

R4U RED LESSON PLAN

THIS LESSON IS DESIGNED TO BE COMPLETED IN A ROTATION. PLAYERS WILL ROTATE FROM 1 STATION TO THE NEXT UNTIL ALL PLAYERS HAVE COMPLETED EACH STATION. THEN THE STATIONS WILL CHANGE AND PLAYERS WILL ROTATE AGAIN.



LESSON: ONE

OBJECTIVE:

R4U RED LESSON PLAN

ROTATION #2 - WHEN INTRODUCING NEW SKILLS, MAKE SURE TO BREAK THE SKILL DOWN BEFORE BEGINNING THE DRILL.



LESSON: ONE

OBJECTIVE:

DRILL & EXPLANATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:
<p>Fetch - Line players up on the goal line. Each player puts their stick on the boards. Each player gets a ring. Players throw the ring, skate to it & pick it up. They repeat until they reach the blue 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>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.</p>
<p>Red Light/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>Snowplough Stop: -Skate, glide, push outward with inside edge -Toes pointing in, Heels pointing out -Equal pressure on both feet</p>		<p>Common Errors: - Unequal pressure on inside edges - Watching feet - Both knees not bent - Leaning forward instead of leaning back.</p>
<p>Game - Players are divide with approximately 3 or 4 players on each team.</p>			<p>There are no goalies and no formal rules at this stage. Encourage players to pass to their team mates before taking a shot on net. Coaches may need to introduce creative rules to keep the game even.</p>

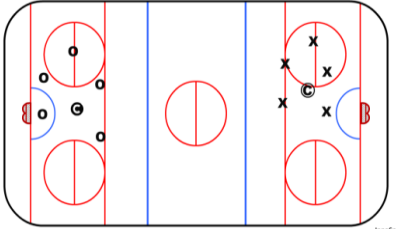
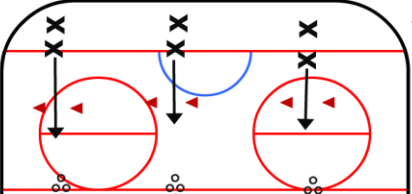
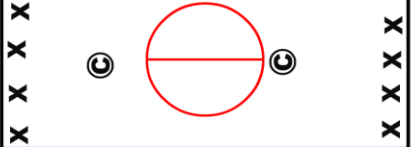
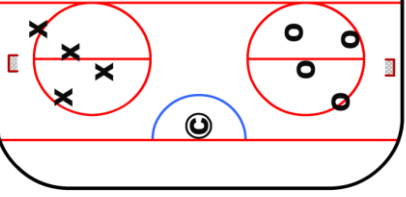
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LESSON: TWO

OBJECTIVE:

DRILL & EXPLANATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:
<p>Freeze Tag - Each squad is on their half of the ice. Their instructor leads the players through a game of Freeze Tag.</p>			<p>Warm-up - 5 minutes</p>
<p>Sliding Relay - Players line up on the goal line in 3 lines. One player from each line goes at a time. They skate to the pylons, slide on their bellies, get back up, pick up a ring and skate back to their line. Then the next player goes.</p>	<p>Forward Skating:</p> <ul style="list-style-type: none"> - First show the proper stance and what the stride should look like (whole/breakdown/whole). - With one leg at a time stride down the ice, concentrate on a full extension of the leg, and having the supporting leg bent. - Return each time into a glide. 		<p>how to stand back up after falling down. Key Teaching Points:</p> <ul style="list-style-type: none"> - Get to your knees - One knee up first - Use stick as stability point to stand back up.
<p>Snow Mountians - Get players to line up along the boards, facing the boards. Players will grab on to the boards & push out their legs to practice their snow plow stops. Their goal is to make a snow mountain by pushing out their feet.</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>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>Game - Players are divide with approximatly 3 or 4 players on each team.</p>			<p>There are no goalies and no formal rules at this stage. Encourage players to pass to their team mates before taking a shot on net. Coaches may need to introduce creative rules to keep the game even.</p>

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LESSON: TWO

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LESSON: THREE

OBJECTIVE:

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LESSON: THREE

OBJECTIVE:

DRILL & EXPLANATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:
<p>Clean your Room - Scatter all the rings around the stations ice surface. Players must pick up all the rings with their sticks and bring them to the instructor whos in the middle of the goalie crease.</p>	<p>Skating with the Ring: *Make sure players keep 2 hands on the stick and their heads up.</p>		
<p>Weaving - Players line up on the blue line with a ring. One at a time they will skate around the pylons and go shoot on net.</p>	<p>Skating with the Ring: *Make sure players keep 2 hands on the stick and their heads up.</p>		
<p>Game - Players are divide with approximatly 3 or 4 players on each team.</p>			<p>There are no goalies and no formal rules at this stage. Encourage players to pass to their team mates before taking a shot on net. Coaches may need to introduce creative rules to keep the game even.</p>

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LESSON: FOUR

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LESSON: FOUR



OBJECTIVE:

DRILL & EXPLANATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:
<p>Keep it in - Have the players pick a spot on the circle. Tell each player who they will be passing to. They pass to a designated player and see how many passes they can get. *Change it up and have players pass to someone different.</p>	<p>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</p>		<p>Common Errors: - Bringing ring too far behind back foot - Release of ring not at front foot - No follow through; not pointing stick in proper direction - Watching ring instead of the target</p>
<p>Partner Passing - Have players pick a partner and line up close together, passing back and forth, as players get better, move each pair farther apart.</p>	<p>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</p>		<p>Common Errors: - Bringing ring too far behind back foot - Release of ring not at front foot - No follow through; not pointing stick in proper direction - Watching ring instead of the target</p>
<p>Game - Players are divide with approximatly 3 or 4 players on each team.</p>			<p>There are no goalies and no formal rules at this stage. Encourage players to pass to their team mates before taking a shot on net. Coaches may need to introduce creative rules to keep the game even.</p>
<p>Garbage - Instructors lead both squads in a game of garbage against each other. The goal is to have fewer rings on your side than the other squad.</p>			

