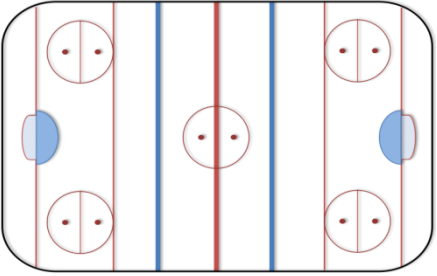
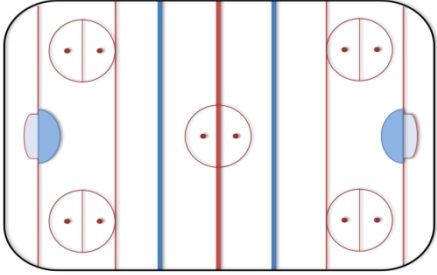
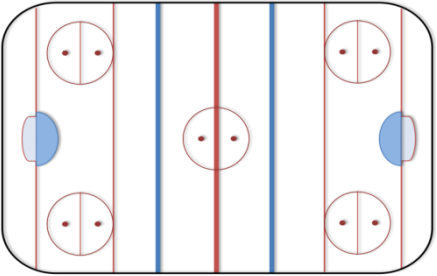


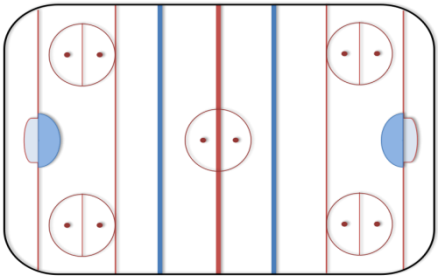
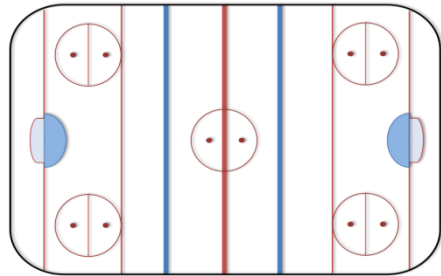


Ringette Practice Plan

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: _____	

	Drill Name: _____ Duration: _____ Objective: _____ Description: _____ Key Points: _____	
Main Part 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>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>