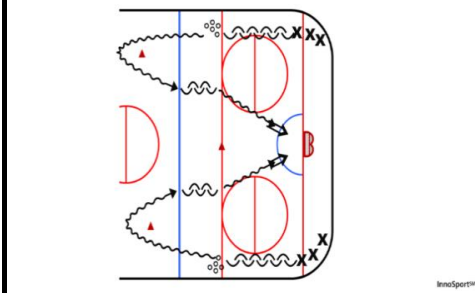
Backwards C Cuts:
 Players line up facing the boards and skate backwards to the far boards using their backwards "C" cuts with only their left foot.
 **Repeat using their right foot. ** Repeat using both feet.

Backwards Skating; Backwards C Cuts; Backwards Stops.



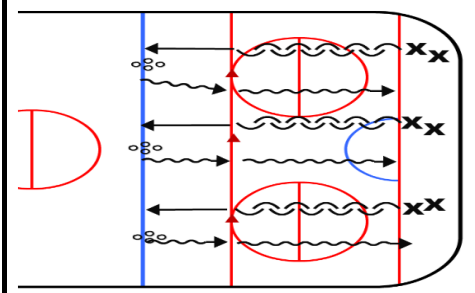
Backwards Relay Race: Players line up in each corner. The first player goes, skating backwards towards the ringette line. Then they transition to forwards, pick up a ring and skate around the pylon. Then players transition to backwards at the blue line, skate backwards to the ringette line, transition to forwards and shoot on net.

Backwards Skating; Transitions; Forward Skating; Shooting.



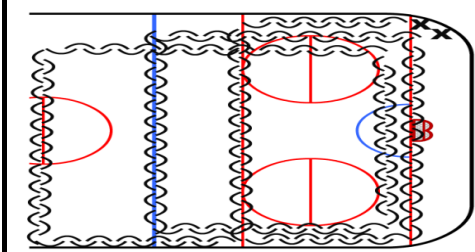
Backwards Relay Race:
 Players line up in 3 groups. The first player from each group will go first. Player skates backwards to the ringette line, transition to forwards and skate to the blue line. Players pick up a ring, skate forwards towards the pylon, slide on their belly, get back up and skate to the goal line. Then the next player in line goes.

Backwards Skating; Transitions; Forward Skating.



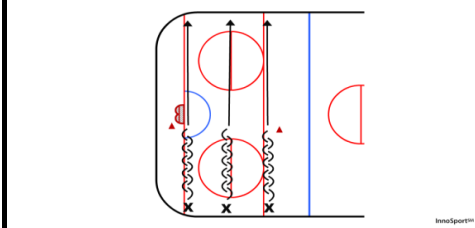
Backwards Zone Skate:
 Players line up in the corner. All players follow in a line. Players skate backwards from the corner to the ringette line, along the ringette line, then along the boards towards the goal line. Players skate along the goal line towards the boards, along the boards towards the blue line, along the blue line towards the far boards and down the boards towards the goal line. Repeat this pattern to and along the Red line.

Backwards Skating; Backwards C Cuts; Backwards Stops.



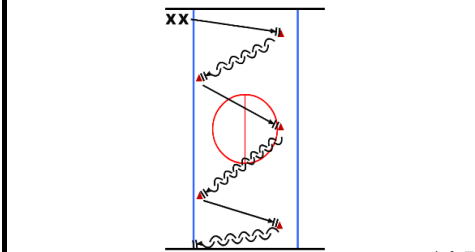
Station #1: Players line up along the boards. Skate backwards towards the pylons, transition to forwards and continue skating to the far boards. Repeat skating back.

Backwards Skating; Transitions; Forward Stride



Station #2: Players line up at the blue line. The first player from the line will skate forwards to the first pylon and stop. Then they will skate backwards towards the next pylon and stop. Continuing the pattern.

Backwards Skating; Transitions; Forward Stride

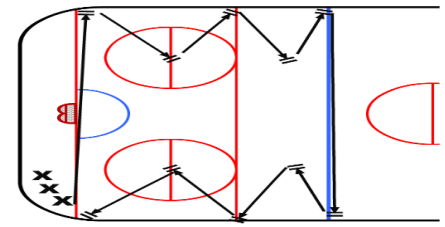


STOPS & STARTS / TIGHT TURNS

Stops & Starts:

Instructor must demonstrate the correct way to parallel stop. Players line up in the corner, skating and stopping at all of the pylons as directed. Switch sides half way through.

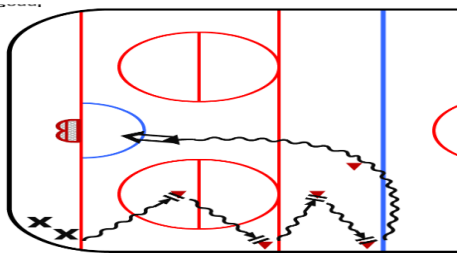
Forward Skating; Snowplough Stops / Parallel Stops.



