

R4U PURPLE LESSON PLAN

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



LESSON: ONE
WEEK: ONE
OBJECTIVE: FORWARD SKATING

R4U PURPLE LESSON PLAN

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



LESSON: TWO
WEEK: ONE
OBJECTIVE: STOPPING & CHECKING

DRILL & EXPLANATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:
<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.</p>	<p>Snowplough Stop: -Skate, glide, push outward with inside edge -Toes pointing in, Heels pointing out -Equal pressure on both feet</p>		<p>Common Errors:</p> <ul style="list-style-type: none"> - Unequal pressure on inside edges - Watching feet - Both knees not bent - Leaning forward instead of leaning back.
<p>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.</p>	<p>Snowplough Stop: -Skate, glide, push outward with inside edge -Toes pointing in, Heels pointing out -Equal pressure on both feet</p>		<p>Common Errors:</p> <ul style="list-style-type: none"> - Unequal pressure on inside edges - Watching feet - Both knees not bent - Leaning forward instead of leaning back.
<p>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.</p>	<p>Sweep Checking: -Position body facing opponent. -Sweep stick across the body from one side to the other. -Contact is made at point where opponents stick meets the ring. -Strong follow through will direct the ring</p>		<p>Common errors to look for and correct:</p> <ul style="list-style-type: none"> • 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)
<p>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 are set up on.</p>	<p>Sweep Checking: -Position body facing opponent. -Sweep stick across the body from one side to the other. -Contact is made at point where opponents stick meets the ring. -Strong follow through will direct the ring</p>		<p>Common errors to look for and correct:</p> <ul style="list-style-type: none"> • 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)

R4U PURPLE LESSON PLAN

**Waterbreaks through out the lesson when needed*



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

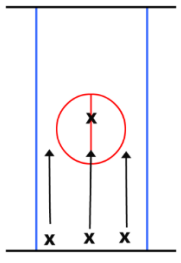
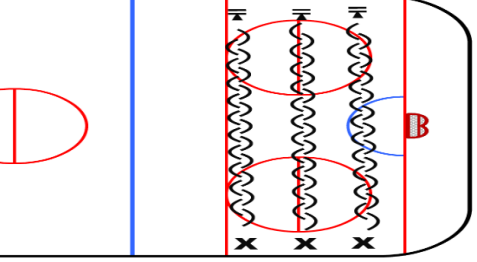
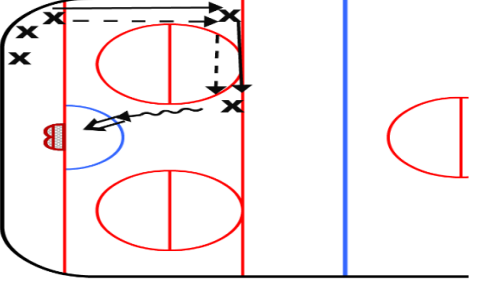
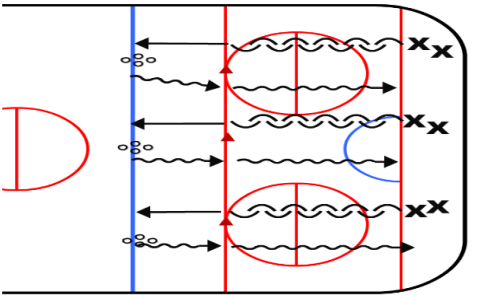
DRILL & EXPLANATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:
<p>Cops & Robbers: All the players are the Robbers and the instructor and coaches are the Cops. The Cops have to "tag" the Robbers. Once tagged the Robbers have to go and sit in the net until a coach or Instructor yells "Jail Break"</p>	<p>Forward Skating</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> <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>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> <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>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>Snowplough Stop:</p> <ul style="list-style-type: none"> -Skate, glide, push outward with inside edge -Toes pointing in, Heels pointing out -Equal pressure on both feet 		<p><i>Common Errors:</i></p> <ul style="list-style-type: none"> - <i>Unequal pressure on inside edges</i> - <i>Watching feet</i> - <i>Both knees not bent</i> - <i>Leaning forward instead of leaning back.</i>

