*WATERBREAKS THROUGH OUT THE LESSON WHEN NEEDED

to do a v-start. Players line up with their

backs to the boards and skate forwards

over until they reach the other side.

stopping at each pylon "line" and starting



LESSON: ONE
WEEK: ONE
OBJECTIVE:
FORWARD SKATING

knees not bent

not "feeling" the fall

no full extension of the stride

DRILL & EXPLINATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:
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.		* x x	
Getting up: Have players line up on the goal line. Players drop to their knees, do 3 snow angels and then practice getting back up to ready position.	How to Fall: -When falling relax the body -Always try to fall forward, so you can see where you are falling.		Introduce the basic steps of how to stand back up after falling down. Key Teaching Points: - Get to your knees - One knee up first - Use stick as stability point to stand back up.
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.	Snowplough Stop: -Skate, glide, push outward with inside edge -Toes pointing in, Heels pointing out -Equal pressure on both feet	X X Innosporter	Common Errors: - Unequal pressure on inside edges - Watching feet - Both knees not bent - Leaning forward instead of leaning back.
V-Starts: Instructor must demonstrate the correct way	V-Starts: -Ready Position	ĪĪĪ	Common Errors: · heels together

-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

*WATERBREAKS THROUGH OUT THE LESSON WHEN NEEDED

are set up on.



LESSON: TWO
WEEK: ONE
OBJECTIVE: STOPPING &
CHECKING

DRILL & EXPLINATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:		
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.	Snowplough Stop: -Skate, glide, push outward with inside edge -Toes pointing in, Heels pointing out -Equal pressure on both feet	× —	Common Errors: - Unequal pressure on inside edges - Watching feet - Both knees not bent - Leaning forward instead of leaning back.		
Stops & Starts: Instructor must demonstrate the correct way to do a snowplough stop. Players line up in the corner, skating and stopping at all of the pylons as directed. Switch sides half way through.	Snowplough Stop: -Skate, glide, push outward with inside edge -Toes pointing in, Heels pointing out -Equal pressure on both feet	×x × × × × × × × × × × × × × × × × × ×	Common Errors: - Unequal pressure on inside edges - Watching feet - Both knees not bent - Leaning forward instead of leaning back.		
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.	Sweep Checking: -Position body facing opponentSweep stick across the body from one side to the otherContact is made at point where opponents stick meets the ringStrong follow through will direct the ring	x° x x x x x x x x x x x x x x x x x x	Common errors to look for and correct: Stick is swung too forcefully Stick makes contact too high Not enough follow through which will force the ring off opponents stick Check is made on top of the stick rather than underneath (going with opponents stick)		
Queen's Corner: 4 players are set up in the corner facing the boards. The instructor then throws a ring to the boards and the player who gets the ring try's to skate it out through the pylons while the other 3 players are checking. Once the player skates it out through the pylons the drill is done and they can go and take a shot on the net. Make sure the players are staying on the side of the ice that they	Sweep Checking: -Position body facing opponentSweep stick across the body from one side to the otherContact is made at point where opponents stick meets the ringStrong follow through will direct the ring		Common errors to look for and correct: Stick is swung too forcefully Stick makes contact too high Not enough follow through which will force the ring off opponents stick Check is made on top of the stick rather than underneath (going with opponents		

*Waterbreaks through out the lesson when needed



LESSON: THREE
WEEK: TWO
OBJECTIVE: STOPS &
STARTS; BACKHAND SHOTS

DRILL & EXPLINATION:	SKILL BREAKDOWN:	DIAGRA	M:	INSTRUCTOR/COACH TIPS:
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"	Forward Skating	X X	×	
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.		X X X		Common errors to look for and correct: 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
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.	Backhand flip shot: 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	×	B	Common errors to look for and correct: 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
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.	Snowplough Stop: -Skate, glide, push outward with inside edge -Toes pointing in, Heels pointing out -Equal pressure on both feet	× × ×	A Ja	Common Errors: - Unequal pressure on inside edges - Watching feet - Both knees not bent - Leaning forward instead of leaning back.

*Waterbreaks through out the lesson when needed

-Begin striding

line goes.