Stops with the Ring:

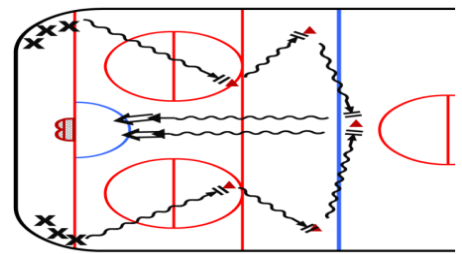
Players line up in the corner with a ring. One at a time players will skate through the pylons, making a complete stop at every pylon. Players will skate around the last pylon and take a shot on net, aiming for the pylon in the net. Switch sides half way through.

Forward Skating; Snowplough Stops / Parallel Stops; Skating with the Ring; Shooting



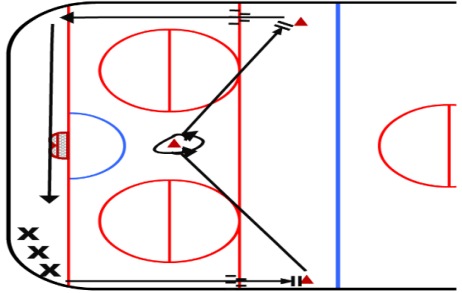
Stops and Starts with the Ring: Players are divided into 2 lines. First player from each line will begin, skating to each pylon and making a parallel stop at each pylon. Once the first player gets to the first pylon, the next player can go.

Forward Skating; Snowplough Stops / Parallel Stops; Skating with the Ring; Shooting



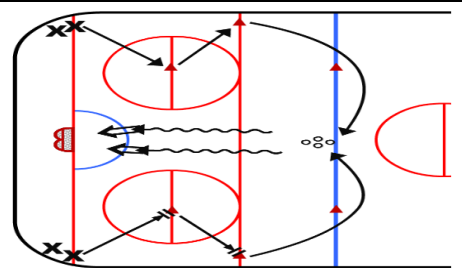
Start/Slide/Stop: Players line up in the corner. 1 at a time they skate towards the ringette line, fall on their belly, get up, skate to the first pylon and stop. The player will then skate towards the second pylon, do a tight turn around the pylon and continue to the third pylon and stop. The player will skate towards the goal line, fall on their belly on the ringette line, get up and skate to the back of the line.

Forward Skating; Snowplough Stops / Parallel Stops; Skating with the Ring; Tight Turns.



Parallel Stops & Turns: Players are divided into 2 groups. The first player from each group will start. They must stop at the first and second pylons, go around the last pylon, pick up a ring and shoot on the net. Then go to the back of their line.

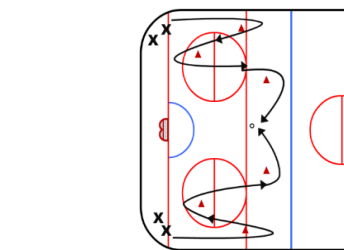
Forward Skating; Snowplough Stops / Parallel Stops; Skating with the Ring; Shooting

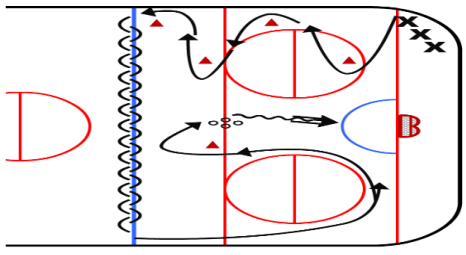
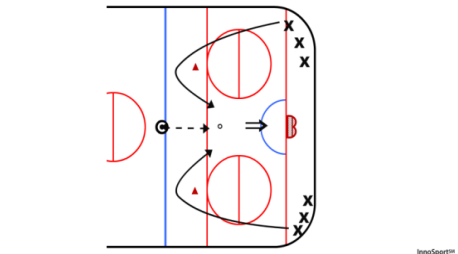
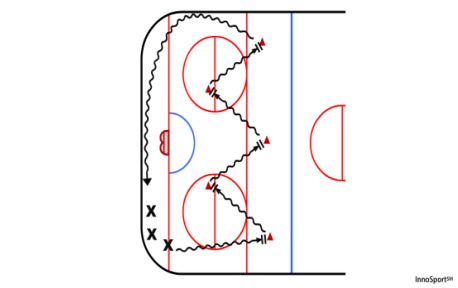
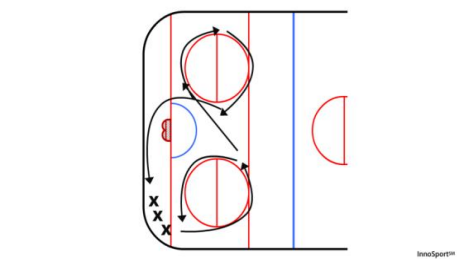
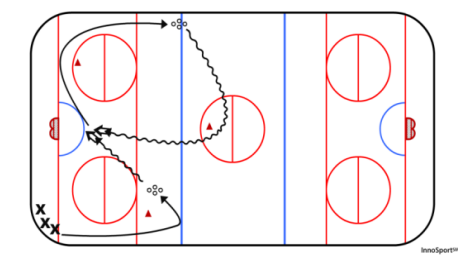
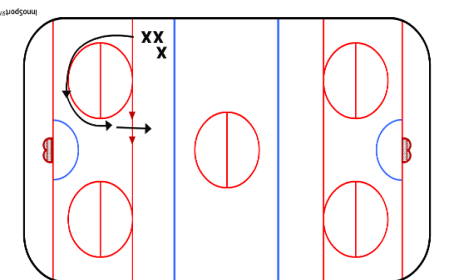


Race 4 the Ring:

Players are divided into 1 line in each corner. one at a time, 1 player from each corner will race a player from the other corner to the ring. The player who gets the ring first will attempt to shoot. The other player will check the player with the ring.