R4U PURPLE LESSON PLAN

**Waterbreaks through out the lesson when needed*



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

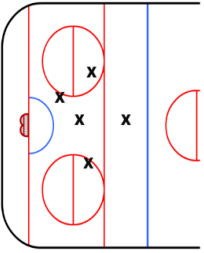
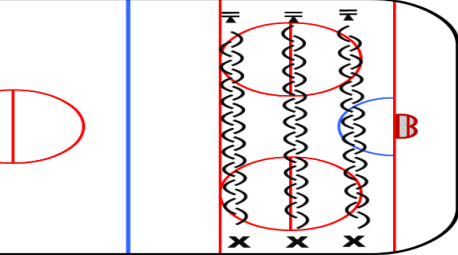

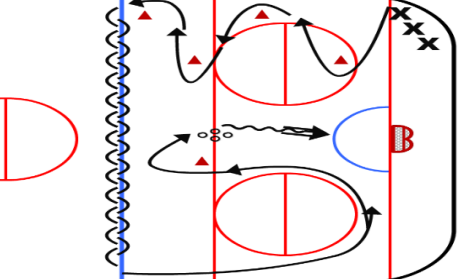
DRILL & EXPLANATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:
<p>Olly Octopus: Coaches pick 1 or 2 players to be in the middle. They must hold hand and call "Olly Octopus". All players begin skating towards them trying to not get tagged. If a player is tagged they join the line to form 1 giant octopus.</p>			
<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>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>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>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.</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

R4U PURPLE LESSON PLAN

**Waterbreaks through out the lesson when needed*



LESSON: FIVE
WEEK: THREE
OBJECTIVE: BACKWARDS SKATING, SWEEP CHECKING & BACKHAND FLIP SHOTS.

DRILL & EXPLANATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:
<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>Sweep Checking: -Position body facing opponent. -Sweep stick across the body from one side to the other. -Contact is made at point where opponents stick meets the ring. -Strong follow through will direct the ring</p>		<p><i>Common errors to look for and correct:</i></p> <ul style="list-style-type: none"> • <i>Stick is swung too forcefully</i> • <i>Stick makes contact too high</i> • <i>Not enough follow through which will force the ring off opponents stick</i> • <i>Check is made on top of the stick rather than underneath (going with opponents stick)</i>
<p>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.</p>	<p>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</p>		<p><i>Common Errors to look for w/ 'V' Stops:</i></p> <ul style="list-style-type: none"> *<i>unequal pushing pressure</i> *<i>both knees not bent</i> *<i>leaning back instead of forward.</i>
<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>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>Backwards Obstacle 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.</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"> -<i>Watching feet</i> -<i>"C" not fully extended (not cutting ice)</i> -<i>Straightening up after start</i>

R4U PURPLE LESSON PLAN

**Waterbreaks through out the lesson when needed*



LESSON: SIX
WEEK: THREE
OBJECTIVE: REVIEW

DRILL & EXPLANATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:
<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>Snowplough Stop: -Skate, glide, push outward with inside edge -Toes pointing in, Heels pointing out -Equal pressure on both feet</p>		<p>Common Errors:</p> <ul style="list-style-type: none"> - Unequal pressure on inside edges - Watching feet - Both knees not bent - Leaning forward instead of leaning back.
<p>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.</p>	<p>Sweep Checking: -Position body facing opponent. -Sweep stick across the body from one side to the other. -Contact is made at point where opponents stick meets the ring. -Strong follow through will direct the ring</p>		<p>Common errors to look for and correct:</p> <ul style="list-style-type: none"> • 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)
<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> <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>Common errors to look for and correct:</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>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>Common Errors:</p> <ul style="list-style-type: none"> -Watching feet - "C" not fully extended (not cutting ice) -Straightening up after start

R4U PURPLE LESSON PLAN

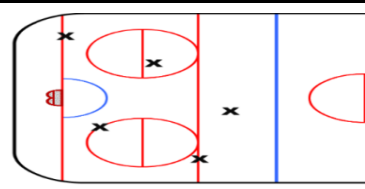
**Waterbreaks through out the lesson when needed*



LESSON: SEVEN
WEEK: FOUR
OBJECTIVE: TIGHT TURNS & PASSING

R4U PURPLE LESSON PLAN

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"



LESSON: EIGHT
WEEK: FOUR
OBJECTIVE: SHOOTING, TIGHT TURNS & PLAYING GOALIE

DRILL & EXPLANATION:

SKILL BREAKDOWN:

DIAGRAM:

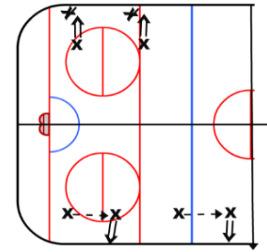
INSTRUCTOR/COACH TIPS:

DIVIDE PLAYERS INTO 3 GROUPS: EACH GROUP SHOULD SPEND 5 MINTUES AT EACH STATION BEFORE 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



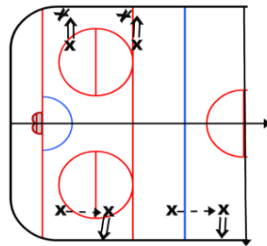
Common errors to look for and correct:

- 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:

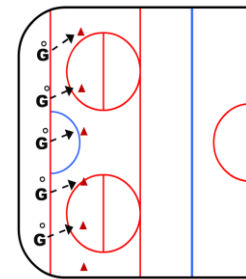
- Same body position as backhand sweep pass
- Arms bent inward; ring closer to your body
- A "shoveling" action from back foot to front foot, releasing by pointing at open area of net



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 #3 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 borads) they also have a pylon to throw too. 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.

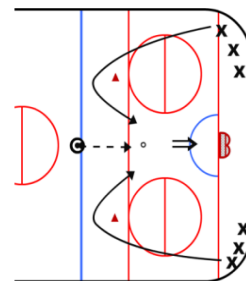


Remind the players it is like throwing a frisbee and aim by pointing your arm & hand where you want the ring to go after you have thrown the ring.

Race for the Ring:
Players are divided into 1 line in each corner. one at a time, 1 player from each corner 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

R4U PURPLE LESSON PLAN

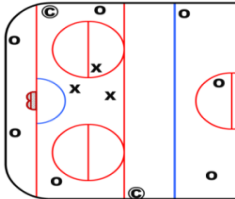
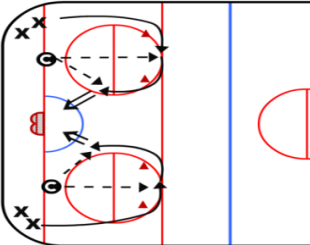
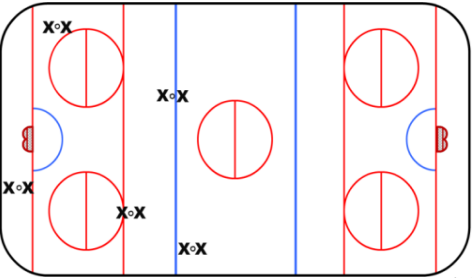
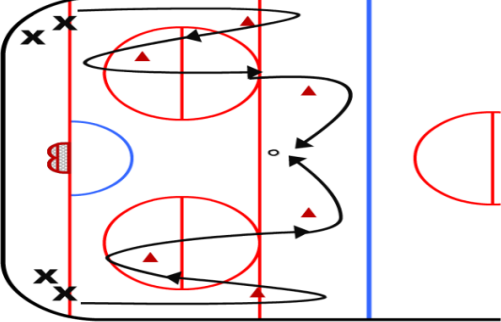
**Waterbreaks through out the lesson when needed*



LESSON: NINE

WEEK: FIVE

OBJECTIVE: RECEIVING THE RING, CHECKING & TIGHT TURNS

DRILL & EXPLANATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:
<p>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.</p>			
<p>Double Pass: Players will skate in the patten 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>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</p>		<p>Common Errors: ☑ <i>incorrect position of body and stick (not behind the ring)</i> ☑ <i>not watching the ring</i> ☑ <i>poor anticipation</i></p>
<p>Partner Checking: Players are broken up into partners. Players take turns checking the ring off of their partner. Then players switch partners.</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 to Look for and Correct:</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>
<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>Tight Turns:</p> <ul style="list-style-type: none"> · 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. 		<p>Common Errors to look for and Correct:</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>