LESSON: FOUR
WEEK: TWO
OBJECTIVE:
BACKWARDS 'C' CUTS

			DACKWARUS C CUIS
DRILL & EXPLINATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:
Olly Octopus: Coaches pick 1 or 2 players to be in the middle. They must hold hand and call " Olly 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.		X X X	
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.	Backward C Cuts: -Ready Position -Weight on starting foot, slightly infront of the other -Make a full extended "C" with skating foot (cutting ice) -Return skating foot underneath body -Begin striding	T TOO TO T	Common Errors: -Watching feet -"C" not fully extended (not cutting ice) -Straightening up after start
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.	Backhand flip shot: 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	X X X X X X X X X X X X X X X X X X X	Common errors to look for and correct: 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
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	Backward C Cuts: -Ready Position -Weight on starting foot, slightly infront of the other -Make a full extended "C" with skating foot (cutting ice) -Return skating foot underneath body	×x · · · · · · · · · · · · · · · · · · ·	Common Errors: -Watching feet -"C" not fully extended (not cutting ice) -Straightening up after start

*Waterbreaks through out the lesson when needed



LESSON: FIVE
WEEK: THREE
OBJECTIVE: BACKWARDS
SKATING, SWEEP CHECKING &

			BACKHAND FLIP SHOTS.
DRILL & EXPLINATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:
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.	Sweep Checking: -Position body facing opponentSweep stick across the body from one side to the otherContact is made at point where opponents stick meets the ringStrong follow through will direct the ring	X X X Incodport**	Common errors to look for and correct: • Stick is swung too forcefully • Stick makes contact too high • Not enough follow through which will force the ring off opponents stick • Check is made on top of the stick rather than underneath (going with opponents stick)
Backwards C Cuts with V Stops: Players line up facing the boards and skate backwards to the far boards using their backwards "C" cuts. Players practice stopping in their Backwards 'V' Stop.	Backwards 'V' Stops: -Skate backwards, glide, feet push outwards in a "V" -Equal pressure must be used with both feet, digging in with full blade	T CONSTRUCTION X X X	Common Errors to look for w/ 'V' Stops: *unequal pushing pressure *both knees not bent *leaning back instead of forward.
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.	Backhand flip shot: 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	XXX XXX	Common errors to look for and correct: • 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
Backwards Obstical Course: Players start out in the corner. They skate through the pylon obstacle course, staying close to the pylon. Players skate backwards down the blue line and stop at the boards. The player then skates around the circle and the pylon, grab a ring and shot on net.	Backward C Cuts: -Ready Position -Weight on starting foot, slightly infront of the other -Make a full extended "C" with skating foot (cutting ice) -Return skating foot underneath body -Begin striding	The second secon	Common Errors: -Watching feet -"C" not fully extended (not cutting ice) -Straightening up after start

*Waterbreaks through out the lesson when needed



LESSON: SIX
WEEK: THREE
OBJECTIVE: REVIEW

DRILL & EXPLINATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:
	-Equal pressure on both feet	X Nexispertiti	Common Errors: - Unequal pressure on inside edges - Watching feet - Both knees not bent - Leaning forward instead of leaning back.
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.	Sweep Checking: -Position body facing opponentSweep stick across the body from one side to the otherContact is made at point where opponents stick meets the ringStrong follow through will direct the ring	x° x x leadsporter	Common errors to look for and correct: • Stick is swung too forcefully • Stick makes contact too high • Not enough follow through which will force the ring off opponents stick • Check is made on top of the stick rather than underneath (going with opponents stick)
			Common errors to look for and correct: 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
the Instructor yells GREEN light, players skate backwards. When the Instructor	Backward C Cuts: -Ready Position -Weight on starting foot, slightly infront of the other -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

*Waterbreaks through out the lesson when needed

release



LESSON: SEVEN

WEEK: FOUR

OBJECTIVE: TIGHT TURNS &

PASSING

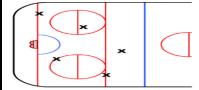
DRILL & EXPLINATION:	SKILL BREAKDOWN:	DIAG	RAM:	INS	STRUCTOR/COACH TIPS:
Planet Tag Players are without sticks. Choose 1 or 2 people to be it. If tagged, the player must drop to their knees. Player can be "freed" when a person who is not it, does a tight turn around the tagged player (orbits the planet)		X X	X Institution		
Tight Turns w/ Ring: Players line up in 2 lines. The first player begins to skate through the pylon course. Stay as close the the pylon as they can while protecting the ring. Once finished the course, the player can then go in and shoot on net. After the first player gets to the second pylon, the next player can go.	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.	XX XX	B Intradiguere	Head and the wayLead foot lead foot	rrors to look for and Correct: I shoulders are not turned to lead too far ahead; wrong foot used as · Wide turn; ot applied on edges
Mini Pancake 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.	•	××	introligant for	- Release o - No follow proper dire	ring too far behind back foot f ring not at front foot through; not pointing stick in
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.	Forehand Sweep Pass: - 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		hereoSpectrin	- Release of - No follow proper dire	ring too far behind back foot f ring not at front foot through; not pointing stick in

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"

On completing turn, cross outside

foot over inside foot.