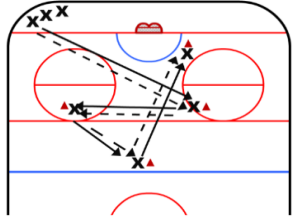
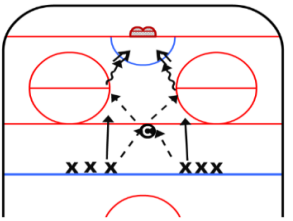
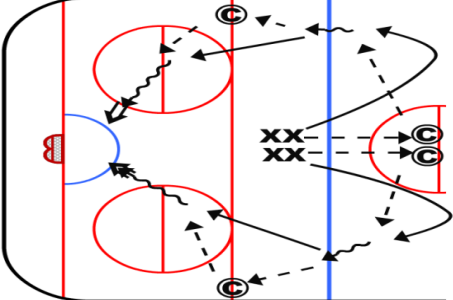
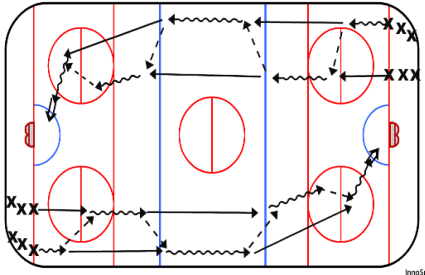
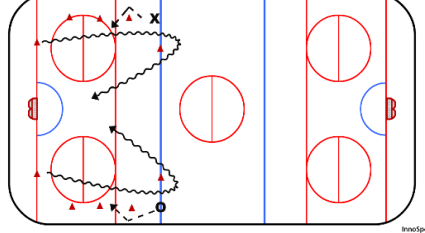
Forward Skating; Tight Turns; Shooting; Back Checking



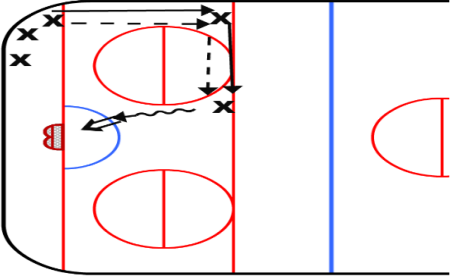
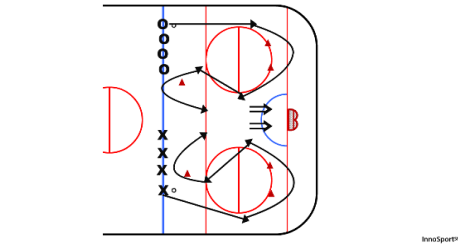
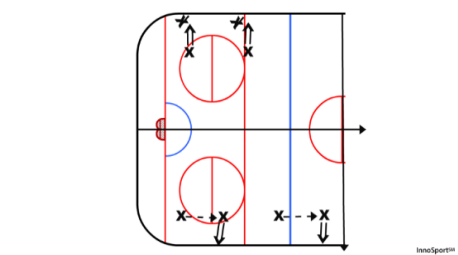
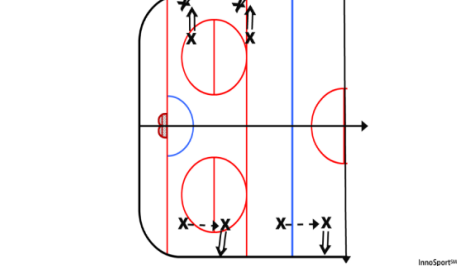
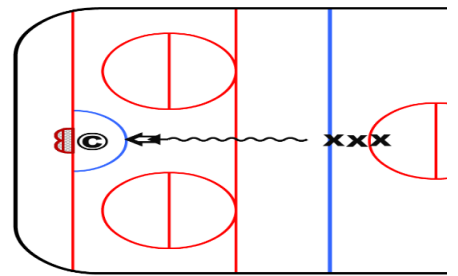
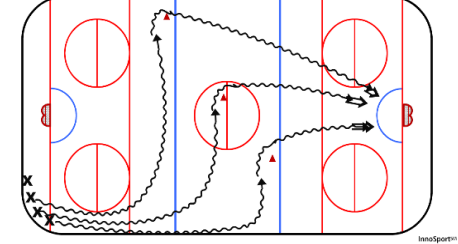
<p>Obstical Course: Player start out in the corner. They skate through the pylon obstacle course, staying close to the pylons. Players skate backwards down the blue line and stop at the boards. The players then skate around the circle and the pylon, pick up a ring and shoot on net.</p>	<p>Forward Skating; Tight Turns; Backwards Skating; Crossovers; Skating with the Ring; Shooting</p>	
<p>Race for the Ring: Players are divided into 1 line in each corner. one at a time, 1 player from each corner will race a player from the other corner to the ring. The player who gets the ring first will attempt to shoot. The other player will check the player with the ring.</p>	<p>Forward Skating; Tight Turns; Shooting; Back Checking</p>	
<p>Stops & Starts: W-Drill: Players line up in one corner. The first player will skate forwards to the first pylon and stop. Then they will skate forwards to the next pylon. Continue this pattern until every player reaches the end.</p>	<p>Forward Skating; Skating with the Ring, Snow plough stops / Parallel Stops.</p>	
<h2 style="margin: 0;">CROSS-OVERS</h2>		
<p>Forward Cross-overs: Instructor will demonstrate the proper way to do a crossover. Players will skate around the circles practicing their cross overs on both sides. Switch corners. Players will go 2 players at a time. Once the set of players completes 1 full circle, the next set will begin.</p>	<p>Forward Skating; Forward Cross-overs</p>	
<p>Snake Shooting: Players line up in the corner. 2-3 at a time players begin to skate towards first pylon. Players pick up a ring and take a shot on net. The players continue around the next pylon and up to the next pile of rings. Players grab a ring, skate around the last pylon and go take a shot on net. Encourage players to use crossovers around pylons.</p>	<p>Forward Skating; Forward Cross-overs; Skating with the Ring; Shooting</p>	
<p>Station #2-B: Forward Crossovers: Instructor MUST DEMO FOR PLAYERS Players line up on the blue line. One at a time they will skate towards the bottom of the circle, practicing their cross-overs. Then they will slide between the pylons and get back in line. (This can be done with 2 players at a time)</p>	<p>Forward Skating; Forward Cross-overs</p>	