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LESSON: FIVE

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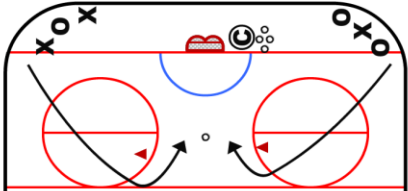
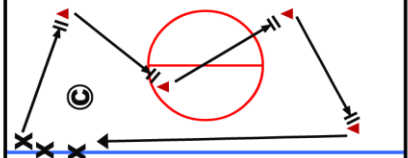
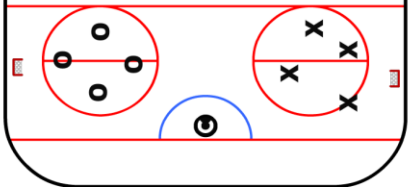
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LESSON: FIVE

OBJECTIVE:

DRILL & EXPLANATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:
<p>Race 4 the Ring - Players line up in each corner. One at a time one player from each line will skate around the pylon towards the ring. The player that gets the ring shoots on net. The player that doesn't, will receive a pass from the instructor so they can shoot on net.</p>			
<p>M Stopping - Players line up on the blue line with a ring. One at a time they skate to every pylon, practicing their stops. Once they reach the last pylon they skate along the blue line 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>Game - Players are divide with approximatly 3 or 4 players on each team.</p>			<p>There are no goalies and no formal rules at this stage. Encourage players to pass to their team mates before taking a shot on net. Coaches may need to introduce creative rules to keep the game even.</p>

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LESSON: SIX

OBJECTIVE:

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LESSON: SIX

OBJECTIVE:

DRILL & EXPLANATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:
<p>Skating with the Ring - Players line up on the ringette line. One at a time they will skate through the pylons as shown and take a shot on net.</p>	<p>Skating with the Ring: *Make sure players keep 2 hands on the stick and their heads up.</p>		
<p>Zig-Zag Stops - Players line up along the blue line. The first player from each line will go, stopping at each pylon with their snow plow stops. Once the first player has reached the first pylon, the next player can go.</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>Game - Players are divide with approximatly 3 or 4 players on each team.</p>			<p>There are no goalies and no formal rules at this stage. Encourage players to pass to their team mates before taking a shot on net. Coaches may need to introduce creative rules to keep the game even.</p>

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LESSON: SEVEN

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LESSON: SEVEN

OBJECTIVE:

DRILL & EXPLANATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:
<p>Shark and Fish - 3/4 players begin skating with the rings in the circles are fishes. 1/4 players are skating without a ring and are the sharks. Once a shark gets the ring they become the fish and the fish becomes the shark.</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>Red Light/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 Snowplough Stops</p>		
<p>Game - Players are divide with approximatly 3 or 4 players on each team.</p>			<p>There are no goalies and no formal rules at this stage. Encourage players to pass to their team mates before taking a shot on net. Coaches may need to introduce creative rules to keep the game even.</p>

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LESSON: EIGHT

OBJECTIVE:

DRILL & EXPLANATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:
<p>Coach Passing - Players will line up by the pylon. One at a time they will pass to their coach, begin skating and get a pass back before shooting on net.</p>	<p>Pass Reception: Arms are extended Player "sights" down the stick to the ring As ring approaches receiver, player continues to sight ring down stick while at same time lowering stick closer to ice and extending arms contacting the ring in front of the body Stick is placed firmly in center of ring and is brought close to body by continued flexing of the arms.</p>		
<p>Follow the Leader - Players will follow the coach or Instructor and try to copy everything that they are doing.</p>			
<p>Game - Players are divide with approximatly 3 or 4 players on each team.</p>			<p>There are no goalies and no formal rules at this stage. Encourage players to pass to their team mates before taking a shot on net. Coaches may need to introduce creative rules to keep the game even.</p>

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LESSON: NINE

OBJECTIVE:

DRILL & EXPLANATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:
<p>Clean your Room - Scatter all the rings around the stations ice surface. Players must pick up all the rings with their sticks and bring them to the instructor whos in the middle of the goalie crease.</p>	<p>Skating with the Ring: *Make sure players keep 2 hands on the stick and their heads up.</p>		
<p>Weaving - Players line up on the blue line with a ring. One at a time they will skate around the pylons and go shoot on net.</p>	<p>Skating with the Ring: *Make sure players keep 2 hands on the stick and their heads up.</p>		
<p>Game - Players are divide with approximatly 3 or 4 players on each team.</p>			<p>There are no goalies and no formal rules at this stage. Encourage players to pass to their team mates before taking a shot on net. Coaches may need to introduce creative rules to keep the game even.</p>

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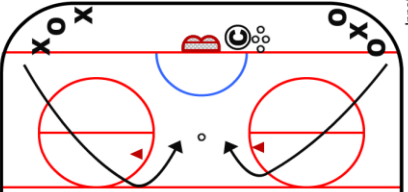
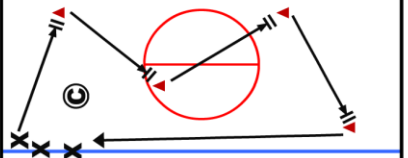
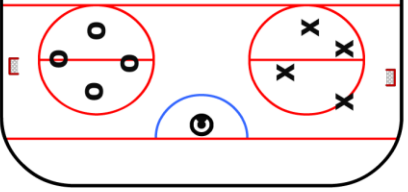
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LESSON: TEN

OBJECTIVE:

DRILL & EXPLANATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:
<p>Race 4 the Ring - Players line up in each corner. One at a time one player from each line will skate around the pylon towards the ring. The player that gets the ring shoots on net. The player that doesn't, will receive a pass from the instructor so they can shoot on net.</p>			
<p>M Stopping - Players line up on the blue line with a ring. One at a time they skate to every pylon, practicing their stops. Once they reach the last pylon they skate along the blue line 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>Game - Players are divide with approximatly 3 or 4 players on each team.</p>			<p>There are no goalies and no formal rules at this stage. Encourage players to pass to their team mates before taking a shot on net. Coaches may need to introduce creative rules to keep the game even.</p>