LESSON: EIGHT
WEEK: FOUR
OBJECTIVE: SHOOTING, TIGHT

mistructor yens dan break		*	TURNS & PLAYING GOALIE
DRILL & EXPLINATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:
DIVIDE PLAYERS INTO	3 GROUPS: EACH GROUP SHOULL	SPEND 5 MINTUES AT EACH STATION B	REFORE ROTATION STATIONS.
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.	 Backhand flip shot: 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 	Innedsparti	Common errors to look for and correct: • 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
STATION #2: One timer Backhand Shot: In partners players will take turns passing to eachother practicing their backhand one timers.	 Backhand flip shot: 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 	InvoSport***	Common errors to look for and correct: 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
to set up pylons so that when you tell the or the pylon closest to a certain board) to when you tell the or the pylon closest to a certain board) then you tell them to throw to their LE certain borads) they also have a pylon to throwing to their target you can get the throw the ring and one player receiving	ne players to throw to their RIGHT (they have a pylon to throw to. FT (or the pylon closest to a throw too. Once they are good at m into pairs and have one player the ring.	innoSpertiti	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.
Race for the Ring: Players are divided into 1 line in each corner one at a time, 1 player from each corner wil 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 chec the player with the ring.	(leading) · Knees are flexed · On entering the turn, rotate head		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

*Waterbreaks through out the lesson when needed

The other player will check the player

with the ring.

point of the turn (pylon)

 On completing turn, cross outside foot over inside foot.



LESSON: NINE WEEK: FIVE

OBJECTIVE: RECEIVING THE

RING, CHECKING & TIGHT

			TURNS
DRILL & EXPLINATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:
Target Game: 2 - 3 players are selected to be in the mid are skating around in a circle along the b try to hit the other players skates with the they join the players in the middle and states.	poards. The players in the middle he ring. When a player gets hit,		modignet:==
Double Pass: Players will skate in the patter 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.	Receiving the Ring: head up; body behind the ring keep stick close to the ice; telescope the ring with your stick until they meet before your feet		Common Errors: incorrect position of body and stick (not behind the ring) not watching the ring poor anticipation
Partner Checking: Players are broken up into partners. Players take turns checking the ring off of their partner. Then players switch partners.	Side Stick Checking: · 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	X°X X°X X°X X°X	Common Errors to Look for and Correct:
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.	Tight Turns: Skate, glide, inside foot is ahead (leading) Knees are flexed On entering the turn, rotate head and shoulders around the	XX XX	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

*Waterbreaks through out the lesson when needed



LESSON: TEN FIVE WEEK:

OBJECTIVE: BACKWARD

SKATING AND BACKHAND

PASSING

DRILL & EXPLINATION:

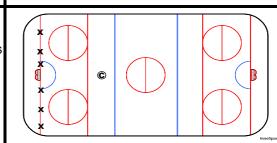
SKILL BREAKDOWN:

DIAGRAM:

INSTRUCTOR/COACH TIPS:

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 doesnt "see" them.



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 the other to the blue line. Players pick up a ring, skate forwards towards the pylon, slide on their belly, get foot (cutting ice) back up and skate to the goal line. Next player goes.

Backward C Cuts:

-Ready Position

- -Weight on starting foot, slightly infront of
- -Make a full extended "C" with skating
- -Return skating foot underneath body

$\mathbf{x}_{\mathbf{X}}$

Common Errors:

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

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.

Backhand Passing:

- 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



Common Errors:

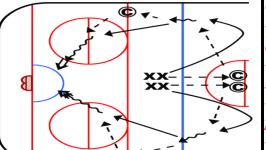
- -Pulling ring too far in, causing the ring to be lifted off the ice
- -improper follow through; not pointing the stick at the target
- -not releasing ring when arms extended at front foot
- watching the ring instead of the target

Mini 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 foot net.

Backhand Passing:

- 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
- follow through at front foot



Common Errors:

- -Pulling ring too far in, causing the ring to be lifted off the ice
- -improper follow through; not pointing the stick at the taraet
- -not releasing ring when arms extended at front foot
- watching the ring instead of the target

*Waterbreaks through out the lesson when needed

received a pass off the boards, skate around front foot

the circle and take a shot on net.

follow through at front foot



front foot

watching the ring instead of the target

LESSON: ELEVEN
WEEK: SIX

OBJECTIVE: BACKWARDS

KATING & BACKHAND PASSING

			0		SKATING & BACKHAND PASSING
DRILL & EXPLINATION:	SKILL BREAKDOWN:	DIAG	RAM:	INS	STRUCTOR/COACH TIPS:
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.		x x x x x x x x x x x x x x x x x x x			
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.	 Backhand Passing: 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 	xxx	XXX	lifted off the -improper fo at the targe -not releasin foot	too far in, causing the ring to be e ice bllow through; not pointing the stick
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.	Backward C Cuts: -Ready Position -Weight on starting foot, slightly infront of the other -Make a full extended "C" with skating foot (cutting ice) -Return skating foot underneath body			participant excluded.* Common E -Watching -"C" not fu	rrors:
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 accross the ice and	Backhand Passing: • 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		}	lifted off the -improper stick at the	g too far in, causing the ring to be ne ice follow through; not pointing the