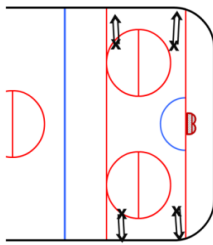
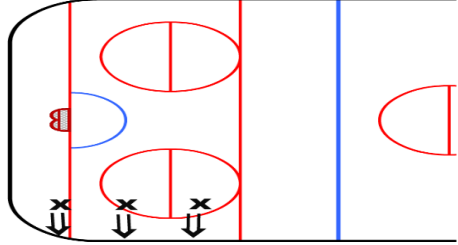
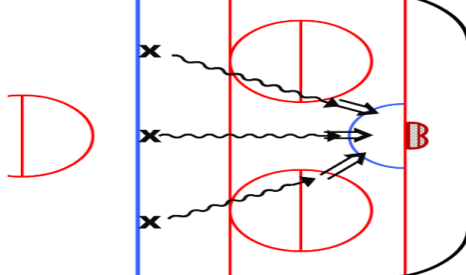
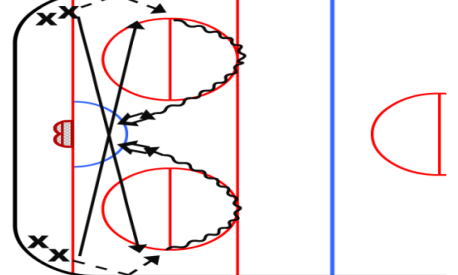

Ringette Skill Drills:

Passing & Shooting PG 5-8
 Checking PG 9
 Game Situation PG 10-11

PASSING & SHOOTING		
<p>Players line up in the corner with a player at each pylon. Player 1 passes to Player 2, then follows pass to replace position of player 2. Player 2 passes to player 3, then follows pass to replace player 3. Player 3 passes to Player 4, then follows pass to replace player 4. Player 4 passes to Player 5, then follows pass to replace player 5. Player 5 shoots and returns to the back of the line.</p>	<p>Passing; Forward Skating</p>	
<p>Players line up in 2 lines across the blue line. The first player in line will pass to the Instructor and begin skating towards the net. The Instructor will pass back to the player, and the player will shoot on net, then go to the back of the line. The lines alternate.</p>	<p>Passing; Forward Skating; Shooting</p>	
<p>Reverse "Y" Drill: Players line up in 2 lines. Both lines can go at the same time. Players will make a pass to the coach standing on the red line. The coach will then make a pass back to the player towards the boards. The player will pick up the ring and then pass towards the coach standing over the blue line. The player will receive a pass back and go and take a shot on net.</p>	<p>Passing; Forward Skating; Shooting</p>	
<p>Full Ice Partner Passing: Have players line up in 2 lines in each corner. Players will then pass the ring back and forth down the ice. Once they get to the end they will take a shot on net and get in line. Both sides can go at the same time.</p>	<p>Passing; Forward Skating; Shooting</p>	
<p>Backhand Passing: You need to have two lines so that all the players are on their back hand. Have them skate along the boards making back hand passes to themselves through the pylons. Once they reach the goalline they skate up to the pylon on the blue line do a tright turn and go and take a shot on the net.</p>	<p>Passing; Forward Skating; Skating with the Ring; Shooting</p>	