R4U PURPLE LESSON PLAN

**Waterbreaks through out the lesson when needed*



LESSON: TEN

WEEK: FIVE

OBJECTIVE: BACKWARD SKATING AND BACKHAND PASSING

R4U PURPLE LESSON PLAN

**Waterbreaks through out the lesson when needed*



LESSON: ELEVEN

WEEK: SIX

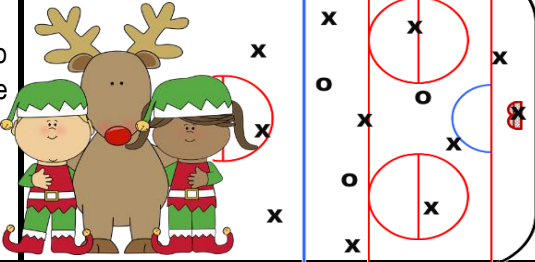
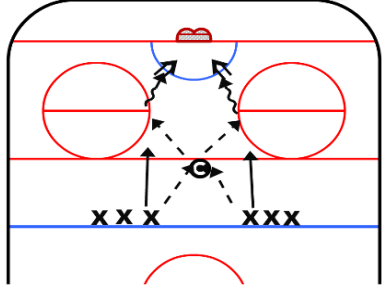
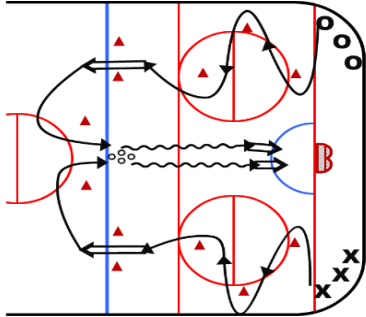
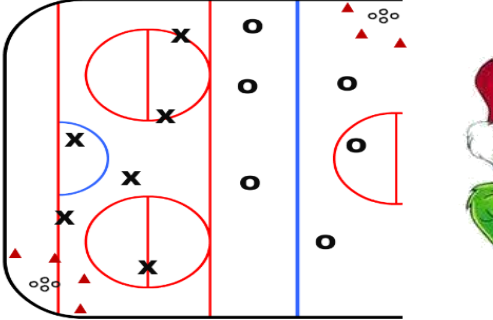

OBJECTIVE: BACKWARDS SKATING & BACKHAND PASSING

R4U SQUAD PARTY LESSON PLAN

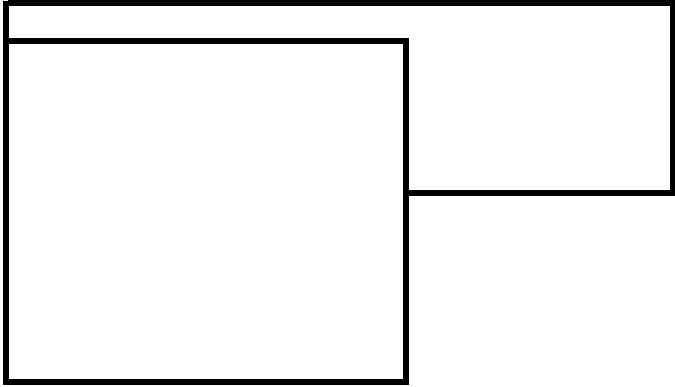


ONE SQUAD IS HAVING THEIR SQUAD PARTY ON HALF THE ICE WHILE THE OTHER SQUAD IS TAKING THEIR REGULARLY SCHEDULED LESSON ON THE OTHER HALF.

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 PURPLE 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.



LESSON: THIRTEEN

OBJECTIVE: GAME RULES, BACKWARD SKATING & STOPPING

R4U PURPLE LESSON PLAN

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.*



LESSON: FOURTEEN

OBJECTIVE: CHECKING & POSITIONS

DRILL & EXPLANATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:
<p>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.</p>	<p>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.</p>		<p>*Instructor to lead this station* ** Demonstrate VERY SLOWLY how to move the ring to the outside of your body when going around the turn**</p>
<p>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 pylon 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.</p>	<p>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</p>		<p>Remind the players to skate when they are trying to carry out the ring because if they keep their feet moving it will be harder for their opponent to check them.</p>
<p>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 girl skates in that direction and should be able to skate away with the ring just by the momentum .</p>	<p>Skating out of the check: * Keep feet Moving * Two hads on the stick</p>		<p>Show the players how to skate out of a check. When two players are fighting for a ring you want to skate in the direction your opponent is pulling on the ring to make it easier for you to get away.</p>
<p>Station #4 Defensive Postitoning: 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 girl at a time being goalie.</p>			<p>*Instructor to lead this station* 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 has 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.</p>