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LESSON: ELEVEN

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LESSON: ELEVEN

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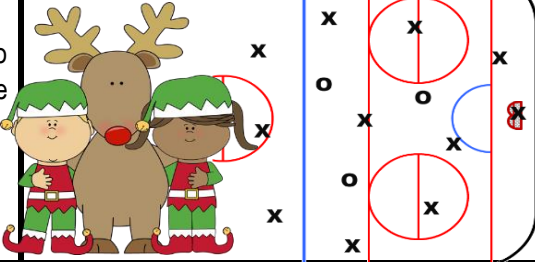
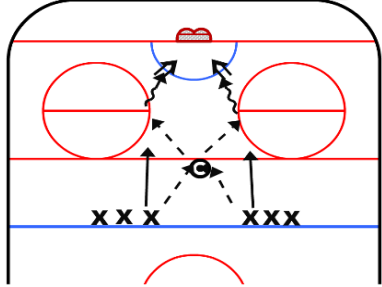
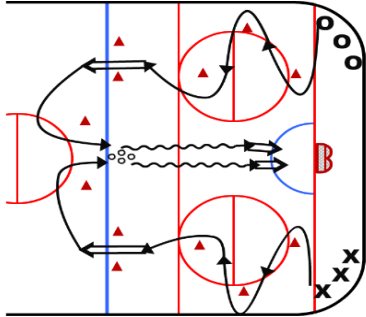
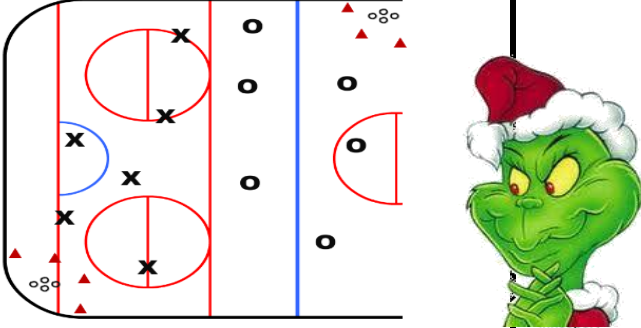
DRILL & EXPLANATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:
<p>Partner Passing - Players line up on the ringette line in 2 lines. The first player from each line will begin skating, passing the ring back and forth until they get to the goal line. Then then will skate to the back of the line and go again.</p>	<p>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</p>		<p>Common Errors: - Bringing ring too far behind back foot - Release of ring not at front foot - No follow through; not pointing stick in proper direction - Watching ring instead of the target</p>
<p>Obstacle Course - Players line up on the blue line/along the boards. Players will skate one at a time through the pylons stopping at each pylon. They will then receive a pass from a coach, skate through the plyons, sliding on their belly and go take a shot trying to hit the pylon.</p>			
<p>Game - Players are divide with approximatly 3 or 4 players on each team.</p>			<p>There are no goalies and no formal rules at this stage. Encourage players to pass to their team mates before taking a shot on net. Coaches may need to introduce creative rules to keep the game even.</p>

R4U SQUAD PARTY LESSON PLAN



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

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

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

R4U RED 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: FORWARD SKATING

DRILL & EXPLANATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:
<p>Station #1 V-Starts: (Run this drill in between the 2 blue lines)</p> <p>Instructor must demonstrate the correct way to do a v-start. Players line up with their backs to the boards and skate forwards stopping at each pylon "line" and starting over until they reach the other side.</p>	<p>V-Starts:</p> <ul style="list-style-type: none"> -Ready Position -Make a "V" with feet (heels don't touch) -Lean into start, at the point where you "feel" you are going to fall, take a few steps -Begin Striding - Proper Grip on the stick 		<p>** This Station is Run by an Instructor**</p> <p>Common Errors:</p> <ul style="list-style-type: none"> • heels together • knees not bent • not "feeling" the fall • no full extension of the stride
<p>Station #2 Follow your pass:</p> <p>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 towards the net and take a shot.</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 		<p>Common Errors:</p> <ul style="list-style-type: none"> - Bringing ring too far behind back foot - Release of ring not at front foot - No follow through; not pointing stick in proper direction - Watching ring instead of the target
<p>Station #3 Tight Turns w/ Ring:</p> <p>Players line up in the corner. The first player begins to skate through the pylon course. Stay as close to 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.</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>** This Station is Run by an Instructor**</p> <p>Common Errors to look for and Correct:</p> <ul style="list-style-type: none"> • 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
<p>Station #4 Stops & Starts:</p> <p>Players start at blue line with rings. Skate to the first pylon goal line and stop. Players skate to next pylon at blue line and stop. The players will then go in and shoot.</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>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.

R4U RED GAME PLAN

3X ONE THIRD ICE GAMES TAKE PLACE, WITH SQUADS DIVIDED EVENLY INTO 3 TEAMS.

GAME: THIRTEEN

WEEK:

To-Do (by Instructor or Coach):

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

Notes:

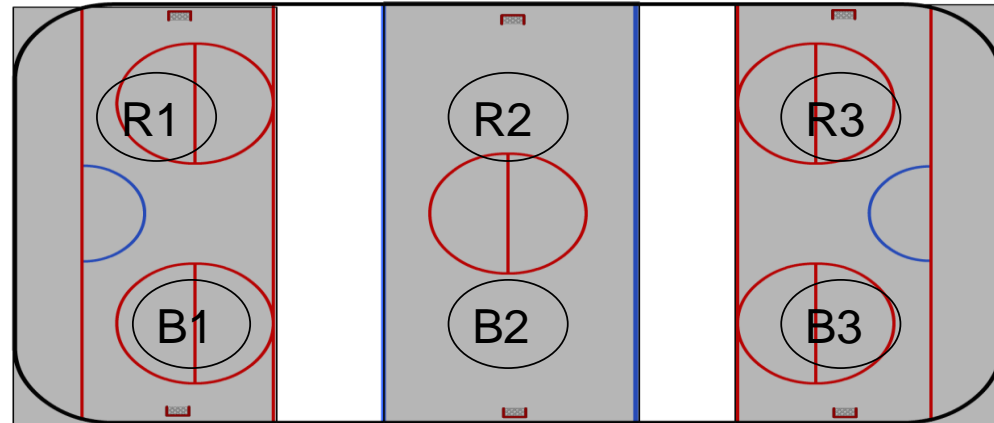
Who's on my Mini Team:

1			
2			
3			

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

Red Game Rules:

- Will be played on 1/3 ice.
- There are no goalies.
- Coaches/Instructors will set up nets/pylons as indicated in the diagram. (see appendix)
- The instructor or designated coach will blow the whistle every 5 minutes to rotate teams.
- After each team from one squad has played each team from the other squad, both squads will stop for a water break, and then go back into their teams to play 3 more games. (This works out to playing for 15 minutes, having a water break, and playing for approximately another 10 - 15 minutes)
- The goal of this game is to keep everyone moving and active. Players may need to break for water during their game play.