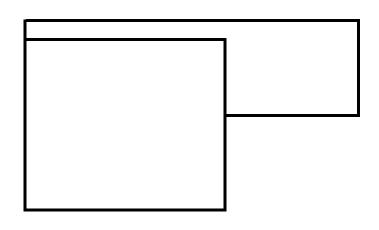
RAU SQUAD PARTY LESSON PLAN

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 & EXPLINATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:
Warm up: 1 or 2 laps around the ice depending on the level of participants. * Review Safety Rules*	SKILL DREAKOUWI.	X O X O O N O O O O O O O O O O O O O O	Safety Rules: -Keep your stick pointed downDo not hit anyone with your stickNo pushing/shoving -Always listen to the Instructor/Coaches
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.	Forward Skating & Stops: (Friends - Snowplow Stops) (Red / Purple - Snowplow Stops) (Green - Parallel Stops)		Give Friends a little instruction on how to snowplow stop. Encourage current players to stop using the stop they are currently working on.
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 exclusivly use backhand passes)	Forehand Sweep Pass: -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	x	Backhand Passing: (for Exsisting Players) • 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
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.	Forehand Sweep Pass: -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	X X X	Ensure that you are dividing players equally with the same amount of "friends" on each side.

Drill & Explination:	Skill Breakdown:	Diagram:	Instructor/Coach Tips:
Elves & Reindeer: All the players are the Reindeer and the instructo TheElves have to tag or "catch" the Reindeer. Of and sit in the net (barn) until a coach or Instructor Reindeer escape and start skating again.	nce tagged the Reindeer have to go	x o x x x x x x x x x x x x x x x x x x	Switch it up and have the players be the Elves and the coaches/instructors be the Reindeer.
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.	Forehand Sweep Shot: (For Friends) -Proper grip; top hand pushes in, bottom hand pushes outBody parallel to target, ring starts at back skate brough to front skate where it is then releasedFollow through; transfer weight from back foot to front foot.	XXX XXX	Backhand Flip*Shot: (Teach ALL) 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
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.	Encourage all players to cheer on their "team mates" loudly.	A XX	Tight Turns: (for exsisting players) • 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
Mr. Grinch: Players are divided into 2 teams. Each team has the game is to steal the other teams presents. Plathe ringette line. As soon as they cross the line the where they are tagged. To be saved, a team mat Both players get a free pass to skate back to their	ayers are safe on their home side of ey may be tagged and have to sit e must come and grab their hand.	x o o o o o o o o o o o o o o o o o o o	



*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.



LESSON: THIRTEEN

OBJECTIVE: GAME RULES,
BACKWARD SKATING &
STOPPING

				STOPPING
DRILL & EXPLINATION:	SKILL BREAKDOWN:	DIAGI	RAM:	INSTRUCTOR/COACH TIPS:
Station #1: Know your zone: Give 5 players a postion 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.			F Innospertin	* 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 "offenzive 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.
Station #2: 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.	, b	à à lességore	* 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.
Players line up in the corner with a ring. One at a time players will skate through the plyons, making a complete stop at every pylon. Players will skate around the last pylon	Introducing 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	J. Mary J. Mary	X X	** This Station is Run by an Instructor** Common Errors: unequal weight distribution on feet feet too close or too far dragging follow up foot knees not bent
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	msooboool	XX XX	** This Station is Run by an Instructor** Common Errors: - watching feet - weight not completely on starting foot - "C" not fully extended (not cutting ice) -straightening up after start

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. *COACHES/INSTRUCTORS CAN LEAD A WARM UP GAME OF CHOICE PRIOR TO THE ICE TIME.*

girl at a time being goalie.



LESSON: FOURTEEN

OBJECTIVE: CHECKING &

POSITIONS

their team mates to throw it out to so they have to get open as fast as they can.