<p>Mini Line Passing: Players line up in 2 lines on the blue line. One line has rings. One player from each line will go at the same time. Players will skate to the first set of pylons, turn towards each other. The player with the ring will pass to the other player and continue skating. Players will then skate up to the next set of pylons and continue. Players will shoot once they reach the net.</p>	<p>Passing; Forward Skating; Skating with the Ring; Shooting; Receiving the Ring</p>	
<p>Horse Shoe W/ Goalie: Players line up in each corner. 1 player from the first corner will skate around the pylon and receive a pass from the second corner and shoot. The player who just passed the ring will skate around the pylon and receive a pass from the other corner and shoot.</p>	<p>Passing; Forward Skating; Skating with the Ring; Shooting; Receiving the Ring</p>	
<p>Double Pass: Players will skate in the pattern as outlined. Receiving 2 passes. 1.) Receive a pass from the side 2.) Receive a pass head on. Upon receiving the ring, the participant lets go of it and gets ready to receive the next pass.</p>	<p>Passing; Forward Skating; Skating with the Ring; Shooting; Receiving the Ring</p>	
<p>Backhand Pass: Instructors go through the correct way to make a backhand pass. Players line up facing the boards with a partner to practice their backhand passes. One player makes a backhand board pass to the other player, continuing back and forth.</p>	<p>Passing; Receiving the Ring.</p>	
<p>Backhand Lead Pass: Players line up in 2 lines. 1 player from the first line will begin to skate, the first player from the second line will make a lead pass to the player from the first line. The player receiving the pass will go in and shoot. The player who made the pass will begin skating and receive a pass from the other line.</p>	<p>Passing; Forward Skating; Skating with the Ring; Shooting</p>	
<p>Station #4: Passing/Shooting: Players line up in the corner. One at a time they will skate toward the cone, make a tight turn and receive a pass from the coach/instructor before going and taking a shot on net.</p>	<p>Receiving the Ring; Shooting</p>	

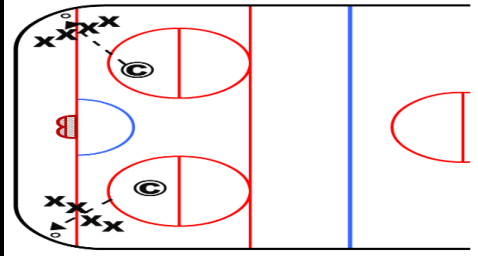
<p>Follow your Pass: Players line up as indicated in the diagram. The ring is passed in a box pattern. Players follow their pass and wait in the ready position for the next pass. The last player to receive the pass will skate in and take a backhand shot on net.</p>	<p>Passing; Forward Skating; Shooting</p>	
<p>Relay Shooting: Players are divided into 2 lines. Players will skate with the ring around the pylons and take a shot on net. Players should be practicing their backhand shots while moving.</p>	<p>Shooting; Forward Skating; Crossovers; Tight Turns</p>	
<p>Station 1: Backhand Flip Shot: Players in partners will take turns holding their stick against the boards giving a target. Using their backhand shot they will try to hit their partners stick.</p>	<p>Backhand Shooting</p>	
<p>Station 2: One timer Backhand Shot: In partners players will take turns passing to each other practicing their backhand one timers.</p>	<p>Backhand Shooting</p>	
<p>Shoot out: Players line up on the blue line. One at a time they skate in and take a backhand shot on one of their squad mates standing in net. Encourage players to cheer on each other and make "moves" on the goaltender. **Change goaltenders every 3 or 4 shots.</p>	<p>Shooting; Forward Skating; Skating with the Ring.</p>	
<p>3 Lane Shooting: Players line up in the corner. 3 at a time they will begin. The first player will skate to the far blue line, skate across the blue line, around their pylon and go shoot on net. The second player will skate to the red line, skate across the red line, around their pylon and go shoot on net. The third player will skate to the close blue line, skate across the blue line, around their pylon and go shoot on net.</p>	<p>Shooting; Forward Skating; Skating with the Ring.</p>	

<p>Players will practice their flip shots against boards</p>	<p>INTRO TO FOREHAND FLIP SHOT</p>	
<p>Backhand Shots: Instructor will demonstrate the basics of the backhand shot. Players will practice on the boards aiming for the yellow strip that separates the boards from the glass.</p>	<p>Backhand Flip Shot</p>	
<p>Backhand Shots: Players line up in 3 lines. Taking turns, the first player from each line will skate in and shoot. Aiming for a pylon in the corner.</p>	<p>Backhand Flip Shot</p>	
<p>Team Canada Drill: Players start off split into each corner. One player from one side will skate across the ice and pick up a pass off the boards. Then the player will skate around the circle and take a shot on net. Once player 2 has passed the ring, they will skate across the ice and received a pass off the boards, skate around the circle and take a shot on net.</p>	<p>Passing; Skating with the Ring; Cross-overs; Shooting</p>	
<p>Shooting: Players line up at ringette line line without rings. 1 coach stands at ringette line with rings. One player at a time will skate around pylon and receive a pass from coach. The player will stab the ring and will take a backhand shot.</p>	<p>Receiving the Ring; Shooting</p>	

CHECKING

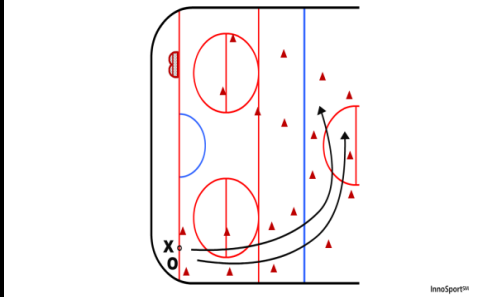
Queens Corner: 3-4 Girls line up facing the boards. The Assistant coach tosses the ring in the corner above the players heads. The players then try to get the ring and skate it out. Players who do not have the ring are checking the player with the ring.

Checking; Skating with the Ring.



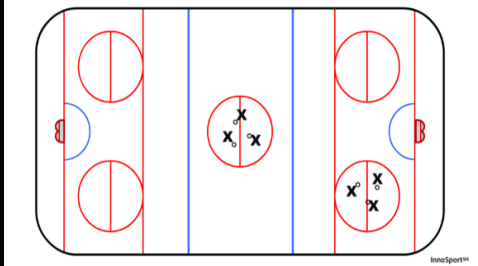
One on One Side Checking:
Have the girls start in one corner. Two girls go at the same time. One girl has the ring. They must skate through the pylons. The one carrying the ring is trying to go take a shot while the other is checking her.

Checking; Skating with the Ring.



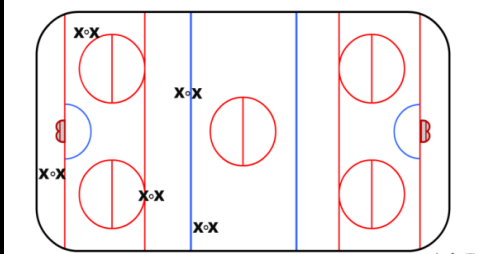
Keep Away:
Break squad up into 2 or 3 groups. Inside each circle, only 1 person has a ring. They need to "keep it away" from the other players trying to check them.

Checking; Ring Protection



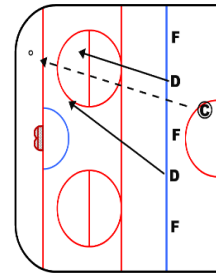
Partner Checking:
Players are broken up into partners. Players take turns checking the ring off of their partner. Then players switch partners.

Checking; Ring Protection



GAME SITUATION

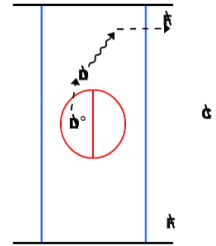
Know your zone: Give 5 players a position and line them up on the blue line. The instructor will throw a ring into the zone and yell go. Players will then skate to where they are allowed to go: Defence will go and get the ring, forwards will skate to the ringette line. The defence have to get the ring and skate it out and pass over the blue line to the forwards.



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Centre Free Pass: Have 1 D stand inside the circle with the ring. When the Coach/Instructor blows the whistle, the player will pass the ring to the other D. Now that D will skate with the ring to the blue line and pass to one of the Forwards. Remind players to pass over the blue line to their forward players.

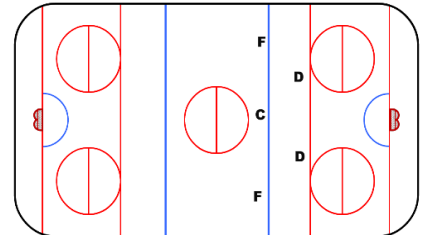
** Allow squads to finish out the Centre Free pass in a scrimmage environment until either the offensive team shoots or the defensive team skates the ring out past the centre red line.*



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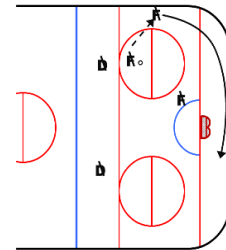
Defending a Centre Free Pass: Line up your players as shown in the diagram. Players are not allowed to enter the centre circle before the ring leaves the circle.

** Allow squads to finish out the Centre Free pass in a scrimmage environment until either the offensive team shoots or the defensive team skates the ring out past the centre red line.*



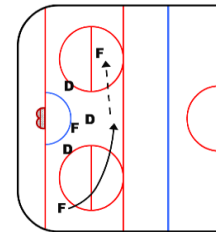
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STATION #1 Offensive Free Pass: Have 1 Forward stand in the circle with the ring. They pass to the forward standing right outside the circle. That forward will then skate with the ring and pass to another line mate. Once every player has touched the ring they will try and score.



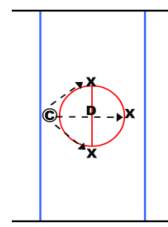
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STATION #2 Playing Forward: Give each player a position (forward or D) Have the D stand in front of the net. The forwards will skate and pass in the offensive zone and try to shoot on net and score. The D will try and stop the forwards

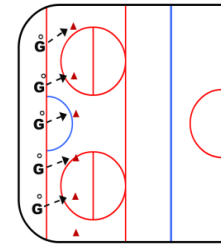


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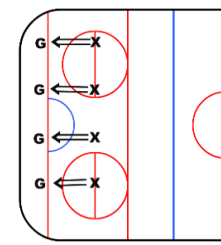
Attacking the Forward: The Instructor will pass to one of the players on the outside of the circle, that player will then pass it back to the instructor and the instructor will pass it to someone else. The player in the middle will skate towards the player who just received the pass and try to check them. If they get the ring then they will switch with that player.



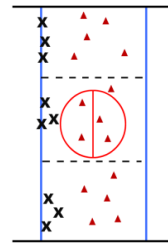
Goalie Ring: Have the players line up with a ring. You will need to set up pylons so that when you tell the players to throw to their RIGHT (or the pylon closest to a certain board) they have a pylon to throw to. When you tell them to throw to their LEFT (or the pylon closest to a certain board) they also have a pylon to throw to. Once they are good at throwing to their target you can get them into pairs and have one player throw the ring and one player receiving the ring.



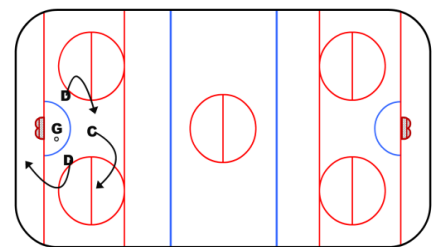
Playing Goalie: Have players set up in partners. One partner will be the 'goalie' and the other partner will be shooting. Have the player who is shooting to shoot on the ice and aim for the 'goalies' feet. The 'goalie' player will practice dropping to her knees to stop the ring.



Station #2 Timed Goalie Throwing - Divide players in 2 groups (3 if the number of players is large). Scatter pylons beside and in front of the players. On go, the first player from each group will pick up a ring and throw it at one of their pylons, repeating for 30 seconds. Each group will count the number of pylons that their player hit. Rotate through all of the players in each group. Winning group will have hit the most number of pylons. Losing team has to do 5 snow angels.



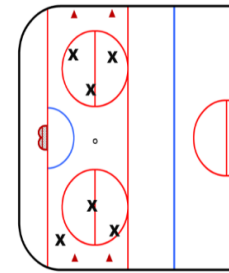
Goalie Break-out: Start out by getting the girls set up as if it was a goalie ring. When the coach says go all the girls have to move and try and get to an open area so the goalie can throw them the ring. Once they are good at getting open add in some stationary players so the goalie know they can't pass to those areas. the next progression would be to have 3 checkers that the defense needs to get away from as in a real game. You can have one girl at a time being goalie.



GAMES

Ring Soccer:

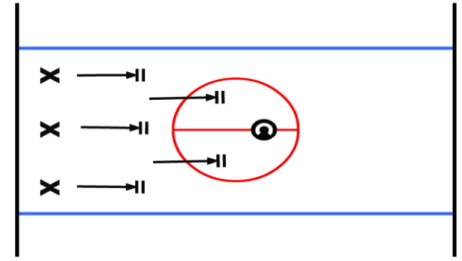
Set up pylons to act as nets.
Divide players in half. Have players put their sticks on the bench. Tell players to use the inside of their foot to kick the ring to their team mates.



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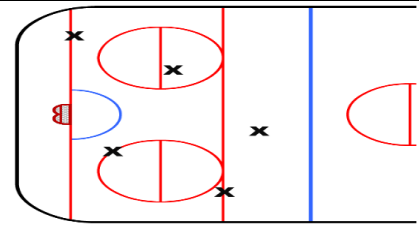
Red/Green Light:

Players line up against the boards. When the Instructor yells GREEN light, players skate forwards. When the Instructor yells RED light, players must stop. When the Instructor yells YELLOW light players stop and turn around in a circle. When the Instructor yells PURPLE light, players stop, drop to their knees and get back up.

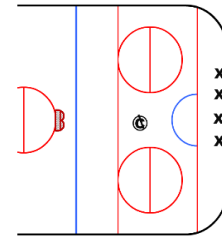


Freeze Tag:

2-3 Players are appointed as it. All the players skate around to avoid being "tagged". If a player gets "tagged" they must stand still, hold their arms out and wait for a player to skate under their arms. Now both players can re-join the game.



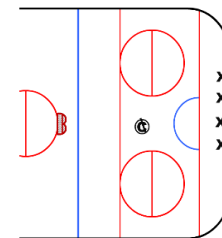
Follow the Stick: All players start out on the goal line facing the Instructor. When the Instructor points the stick towards the red line, all players skate forwards. When the Instructor points the stick towards the goal line, all players skate backwards. When the Instructor taps the stick on the ice, players drop to their knees and get back up. When the instructor points their stick towards the side boards, players skate to that side.



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British Bulldog:

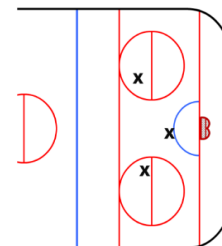
Coaches/Instructors select 2 players to be in the middle. All other players line up on the goal line. When the players in the middle yell "British Bulldog" all of the other players try to skate to the Ringette line without being tagged.



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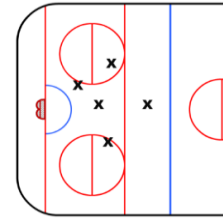
Planet Tag:

Players are without sticks. Choose 1 or 2 people to be it. If tagged, the player must drop to their knees. Player can be "freed" when a person who is not it, does a tight turn around the tagged player (orbits the planet)

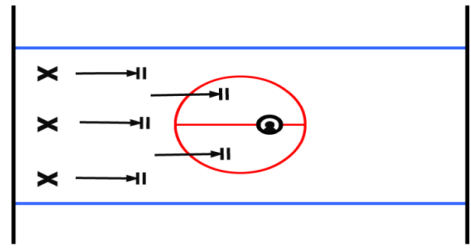


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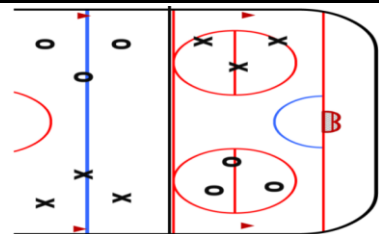
Frenemies:
 Players in group of 3's will start as friends and pass while skating, when coach yells "enemies" the players will start checking, coach will yell "friends" and players will start passing again.



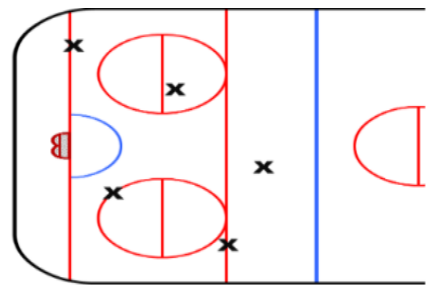
Backward Red/Green Light:
 Players line up facing the boards. When the Instructor yells GREEN light, players skate backwards. When the Instructor yells RED light, players must stop. When the Instructor yells YELLOW light players stop and turn around in a circle.



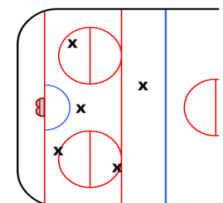
Mini Games: Players are encouraged to pass to each player on the team before shooting for the pylon. The ring must hit the pylon to be considered a goal.



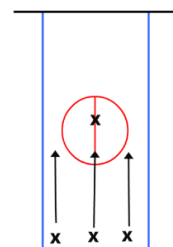
Cops & Robbers:
 All the players are the Robbers and the instructor and coaches are the Cops. The Cops have to "tag" the Robbers. Once tagged the Robbers have to go and sit in the net until a coach or Instructor yells "Jail Break"



Capture the Ring:
 Players are split into 2 teams. Each team has 4 rings in a designated "home" zone. Players are trying to steal the other teams rings with out getting tagged. If they are tagged they must return the ring and go back to their side before trying again. First team to collect all 4 rings from the other side wins.

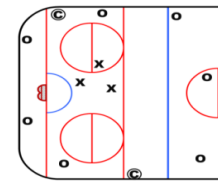


Ollly Octopus:
 Coaches pick 1 or 2 players to be in the middle. They must hold hand and call " Ollly Octopus". All players begin skating towards them trying to not get tagged. If a player is tagged they join the line to form 1 giant octopus.



Target Game:

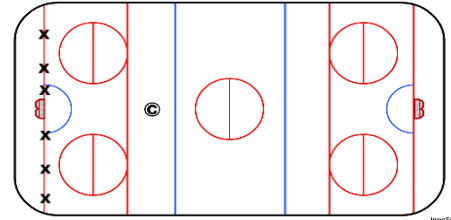
2 - 3 players are selected to be in the middle. All other coaches and players are skating around in a circle along the boards. The players in the middle try to hit the other players skates with the ring. When a player gets hit, they join the players in the middle and start trying to hit other players.



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What Time is it Mr. Wolf:

The Coach is the wolf. Mr. Wolf stands with their back towards the other players. The players then ask in unison "What time is it Mr. Wolf?" Mr. Wolf then answers with a time - such as "It's 7 o'clock". The players then take that many steps towards Mr. Wolf. At any time Mr. Wolf can answer "Desert Time!" When the wolf answers "Desert Time" When the wolf turns around, all the players must fall to the ice and be super still so the wolf doesn't "see" them.



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Simon Says: Players line up on the goal line. The Instructor will say " Simon Says skate forward" Simon Says "Stop" Simon Says "do 5 snow angels" etc. Make sure to call a few commands without saying Simon Says to get the players listening closely.