R4U RED LESSON PLAN

THIS LESSON IS DESIGNED TO BE COMPLETED WITH ALL PLAYERS PARTICIPATING WITH THEIR SQUAD

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



LESSON: FOURTEEN

OBJECTIVE: FORWARD SKATING & STOPPING

R4U RED GAME PLAN

3X ONE THIRD ICE GAMES TAKE PLACE, WITH SQUADS DIVIDED EVENLY INTO 3 TEAMS.

GAME: FOURTEEN

WEEK:

To-Do (by Instructor or Coach):

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

Notes:

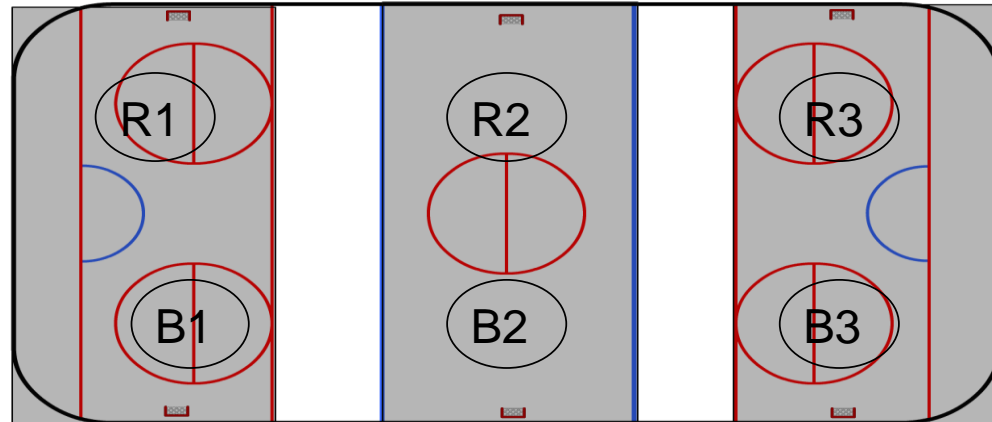
Who's on my Mini Team:

1			
2			
3			

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

Red Game Rules:

- Will be played on 1/3 ice.
- There are no goalies.
- Coaches/Instructors will set up nets/pylons as indicated in the diagram. (see appendix)
- The instructor or designated coach will blow the whistle every 5 minutes to rotate teams.
- After each team from one squad has played each team from the other squad, both squads will stop for a water break, and then go back into their teams to play 3 more games. (This works out to playing for 15 minutes, having a water break, and playing for approximately another 10 - 15 minutes)
- The goal of this game is to keep everyone moving and active. Players may need to break for water during their game play.



R4U RED 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.*^

**Coaches/Instructors can lead a warm up game of choice prior to the ice time.*



Lesson: **Fifteen**

Objective:
Forward Skating & Shooting

R4U RED Game PLAN

3x One third ice games take place, with squads divided evenly into 3 teams.

Game: **Fifteen**

Week:

To-Do (by Instructor or Coach):

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

Notes:

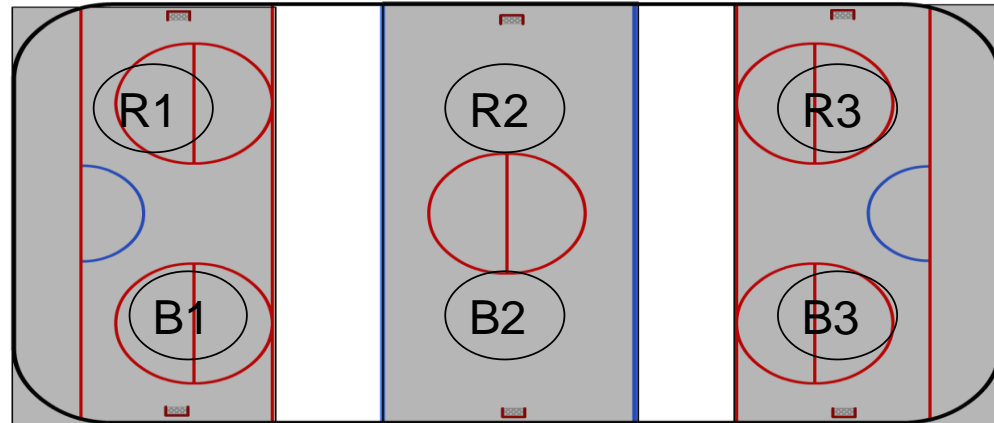
Who's on my Mini Team:

1			
2			
3			

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

Red Game Rules:

- Will be played on 1/3 ice.
- There are no goalies.
- Coaches/Instructors will set up nets/pylons as indicated in the diagram. (see appendix)
- The instructor or designated coach will blow the whistle every 5 minutes to rotate teams.
- After each team from one squad has played each team from the other squad, both squads will stop for a water break, and then go back into their teams to play 3 more games. (This works out to playing for 15 minutes, having a water break, and playing for approximately another 10 - 15 minutes)
- The goal of this game is to keep everyone moving and active. Players may need to break for water during their game play.



InnoSportSM

R4U RED 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: SIXTEEN

OBJECTIVE: CHECKING & INTRO TO BACKWARDS SKATING

DRILL & EXPLANATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:
<p>Station #1: Players line up in 2 lines on the blue line. They skate towards the net, passing back and forth. The final partner to receive the ring will take a backhand shot on net. * Coach should be moving and pretending to be a player from the other team.</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 #2: Pair players up using their own team. The object is to keep the ring away from the other team by passing it around from the other team by passing it around your team. Girls on the opposite team are trying to check the ring away and become the team that is now passing.</p>	<p>Players need to be encouraged to skate around into "open ice" to get open for a pass, and not just stand 2 feet away from the player with the ring.</p> <p>*review forehand sweep passing and sweep checking*</p>		<p>If you can make 5 consecutive passes with your team mates you gain 1 point and then the other team gets a turn to try.</p>
<p>Station #3: Introduction to Backwards Skating</p> <p>Skating: Make sure you go over Backwards Skating. Have the players practice their C-Cuts on the boards before you attempt to actually skate backwards. Then have the players line up and skate backwards to the Ringette line.</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 • weight not completely on starting foot • “C” not fully extended (not cutting ice) • straightening up after start
<p>Station #4: Queens 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 CHECK</p> <ul style="list-style-type: none"> • 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>COMMON ERRORS</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 RED GAME PLAN

3X ONE THIRD ICE GAMES TAKE PLACE, WITH SQUADS DIVIDED EVENLY INTO 3 TEAMS.