R4U PURPLE LESSON PLAN

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 & EXPLANATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:
<p>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.</p>	<p>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.</p>		<p>^*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.</p>
<p>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.</p>	<p>Introduction to 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>^*Instructor to lead this station*^ 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>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.</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>COMMON ERRORS</p> <ul style="list-style-type: none"> • 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
<p>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.</p>	<p>BACKWARD "C" START:</p> <ul style="list-style-type: none"> - 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 		<p>Common Errors:</p> <ul style="list-style-type: none"> -Watching feet - "C" not fully extended (not cutting ice) -Straightening up after start

R4U PURPLE LESSON PLAN

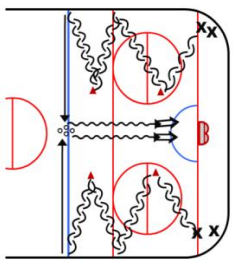
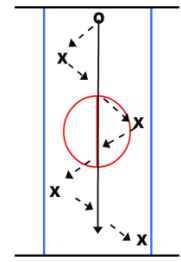
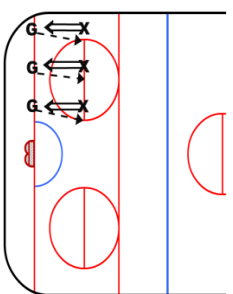
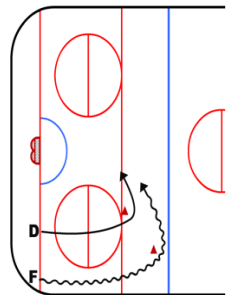
***WATERBREAKS THROUGH OUT THE LESSON WHEN NEEDED**

-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.



LESSON: SIXTEEN

OBJECTIVE: SKATING & TRANSITIONS.

DRILL & EXPLANATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:
<p>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 first player has gotten to the first pylon, the next player in line can go.</p>	<p>Backwards Striding:</p> <ul style="list-style-type: none"> -ready position -make a full extended "C" with one leg, returning to ready position -alternate legs 		<p>^*Instructor to lead this station*^</p> <p>Common Errors:</p> <ul style="list-style-type: none"> -straightening up between strides -“bum wiggling” -no full extension of the stride -feet too far apart <p>*Remind players to keep their heads up and glancing behind them to avoid the pylons.*</p>
<p>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!</p>	<p>Player who is skating through, needs to be calling for the ring and pointing their stick where they want the ring to go.</p>		<p>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</p>
<p>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.</p>	<p>Goalie:</p> <p>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.</p>		
<p>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.</p>	<p>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.</p>		<p>^*Instructor to lead this station*^</p> <p>If the defence is getting beat while they are skating backwards make sure they know that they can turn and go fowards.</p>

R4U PURPLE 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.



LESSON: SEVENTEEN

OBJECTIVE: GAME SITUATIONS & SKATING SKILLS

R4U PURPLE 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.



LESSON: EIGHTEEN

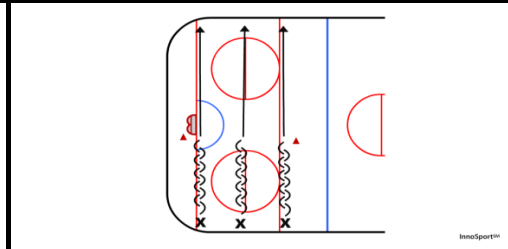
**OBJECTIVE:
ASSESSMENT REVIEW & PREP**

DRILL & EXPLANATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:
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ENSURE YOU ARE BREAKING DOWN EACH SKILL IN A STATION AND PROVIDING FEEDBACK TO EACH PLAYER; WHILE SOME STATIONS ARE SHORTER THAN OTHERS. THIS PROVIDES AN OPPURTUNITY TO ENSURE THAT PLAYERS REALLY UNDERSTAND HOW TO DO A SKILL.

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**

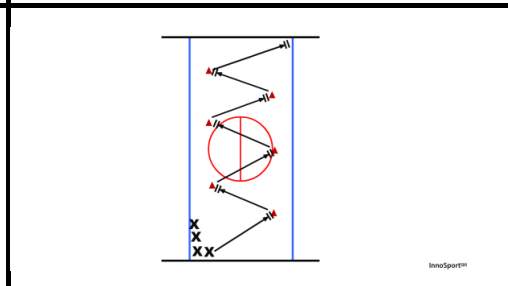


Make sure to switch it up and have players start skating forwards and then transition to backwards at the pylons.

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



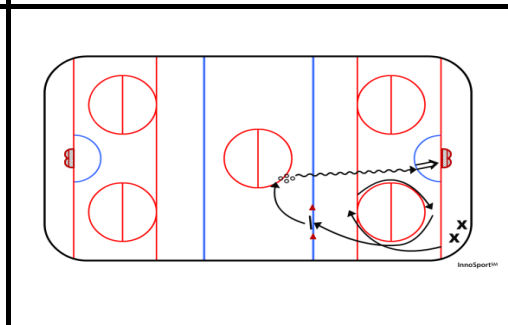
COMMON ERRORS

- *unequal weight distribution on feet*
- *feet too close or too far*
- *dragging 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

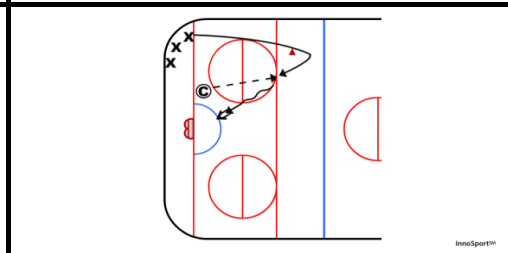


COMMON ERRORS

- *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 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**



Make sure to tell the players what shot to use, have them take a few turns at taking each type of shot.

R4U PURPLE 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.



LESSON: NINETEEN

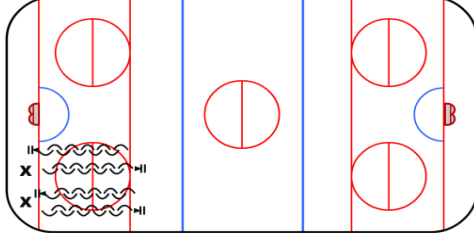
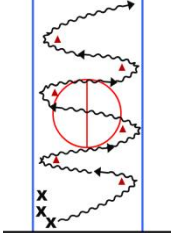
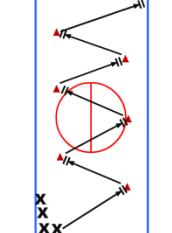
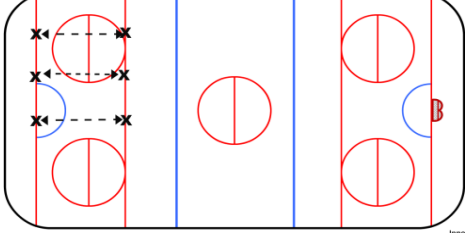
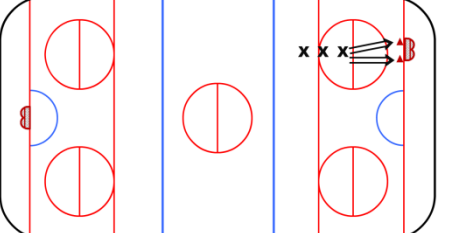
OBJECTIVE: FORWARD/DEFENSE POSITIONS, GOALIE THROWS

R4U PURPLE STAGE ASSESSMENT

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

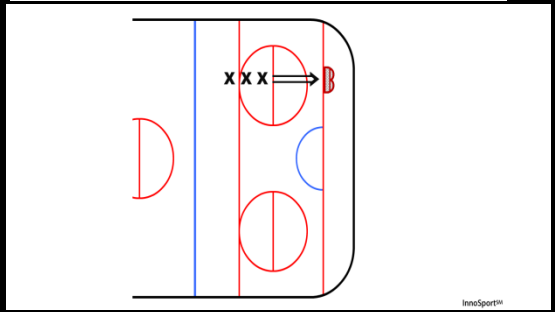
Provide a quick water break after every 2 or 3 drills. It is very important that each drill is completed in this plan.

Most drills will only take a few 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		
<p>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.</p>	<p>Backwards Skating <i>2 players go at a time</i></p>	
<p>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.</p>	<p>Tight Turns & Ring Protection <i>Next player goes after the first player is on their way to the second pylon</i></p>	
<p>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.</p>	<p>Stops & Starts <i>Next player goes after the first player is on their way to the second pylon</i></p>	
RINGETTE SKILLS SECTION		
<p>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.</p>	<p>Receive from a Team mate: Forehand and Backhand</p>	
<p>Hitting a Target - Forehand Sweep - One at a time players will take a shot on net aiming for the pylons.</p>	<p>Forehand Sweep Aim</p>	

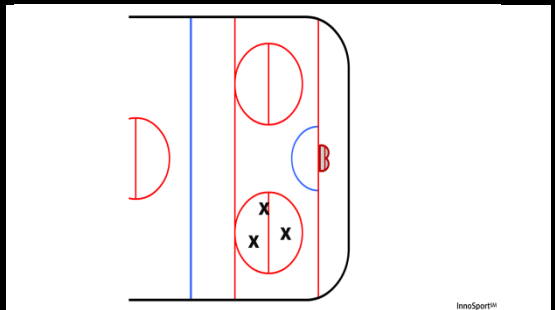
Backhand Flip Shot - One at a time players will take a shot on net.

Backhand 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.

Sweep Checking



R4U PURPLE LESSON PLAN

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



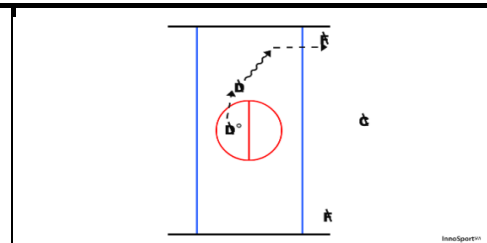
LESSON: TWENTY
OBJECTIVE: RULES & SKATING SKILLS

DRILL & EXPLANATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:
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The purpose of this station is to help re-inforce the rules at this stage: 5 Seconds to pass the ring out of the circle, only 1 player in the circle and passing over the blue lines.

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.

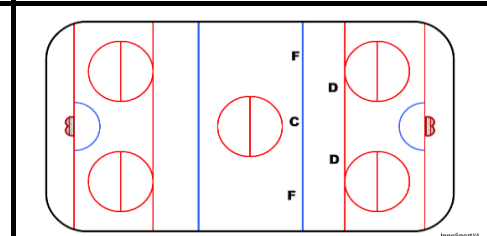
* Allow squads to finish out the Centre Free pass in a scrimmage environment until either the offensive team shoots or the defensive team skates the ring out past the centre red line.



* 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.

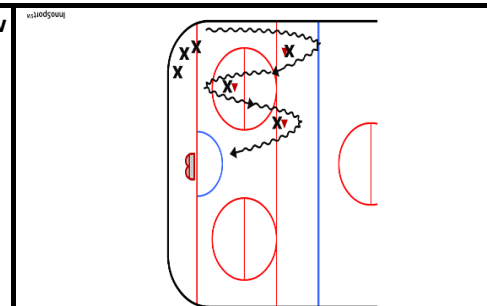


When the player on the other team passes the ring out of the circle, encourage the player closest to the ring to skate towards the ring and check the player who has the ring.

Divide this group in half. Switch after 5 minutes at each station

Station #2-A: Players line up in the corner. A 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.

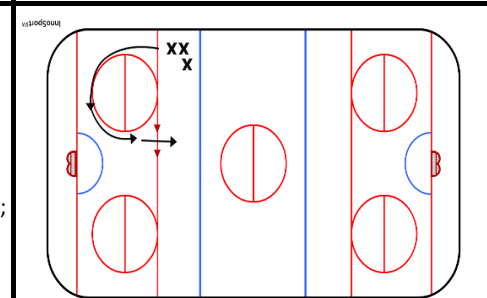
Ring Protection: * Instructors demo how to move around the players while placing your body between the ring and the other player.*



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)

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



COMMON ERRORS

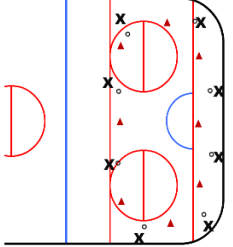
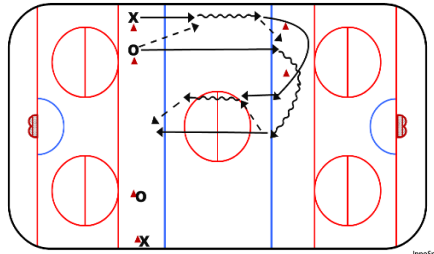
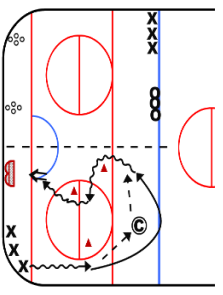
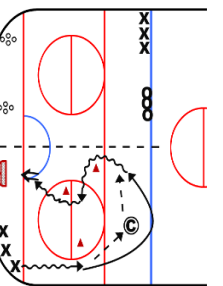
- incorrect foot doing the crossing over
- crossover leg too high
- knees too bent (straight leg)
- leaning out of crossover as opposed to keeping head and shoulders inward weak push off with inside foot results in less power

R4U PURPLE 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.



LESSON: TWENTY-ONE

DRILL & EXPLANATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:
<p>Station #1: Have pylons set up as a track that the girls have to skate around. The girls will be spread out around the track with a ring. Every time they skate by a pylon they have to drop their ring while skating and pick up the ring that was dropped ahead of them. Once they start getting good at it you can ask them to speed up a little more or even make it into a game where if they miss the ring when they are trying to stab it they are out.</p>			
<p>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</p>	<p>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.</p>		
<p>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.</p>	<p>Remind players to put pressure on their stick and to keep their feet moving when they are being checked.</p>		<p><i>Coaches want to make sure that the ring lands just before the goal line to avoid collisions into the boards.</i></p>
<p>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 receive a pass from another player and take a shot.</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>COMMON ERRORS</p> <ul style="list-style-type: none"> • 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

R4U PURPLE LESSON PLAN

***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

R4U PURPLE LESSON PLAN

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



LESSON: TWENTY THREE

OBJECTIVE: PARALLEL STOPS & TIGHT TURNS

R4U PURPLE GAME PLAN

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

To-Do (by Instructor or Coach):

Set the game clock for 30 minutes.
Set up the playing area as indicated below.

Notes:

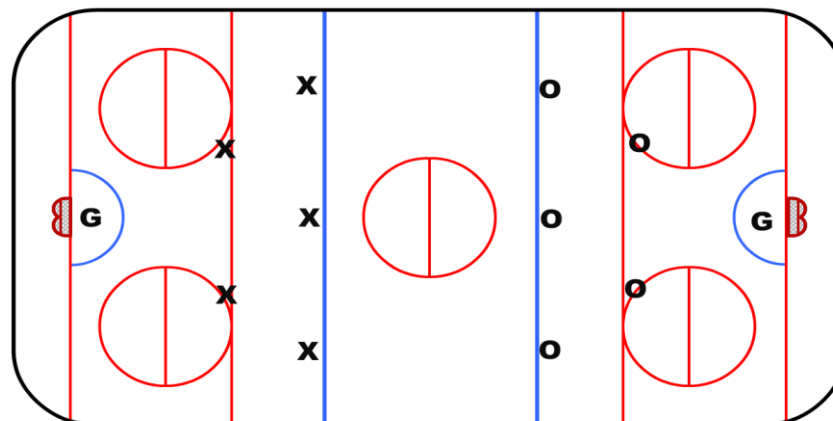
Who's on my Mini Team:

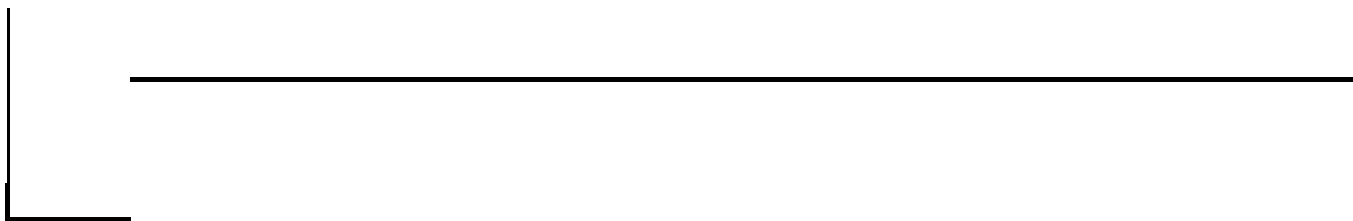
1				
2				
3				

* To be filled out by one of the Coaches prior to the ice time.

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.





R4U PURPLE LESSON PLAN

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



LESSON: TWENTY FOUR

**OBJECTIVE:
COACHES CHOICE PRACTICE**

DRILL & EXPLANATION:

SKILL BREAKDOWN:

DIAGRAM:

INSTRUCTOR/COACH TIPS:

