

Ringette Practice Plan

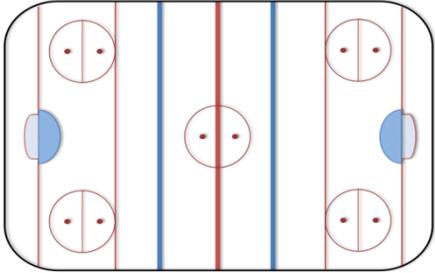
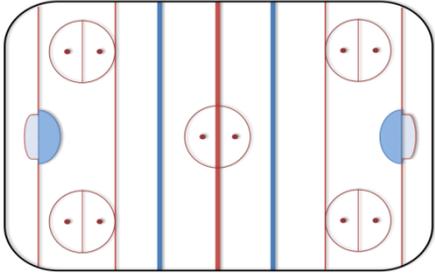
Team/ Level: _____ Date: _____ Time: _____ to _____

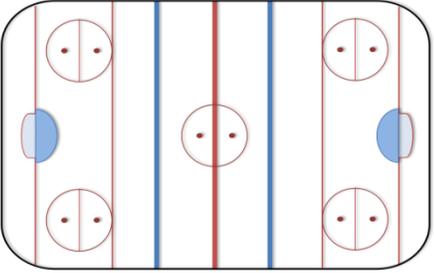
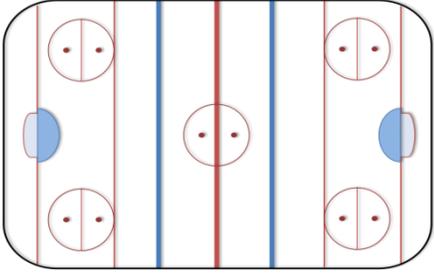
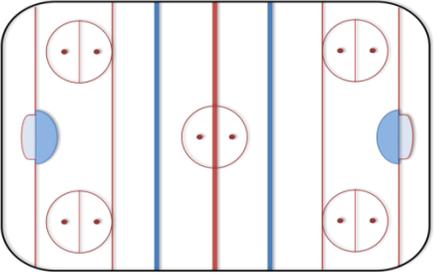
Arena: _____ Number of Athletes: _____

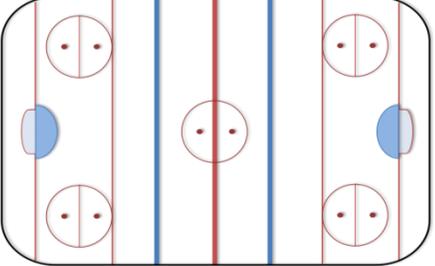
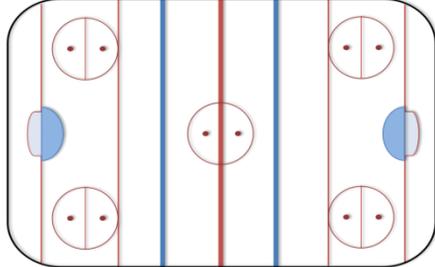
Equipment Needed: _____

Goal(s): Team _____

Goalkeeper Focus: _____

Time	Activity	Diagrams
Off-ice Pre Practice Duration:	Drill Name: Objective:	Location:
On Ice Warm-Up Total Duration:	Drill Name: _____ Duration: _____ Objective: Description: Key Points:	
	Drill Name: _____ Duration: _____ Objective: Description: Key Points:	

	<p>Drill Name: _____ Duration: _____</p> <p>Objective:</p> <p>Description:</p> <p>Key Points:</p>	
<p>Main Part Total Duration:</p>	<p>Drill Name: _____ Duration: _____</p> <p>Objective:</p> <p>Description:</p> <p>Key Points:</p>	
	<p>Drill Name: _____ Duration: _____</p> <p>Objective:</p> <p>Description:</p> <p>Key Points:</p>	

	<p>Drill Name: _____ Duration: _____</p> <p>Objective:</p> <p>Description:</p> <p>Key Points:</p>	
<p>Cool-Down Duration:</p>	<p>Drill Name: _____</p> <p>Objective:</p> <p>Description:</p> <p>Key Points:</p>	
<p>Off-ice Post Practice Duration:</p>	<p>Drill Name: _____</p> <p>Objective:</p>	<p>Location:</p>