GAME: SIXTEEN

WEEK:

To-Do (by Instructor or Coach):

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

Notes:

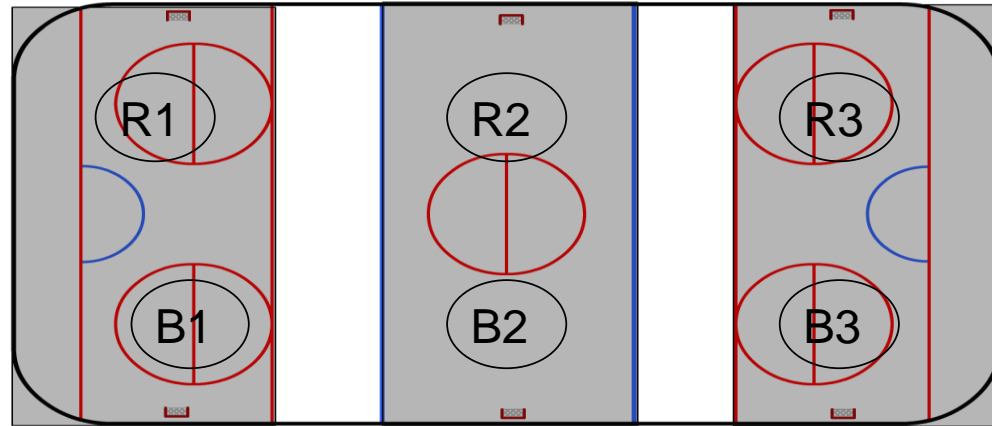
Who's on my Mini Team:

1			
2			
3			

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

Red Game Rules:

- Will be played on 1/3 ice.
- There are no goalies.
- Coaches/Instructors will set up nets/pylons as indicated in the diagram. (see appendix)
- The instructor or designated coach will blow the whistle every 5 minutes to rotate teams.
- After each team from one squad has played each team from the other squad, both squads will stop for a water break, and then go back into their teams to play 3 more games. (This works out to playing for 15 minutes, having a water break, and playing for approximately another 10 - 15 minutes)
- The goal of this game is to keep everyone moving and active. Players may need to break for water during their game play.



R4U RED 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: ASSESSMENT REVIEW

R4U RED GAME PLAN

3X ONE THIRD ICE GAMES TAKE PLACE, WITH SQUADS DIVIDED EVENLY INTO 3 TEAMS.

GAME: SEVENTEEN

WEEK:

To-Do (by Instructor or Coach):

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

Notes:

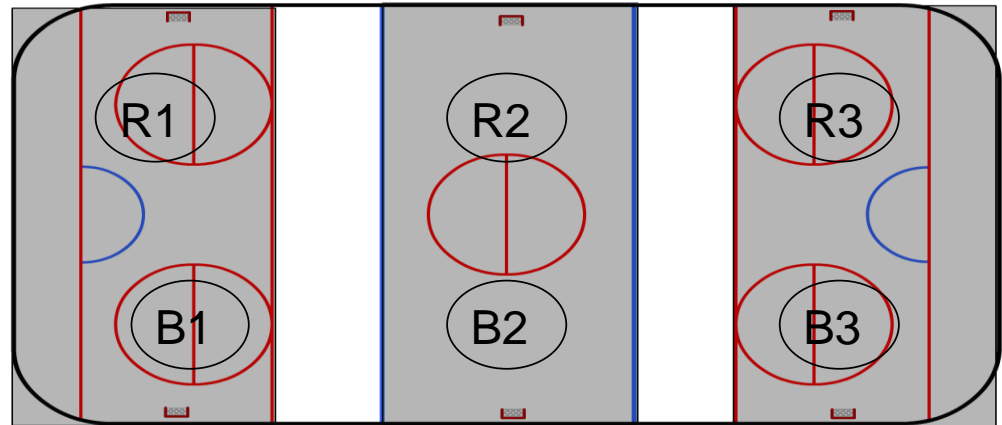
Who's on my Mini Team:

1			
2			
3			

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

Red Game Rules:

- Will be played on 1/3 ice.
- There are no goalies.
- Coaches/Instructors will set up nets/pylons as indicated in the diagram. (see appendix)
- The instructor or designated coach will blow the whistle every 5 minutes to rotate teams.
- After each team from one squad has played each team from the other squad, both squads will stop for a water break, and then go back into their teams to play 3 more games. (This works out to playing for 15 minutes, having a water break, and playing for approximately another 10 - 15 minutes)
- The goal of this game is to keep everyone moving and active. Players may need to break for water during their game play.

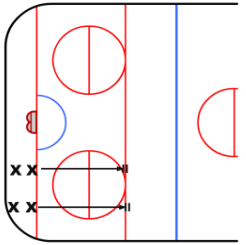
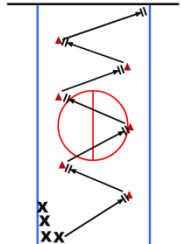
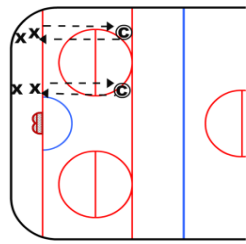
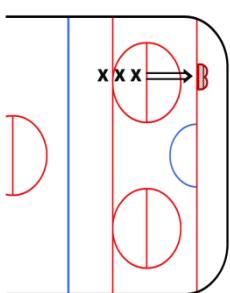
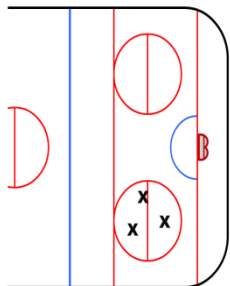


R4U RED STAGE ASSESSMENT

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

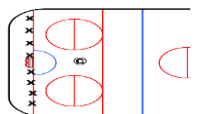
Provide a quick water break after every 2 or 3 drills. It is very important that each drill is completed in this plan.

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>Forward Skating - Players line up in 2 separate lines. The first player from each line skates forward to the blue line; stops. Player skates forwards from the blue line to the goal line and stops.</p>	<p>**HAVE PLAYERS DEMO THE BASIC RINGETTE STANCE & FALLING/GETTING UP** Basic Forward Stride <i>2 players go at a time</i></p>	
<p>Snowplough Stops - 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. Players are all skating with the ring.</p>	<p>Snowplough Stops & Skating with the Ring <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 2 lines. The first player in each line will pass their ring to the coach and then the coach will pass the ring back to the player. Once the player receives the ring, they will go to the back of the line.</p>	<p>**HAVE PLAYERS DEMO THE CORRECT WAY TO HOLD THE STICK FOR A PASS** Passing to a Target / Receiving the Ring from and Instructor</p>	
<p>Forehand Sweep Shot - Once at a time players will take a shot on net.</p>	<p>Forehand Sweep</p>	
<p>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.</p>	<p>Concept of Checking</p>	

R4U RED LESSON PLAN

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.



LESSON: NINETEEN

**OBJECTIVE:
BACKHAND SKILLS**

DRILL & EXPLANATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:
<p>Station #1 Backhand Pass: Instructors go through the correct way to make a backhand pass. Players line up facing the boards with a partner to practice their backhand passes. One player makes a backhand board pass to the other player, continuing back and forth.</p>	<p>Backhand Passing:</p> <ul style="list-style-type: none"> • proper grip; back of the bottom hand facing the target • ring is brought from back foot to front foot with sweeping motion across body (arms fully extended) • weight transfer from back foot to front foot • follow through at front foot 		<p>Common Errors:</p> <ul style="list-style-type: none"> -Pulling ring too far in, causing the ring to be lifted off the ice -improper follow through; not pointing the stick at the target -not releasing ring when arms extended at front foot - watching the ring instead of the target
<p>Station #2 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>SWEEP CHECK</p> <ul style="list-style-type: none"> • 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>COMMON ERRORS</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>Station #3 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>Station #4 Have two girls line up in one line and the rest line up in the line closest to the net. The girls closest to the net have the rings. The first girl who does not have a ring starts to skate and the first girl who has a ring makes a lead pass to her and then goes and lines up in the line without rings and so on. Have the girl who received the lead pass skate around the pylon and go and take a shot.</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 starts at back skate brought to front skate where it is then released • follow through; transfer weight from back foot to front foot • point at target with stick upon release 		<p>COMMON ERRORS</p> <ul style="list-style-type: none"> • bringing ring too far behind back foot • release of ring not at front foot • no follow through; not pointing stick in the proper direction • watching ring instead of the target

Have all players come together for a giant game of Freeze tag before starting the mini ringette games.

R4U RED GAME PLAN

3X ONE THIRD ICE GAMES TAKE PLACE, WITH SQUADS DIVIDED EVENLY INTO 3 TEAMS.

GAME: NINETEEN

To-Do (by Instructor or Coach):

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

Notes:

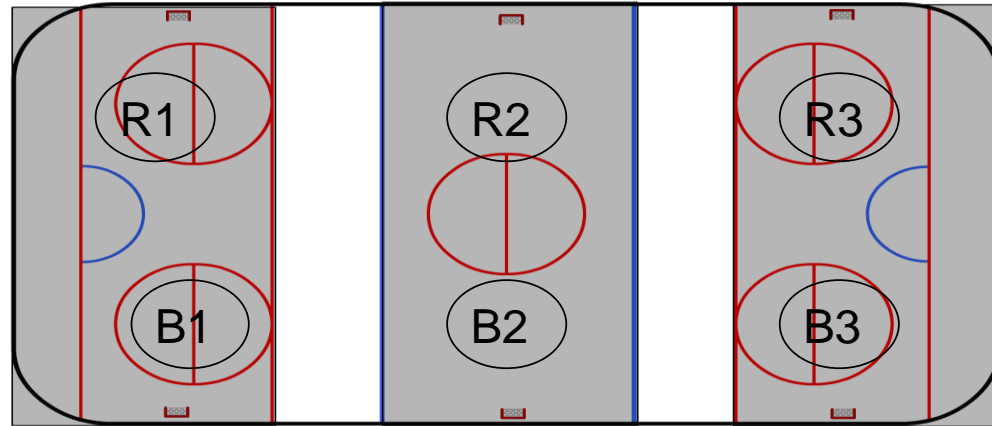
Who's on my Mini Team:

1			
2			
3			

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

Red Game Rules:

- Will be played on 1/3 ice.
- There are no goalies.
- Coaches/Instructors will set up nets/pylons as indicated in the diagram. (see appendix)
- The instructor or designated coach will blow the whistle every 5 minutes to rotate teams.
- After each team from one squad has played each team from the other squad, both squads will stop for a water break, and then go back into their teams to play 3 more games. (This works out to playing for 15 minutes, having a water break, and playing for approximately another 10 - 15 minutes)
- The goal of this game is to keep everyone moving and active. Players may need to break for water during their game play.



R4U RED 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

Objective: Forward Skating & Ring Skills.

Bring all the players together for a game of British Bulldog. Have players line up along the boards by the benches and use the ice between the 2 ringette lines as your surface.

Drill & Explanation:	Skill Breakdown:	Diagram:	Instructor/Coach Tips:
<p>Station #1: Race for the Ring: Players line up in each corner, when the coach yells "Go" the first player from each line will race around the pylon to get to the ring. The player who doesn't get the ring will chase and check the player who has it.</p>	<p>RING HANDLING</p> <ul style="list-style-type: none"> • two hands on the stick at all times • ready position with head up for good balance • when carrying ring always be sure your body is between the ring and the opposing player • apply pressure on the stick to avoid an easy check 		<p>COMMON ERRORS</p> <ul style="list-style-type: none"> • hands too close or too far apart (judge by performance) • watching the ring causes one to be off balance • not having a firm grip; nor adequate pressure on the stick • skating with one hand on the stick while in possession of the ring
<p>Station #2: Red/Green Light: Players line up against the boards. When the Instructor yells green light, players skate forward. When the Instructor yells red light, players must stop. When the Instructor yells yellow light, players stop and turn around in a circle. When the Instructor yells purple light, players stop and drop to their knees and get back up.</p>	<p>FORWARD STRIDING</p> <ul style="list-style-type: none"> • ready position • full push outward extending one leg, using all joints (hip, knee, ankle, toes) returning leg to ready position • alternate legs • arm motion should be forward (running motion) 		<p>COMMON ERRORS</p> <ul style="list-style-type: none"> • weak push; partial extension • dragging feet on return • straightening up between strides (bobbing) • stance too wide
<p>Station #3: Backhand Partner Passing: Have players divide up into partners, players then practice passing back and forth to each other, using the backhand sweep pass.</p>	<p>BACKHAND SWEEP PASS</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>COMMON ERRORS</p> <ul style="list-style-type: none"> • pulling ring too far in, causing the ring to be lifted off the ice • improper follow through; not pointing the stick at the target • not releasing ring when arms extended at front foot, causing a weak pass • watching the ring instead of the target
<p>Station #4: Passing in Motion: Players line up as indicated. The first player will pass the ring to the coach, and begin to skate towards the boards. The coach will pass the ring back to the player and the player will go in and take a shot on net.</p>	<p>RECEIVING</p> <ul style="list-style-type: none"> • head up; body behind the ring • keep stick close to the ice; "telescope" the ring with your stick until they meet before you feet 		<p>COMMON ERRORS</p> <ul style="list-style-type: none"> • incorrect position of body and stick (not behind the ring) • not watching the ring • poor anticipation

R4U RED Game PLAN

3x One third ice games take place, with squads divided evenly into 3 teams.

Game: Twenty

Week:

To-Do (by Instructor or Coach):

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

Notes:

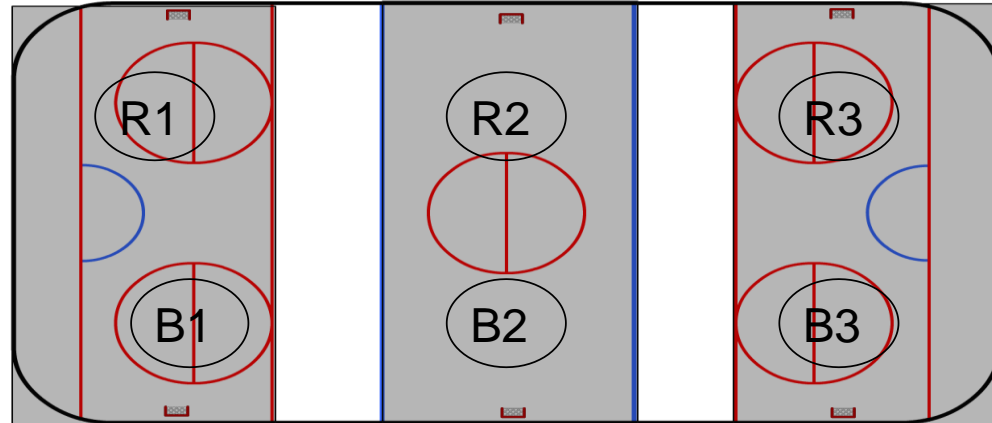
Who's on my Mini Team:

1			
2			
3			

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

Red Game Rules:

- Will be played on 1/3 ice.
- There are no goalies.
- Coaches/Instructors will set up nets/pylons as indicated in the diagram. (see appendix)
- The instructor or designated coach will blow the whistle every 5 minutes to rotate teams.
- After each team from one squad has played each team from the other squad, both squads will stop for a water break, and then go back into their teams to play 3 more games. (This works out to playing for 15 minutes, having a water break, and playing for approximately another 10 - 15 minutes)
- The goal of this game is to keep everyone moving and active. Players may need to break for water during their game play.



R4U RED LESSON PLAN

*Waterbreaks through out the lesson when needed
 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.

-This



Lesson: Twenty One

Objective: Backwards Skating & Ring Skills

Have all players come together for a giant game of Freeze tag before starting the mini ringette games.

R4U RED Game PLAN

3x One third ice games take place, with squads divided evenly into 3 teams.

Game: Twenty One

To-Do (by Instructor or Coach):

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

Notes:

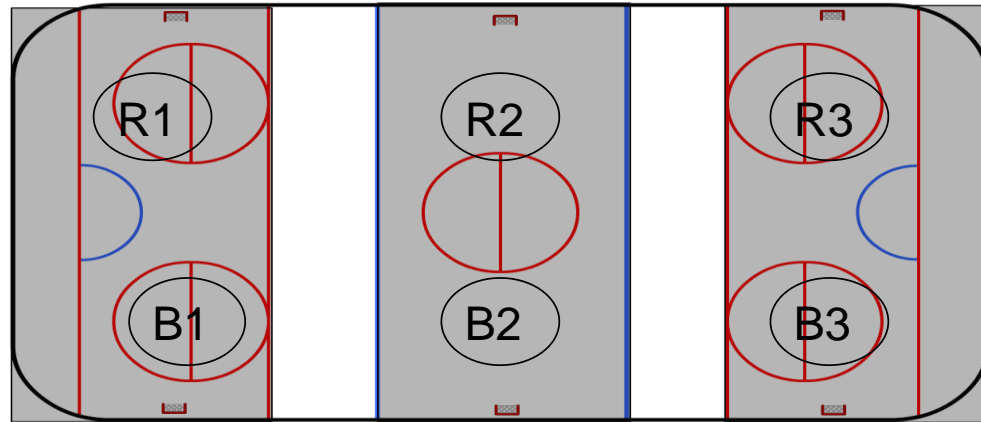
Who's on my Mini Team:

1			
2			
3			

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

Red Game Rules:

- Will be played on 1/3 ice.
- There are no goalies.
- Coaches/Instructors will set up nets/pylons as indicated in the diagram. (see appendix)
- The instructor or designated coach will blow the whistle every 5 minutes to rotate teams.
- After each team from one squad has played each team from the other squad, both squads will stop for a water break, and then go back into their teams to play 3 more games. (This works out to playing for 15 minutes, having a water break, and playing for approximately another 10 - 15 minutes)
- The goal of this game is to keep everyone moving and active. Players may need to break for water during their game play.



R4U RED LESSON PLAN

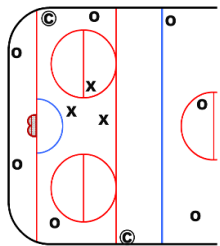
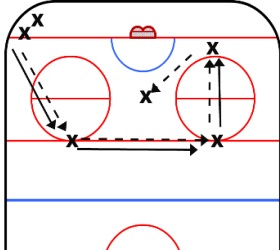
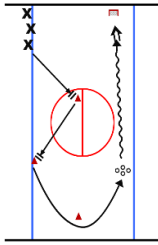
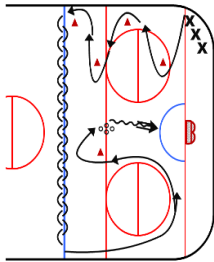
***WATERBREAKS THROUGH OUT THE LESSON WHEN NEEDED**

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 TWO

**OBJECTIVE: FORHAND SWEEP
PASSING & SHOOTING**

DRILL & EXPLANATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:
<p>Target Game: Players skate around the in a circle. Coaches/Instructors will be in the middle with rings. Coaches are trying to hit the players in the skate with a ring, players are trying to avoid getting hit with the ring. After the game is done, switch and have coaches/Instructors skate around and have the players aim for them</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 starts at back skate brought to front skate where it is then released • follow through; transfer weight from back foot to front foot • point at target with stick upon release 		<p>COMMON ERRORS</p> <ul style="list-style-type: none"> • bringing ring too far behind back foot • release of ring not at front foot • no follow through; not pointing stick in the proper direction • watching ring instead of the target
<p>Follow your pass: Players line up in the corner, with other players lined up as indicated. The first player in line will pass the ring to the first player, and then follow their pass to that position. The player with the ring will pass to the next player, etc. Always following their pass to the next position. The final player will shoot the ring and get pack in 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 starts at back skate brought to front skate where it is then released • follow through; transfer weight from back foot to front foot • point at target with stick upon release 		<p>COMMON ERRORS</p> <ul style="list-style-type: none"> • bringing ring too far behind back foot • release of ring not at front foot • no follow through; not pointing stick in the proper direction • watching ring instead of the target
<p>Stops & Starts: Players will line up as indicated. The first player will begin by skating to the first pylon and stopping. Then the player will skate to the next pylon and stop. Now the player will skate around the last pylon, pick up a ring and take a shot on net.</p>	<p>SNOWPLOW STOP</p> <ul style="list-style-type: none"> • skate , glide, push outward with inside edges • (toes in, heels out) • equal pressure on both feet. 		<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>Backwards Obstical Course: Players line up in the corner. The first player will skate through the pylons, staying as close to the pylon as they can. The player will then skate backwards along the blue line, go around the circle & pylon, pick up a ring and take a shot on net. Once the first player is at the 2nd pylon, the next player can go.</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 • weight not completely on starting foot • "C" not fully extended (not cutting ice) • straightening up after start

Play 1 Game of the Coach / Instructors Choice before starting the games.

R4U RED GAME PLAN

3X ONE THIRD ICE GAMES TAKE PLACE, WITH SQUADS DIVIDED EVENLY INTO 3 TEAMS.

GAME: TWENTY TWO

WEEK:

To-Do (by Instructor or Coach):

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

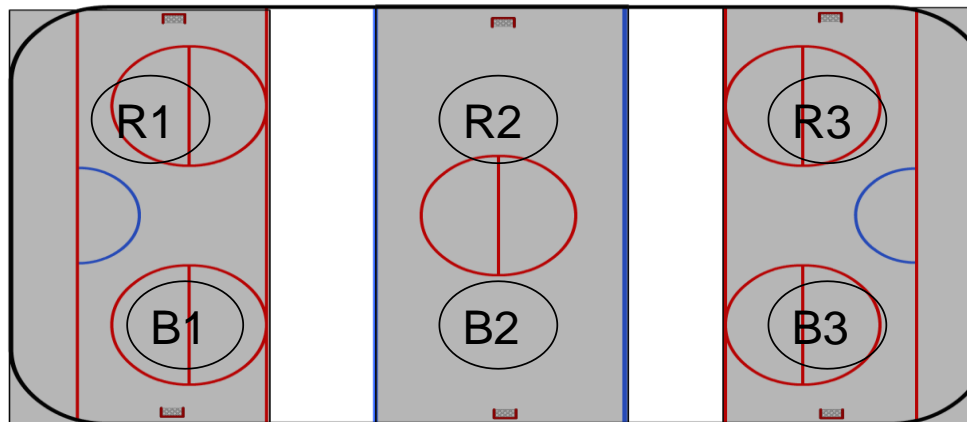
Notes:

Who's on my Mini Team:

1				
2				
3				
* To be filled out by one of the Coaches prior to the ice time.				

Red Game Rules:

- Will be played on 1/3 ice.
- There are no goalies.
- Coaches/Instructors will set up nets/pylons as indicated in the diagram. (see appendix)
- The instructor or designated coach will blow the whistle every 5 minutes to rotate teams.
- After each team from one squad has played each team from the other squad, both squads will stop for a water break, and then go back into their teams to play 3 more games. (This works out to playing for 15 minutes, having a water break, and playing for approximately another 10 - 15 minutes)
- The goal of this game is to keep everyone moving and active. Players may need to break for water during their game play.



R4U RED 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 THREE

**OBJECTIVE:
PASSING & RING HANDLING**

DRILL & EXPLANATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:
<p>Station #1: (Top Station): Players line up in the corner. Coach/Instructor stand at the pylons. Players take turns skating through the pylons, protecting the ring from the coaches/instructors.</p>	<p>Protecting the Ring: Players will practice keeping their bodies between the checker and the ring.</p>		
<p>Station #2: (Bottom Station): Players line up in the corner. The first player will skate to the first pylon and make a stop, before skating to the boards and making a stop. Player continues stoping at each pylon and the boards. One the first player gets to the first pylon, the next player can go.</p>	<p>SNOWPLOW STOP</p> <ul style="list-style-type: none"> • skate , glide, push outward with inside edges • (toes in, heels out) • equal pressure on both feet. 		<p>COMMON ERRORS</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>
<p>Station #3: Players line up as directed with a ring. The first player will pass the ring to the coach and begin skating before receiving a pass back from the coach. Then the player will skate in and take a shot.</p>	<p>RINGHANDLING</p> <ul style="list-style-type: none"> • two hands on the stick at all times • ready position with head up for good balance • hands should remain in a comfortable position for maneuverability • when carrying ring always be sure your body is between the ring and the opposing player • apply pressure on the stick to avoid an easy check 		<p>COMMON ERRORS</p> <ul style="list-style-type: none"> • <i>hands too close or too far apart (judge by performance)</i> • <i>watching the ring causes one to be off balance</i> • <i>not having a firm grip; nor adequate pressure on the stick</i> • <i>skating with one hand on the stick while in possession of the ring</i>
<p>Station #4: Players skate around the boards making passes to themselves, practicing making passes and receiving them.</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 starts 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>RECEIVING</p> <ul style="list-style-type: none"> • head up; body behind the ring • keep stick close to the ice; “telescope” the ring with your stick until they meet before your feet

Play 1 Game of the Coach / Instructors Choice before starting the games.

R4U RED GAME PLAN

GAME: TWENTY THREE

3X ONE THIRD ICE GAMES TAKE PLACE, WITH SQUADS DIVIDED EVENLY INTO 3 TEAMS.

WEEK:

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.				

Red Game Rules:

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