DRILL & EXPLINATION:	SKILL BREAKDOWN:	DIAG	RAM:	INS	STRUCTOR/COACH TIPS:
Station #1 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.	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.		Innedspertru	** Demons the ring to	r to lead this station* strate VERY SLOWLY how to move the outside of your body when nd the turn**
Station #2 Queens Corner: Set up 3 players facing the boards. The coach them throws in a ring and the players fight for it. Whichever player gets the ring wants to try and skate it out through the pylong while the other two are checking them. The player that gets the ring out through the pylons gets to then go in and take a shot on the net by herself while the other two players go and line up again.	Side Check: -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		N IX	trying to co keep their j	e players to skate when they are arry out the ring because if they feet moving it will be harder for nent to check them.
Station #3 Checking: Have two girls with both their sticks in the ring. You need to make sure that the girls know who is pulling on the ring first and who is going to skate the ring out in the direction it is being pulled in. When the coach says go, the one girl pulls and the other gilr skates in that direction and should be able to skate away with the ring just by the momentum.	Skating out of the check: * Keep feeet Moving * Two hads on the stick		OX DOX DOX DOX DOX DOX DOX DOX DOX DOX D	check. Whe ring you we opponent i	layers how to skate out of a en two players are fighting for a ant to skate in the direction your s pullng on the ring to make it ou to get away.
Station #4 Defensive Postitioning: Start out by getting the players set up as if it was a goalie ring. When the coach says go all the players have to move and try and get to an open area so the gaolie 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				the position Defense an that only the crease and	r to lead this station* Talk about his in the defensive zone. Goalie, 2 and one Center. Remind the players he goalie is allowed to go in the that they only has 5 seconds to hig before they have to find one of

ALL PLAYERS SHOULD BE DIVIDED INTO 4 GROUPS AND ROTATE AROUND THE ICE
THROUGH THE 4 STATIONS. GROUPS SHOULD SPEND 5-6 MINUTES AT EACH STATION.
*WATERBREAKS THROUGH OUT THE LESSON WHEN NEEDED



LESSON: FIFTEEN

OBJECTIVE: SKATING SKILLS

DRILL & EXPLINATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:
Station #1 Ring Protection: 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.	No of parties	*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 Parallel Stops: 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.	•	unkorigonal X X	^*Instructor to lead this station*^ Common Errors: · unequal weight distribution on feet · feet too close or too far · dragging follow up foot · knees not bent
Station #3 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 shot.	Backhand Flip Shot: • 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	Name of the contract of the co	COMMON ERRORS • switching of 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
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	wshodsound	Common Errors: -Watching feet -"C" not fully extended (not cutting ice) -Straightening up after start

*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.



LESSON: SIXTEEN

OBJECTIVE: SKATING &

TRANSITIONS.

DRILL & EXPLINATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:
Station #1: Players line up in 2 lines. The first player starts skating backwards to the first pylon, stop, then continue to the boards at the ringette line and stop. Then continue skating backwards the next pylon, and then to the boards at the blue line. Once at the blue line the player skates forwards, picks up a ring and goes to shoot on net. Once the frist player has gotten to the first pylon, the next player in line can go.	Backwards Striding: -ready position -make a full extended "C" with one leg, returning to ready position -alternate legs	XX XX XX	*Instructor to lead this station** 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.*
Station #2: Have one player lined up on the boards while the others are lined up in a line on either side of them. The player who is on the boards has the ring and skates down the center of the two lines passing to each player and inturn getting the pass back as they are skating. Once they reache the end each player moves up one spot until all the players have been the skater. If you have lots of players do it in two groups!		X	Remind the players that they have to be passing infront of the player who is skating so they don't have to stop their feet
Station #3: Goalie Practice: Have players get together in partners. 1 partner will start off as the Goalie. The other partner will have a ring, and take a shot on the goalie. The goalie will try to stop the ring, pick up the ring and toss it back to the player. After 5 shots, the partners switch roles.	Goalie: When the Goalie picks up the ring, make sure they are not grabbing it fully with all 4 fingers. Have their pointer finger pointed out to help with direction of the ring. Players should practice following through with their throw to help with accuracy.		InnoSport***
Station #4 One on One's: Players will line up into 2 lines. 1 line will be acting as Defence, 1 line will be acting as Forwards. The Forward will start skating with the ring and make a turn around their pylon to go in and shoot. The Defence will skate with the forward and try to prevent them from taking a shot on net.	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 fowards.

*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.



LESSON: SEVENTEEN

OBJECTIVE: GAME SITUATIONS & SKATING SKILLS

DRILL & EXPLINATION:	SKILL BREAKDOWN:	DIAG	RAM:	INS	TRUCTOR/COACH TIPS:
Station #1: Defensive Positioning: Start out by getting the girls set up as if it was the girls have to move and try and get to an o ring. The next progression would be to have 3 away from as in a real game. You can have or	pen area so the goalie can throw them the checkers that the defense needs to get	x b x		Goalie, 2 De players that the crease a hold the ring team mates	he positions in the defensive zone. fense and one Center. Remind the only the goalie is allowed to go in nd that they only have 5 seconds to g before they have to find one of their to throw it out to so they have to get as they can.
Station #2: Players line up as indicated. The first player will skate forwards to the pylon, stop. Then the player will skate backwards to the next pylon and stop. This pattern continues until they complete the drill. Once the first player is on their way to the 2nd pylon, the next player can go.	PARALLEL STOP • 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	XX		ready posmake a full	ıll extended "C" with one leg, o ready position
Station #3: 2 on 1's: 2x "Forward" players line up on the blue line. 1x "Defence" player lines up on the ringette line. The coach will shoot a ring into the corner and all players will go for the ring. The defence is trying to skate the ring out to the ringette line, while the 2 forward players are trying to check them.	Remind Defence to put pressure on their stick and keep their feet moving when they are skating the ring out.	x x		before the	should aim for the ring to stop goal line, to give players a chance n direction before the boards.
Station #4: Tight Turns/Protecting the Ring race: Players line up in 2 lines on the goal line. 1 player from each line will begin by skating with the ring and making a full tight turn all the way around each pylon. Then skate back through the middle to the goal line before the next player in the line will go.	**TIGHT TURNS—FULL* **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) 360' **On completing turn, cross outside foot over inside foot to gain speed and balance*		N XX	the way • Lead foot as lead foo	shoulders are not turned to lead too far ahead; wrong foot used

*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.



LESSON: EIGHTEEN

BJECTIVE:

ASSESSMENT REVIEW & PREP

DRILL & EXPLINATION:	SKILL BREAKDOWN:	DIAGRAM:	INS	TRUCTOR/COACH TIPS:
ENSURE YOU ARE BREAKING DOWN EACH	I SKILL IN A STATION AND PROVIDING	FEEDBACK TO EACH PLAYER; WHILE S	OME STATIONS	S ARE SHORTER THAN
OTHERS. THIS PROVIDES AN OPPURTUNI 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.	TY TO ENSURE THAT PLAYERS REALLY Backwards Skating; Transitions; Forward Stride	UNDERSTAND HOW TO DO A SKILL.	start skating	o switch it up and have players g forwards and then transition to at the pylons.
Station #2: Parallel Stops (Stops & Starts) - 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 STOP 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 	A TANKA NA	• feet too cl	ERRORS veight distribution on feet lose or too far follow up foot
Station #3: 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.	Intro to Forward Cross-overs: • the outside foot pushes outward and then is "stepped" across in front of the inside leg, weight transfers onto this leg when it is placed on the ice • the inside foot pushes outward behind the opposite skate as it is being placed on the ice; recover this foot to the starting position	X X	crossoverknees tooleaning oukeeping hea	FRRORS foot doing the crossing over leg too high bent (straight leg) It of crossover as opposed to It and shoulders inward weak It inside foot results in less power
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.	Receiving a Pass in Motion; Forehand Sweep Accuracy; Backhand Shot Accuracy			to tell the players what shot to nem take a few turns at taking f shot.

*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.



LESSON: NINETEEN

OBJECTIVE: FORWARD/DEFENSE POSITIONS, GOALIE THROWS

DRILL & EXPLINATION:	SKILL BREAKDOWN:	DIAGRAI	M:	INSTRUCTOR/COACH TIPS:
Station #1 Playing Forward: Give each player a postion (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		F D D D D D D D D D D D D D D D D D D D	line mat Encourd	age players to pass the ring to their tes. age players to shoot on net after ae on their team has touched the ring.
Station #2 Timed Goalie Throwing - Divide pleasers is large). Scatter pylons beside and inform each group will pick up a ring and throw seconds. Each group will count the number of through all of the players in each group. Winrepylons. Losing team has to do 5 snow angels.	front of the players. On go, the first player it at one of their pylons, repeating for 30 pylons that their player hit. Rotate	X	frisbee, _ extende * Coach	players how to throw the ring (like a with their arm & pointer finger of to where they want the ring to go) wes will need to collect rings through to ensure that players keep having throw.
Station #3: Skating the ring out: Players are assigned to be Defence or Forward. Players line up at their respective pylons. The coach will shoot a ring into the corner, the 1st player from each line will go chase for the ring, the Defence is trying to skate the ring out past the ringette line. If the Forward gets the ring, then they skate it to the ringette line.	they are being checked.	X	lands ju collision	s want to make sure that the ring st before the goal line to avoid as into the boards.
Station #4: One Timer Shots: Players will form 2 lines at the pylons. Every player will have a ring. The first player from one line will pass the ring to the first player in the other line. As soon as the player receives the ring, they take a forehand or backhand shot right away. They then move to the back of the line, and the player who just passed the ring, will receieve a pass from another player and take a shot.	BACKHAND FLIP SHOT • 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	X	• switch forehan • incorring open ar	ON ERRORS ning of grip in order to always use d ect weight transfer ect follow through; not aiming for an ea of the net gh of a follow through

RAU PURPLE 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 mintues to complete. The Assessor must tell the Instructor/Coaches when they are ready to move on to ensure that the plan is completed.

DRILL & EXPLINATION:	SKILL BREAKDOWN:	DIAGRAM:			
SKATING SKILLS SECTION					
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 Skating 2 players go at a time	III X X X X X X X X X X X X X X X X X X			
Tight Turns & Ring Protection - Players line up on the blue line. Once at a time, they skate with a ring through the obstical course. Players should be making tight turns around the pylons while protecting the ring.	Tight Turns & Ring Protection Next player goes after the first player is on their way to the second pylon	Innolper tim			
Stops & Starts - Players line up on the blue line. One at a time they skate to each pylon and make a full stop before continuing to the next pylon.	Stops & Starts Next player goes after the first player is on their way to the second pylon	ATA			
	RINGETTE SKILLS SECTION				
Passing: Players will line up in partners and pass the ring back and forth to each other. Half way through, Instructor will tell players to only pass with their backhand.	Receive from a Team mate: Forehand and Backhand	Intradigent 10			
Hitting a Target - Forehand Sweep - One at a time players will take a shot on net aiming for the pylons.	Forehand Sweep Aim	x x x x x x x x x x x x x x x x x x x			

Backhand Flip Shot - One at a time players will take a shot on net.	Backhand Flip	X X X X Innesignation
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.	Sweep Checking	Necescritic Necesc

*WATERBREAKS THROUGH OUT THE LESSON WHEN NEEDED

at a time)

-THIS LESSON IS DESIGNED TO BE RUN IN 2 STATIONS. PLAYERS OF BOTH SQUADS
SHOULD BE BROKEN UP INTO 2 GROUPS PRIOR TO THE ICE TIME.



LESSON: TWENTY

OBJECTIVE: RULES & SKATING

SKILLS

DRILL & EXPLINATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:
The purpose of this station is to he Station #1 -A: 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.	pass the ring out of the circle, only 1 player in the	* Have both purple 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.
Station #1 -B: 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.	F D D Intelligent	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.
		ch after 5 minutes at each station	
coach will stand at 1 pylon, and 2 chosen players with stand at the other 2. The first player from the corner will begin skating around the people at the pylons, protecting the ring from being checked. Instructor will switch out players standing at the pylons.	Ring Protection: * Instructors demo how to move around the players while placing your body between the ring and the other player.*	X X X	
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	FORWARD CROSSOVERS • the outside foot pushes outward and then is "stepped" across in front of the inside leg, weight transfers onto this leg when it is placed on the ice • the inside foot pushes outward behind the opposite skate as it is being placed on the ice; recover this foot to the starting position	XX X	 COMMON ERRORS incorrect foot doing the crossing over crossover leg too high knees too bent (straight leg) leaning out of crossover as opposed to keeping head and shoulders inward weak push off with inside foot results in less

*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.



LESSON: TWENTY-ONE

DRILL & EXPLINATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:
Station #1: Have pylons set up as a track the will be spread out around the track with a make to drop their ring while skating and pithem. Once they start getting good at it you even make it into a game where if they misthey are out.	ing. Every time they skate by a pylon they ck up the ring that was dropped ahead of u can ask them to speed up a little more or	Innespect	
Station #2: Learning the Blue Lines: Have players line up in partners at the set-up pylons. Players will then skate with their partner, passing over the blue lines and get back in line	Make sure to be clear about passing over the blue lines. Stop players who skate over the lines and explain why we pass to our teammates.	No No Innesipertin	
Station #3: Skating the ring out: Players are assigned to be Defence or Forward. Players line up at their respective pylons. The coach will shoot a ring into the corner, the 1st player from each line will go chase for the ring, the Defence is trying to skate the ring out past the ringette line. If the Forward gets the ring, the they skate it to the ringette line.	e	linea Spectri	Coaches want to make sure that the ring lands just before the goal line to avoid collisions into the boards.
Station #4: One Timer Shots: Players will form 2 lines at the pylons. Every player will have a ring. The first player from one line will pass the ring t the first player in the other line. As soon as the player receives the ring, they take a forehand or backhand shot right away. They then move to the back of the line, and the player who just passed the ring, will receieve a pass from another player and take a shot.	 same body position as backhand sweep pass arms bent inward; ring closer to your body a "shoveling" action from back foot to 	X X X X X X X X X X X X X X X X X X X	COMMON ERRORS • switching of 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

*WATERBREAKS THROUGH OUT THE LESSON WHEN NEEDED.

THIS LESSON IS DESIGNED TO BE TAUGHT IN 3 STATIONS. COACHES SHOULD HAVE THEIR PLAYERS BROKEN UP INTO 3 GROUPS PRIOR TO GETTING ON THE ICE.



LESSON: TWENTY TWO

OBJECTIVE: SKATING SKILLS

DRILL & EXPLINATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:
Station #1 Coaches Choice Station: (1/2 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.		X O C O O O O O O O O O O O O O O O O O	
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.	 BACKWARD STRIDING ready position make a full extended "C" with one leg, returning to ready position alternate legs 	XX XX	 COMMON ERRORS straightening up between strides "bum wiggling" no full extension of the stride feet too far apart
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.	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		Common Errors: heels together knees not bent not "feeling" the fall no full extension of the stride
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"		* x x	

*WATERBREAKS THROUGH OUT THE LESSON WHEN NEEDED



LESSON: TWENTY THREE

OBJECTIVE: PARALLEL STOPS &

TIGHT TURNS

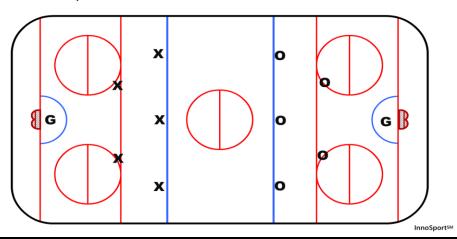
DRILL & EXPLINATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:
Planet Tag: Players are without sticks. Choose 1 or 2 people to be it. If tagged, the player must drop to their knees. Player can be "freed" when a person who is not it, does a tight turn around the tagged player (orbits the planet)		X X B Introdupertial	
Parallel Stops: 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.	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	030	Common Errors: unequal weight distribution on feet feet too close or too far dragging follow up foot knees not bent
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.	Tight Turns: • 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	Insolgant to	Common Errors: • 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
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.	RECEIVING • head up; body behind the ring • keep stick close to the ice; "telescope" the ring with your stick until they meet before your feet	Tree!	 COMMON ERRORS incorrect position of body and stick (not behind the ring) not watching the ring poor anticipation

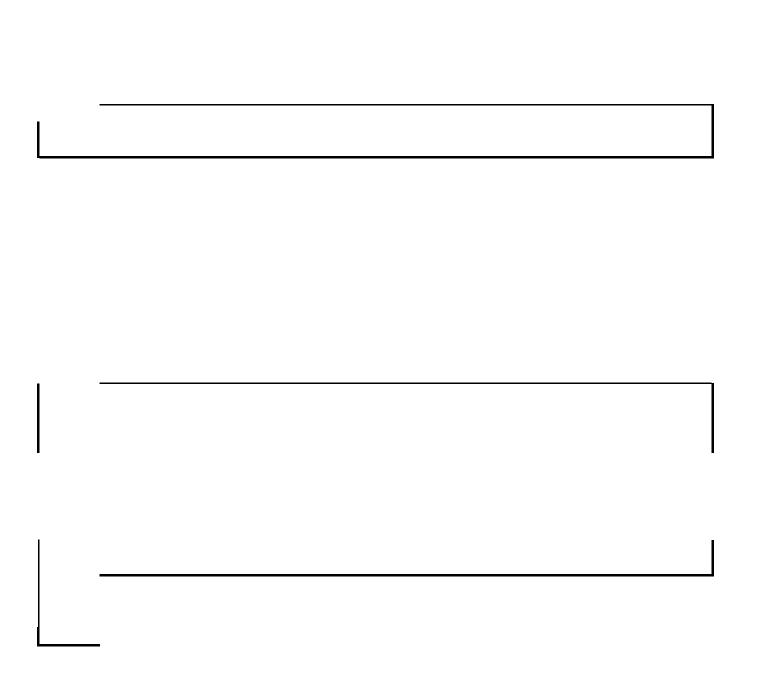
KTU PURPLE DAINE PLAIN						
1 HALF ICE GAME TAKES PLACE ON ONE HALF OF THE ICE, WHILE THERE IS A LESSON ON THE OTHER HALF OF THE ICE.				GAME:	TWENTY THREE	
THE TOE VANCE TAKES TENDE ON ONE TH	ici or the loc, which the	ike is a cessor on the v	THE HALF OF THE ICE.			
To-Do (by Instructor or Coach):	Who's on my Mini Team:					
	1					
Set the game clock for 30 minutes.						
Set up the playing area as indicated below.						
	2					
Notes:	3					
	* To be filled out by one of the Coaches prior to the ice time.					

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Purple Game Rules:

- Will be played 5 on 5 on Full Ice plus a goalie for each squad.
- The Instructor will set the game clock for 30 minutes. The instructor or designated coach will blow the whistle every 2 3 minutes for a line switch.
- Players will be required to pass over each of the blue lines to another player.
- Only the goalie is allowed in the goal crease.
- Players will be introduced to a Centre Free Pass and Offensive Free pass.
- Only 3 players from each squad are allowed in the defensive and offensive zones.





*WATERBREAKS THROUGH OUT THE LESSON WHEN NEEDED



LESSON: TWENTY FOUR

OBJECTIVE:

COACHES CHOICE PRACTICE

DRILL & EXPLINATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS: