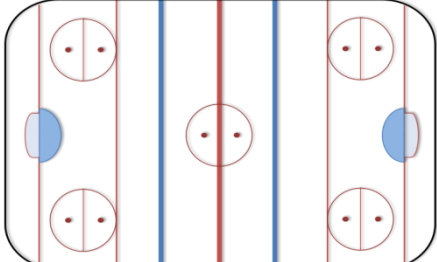
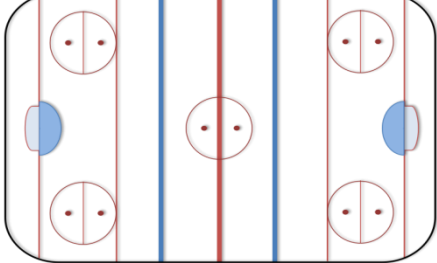
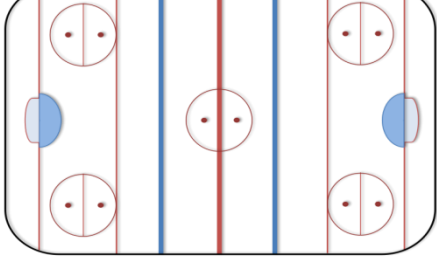
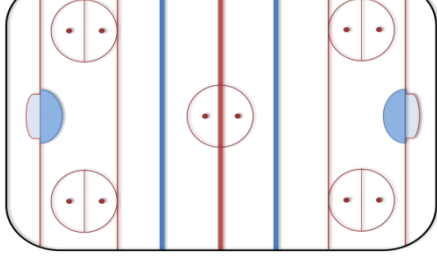


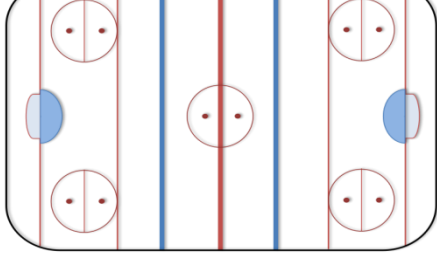



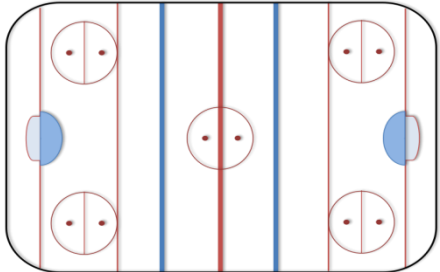
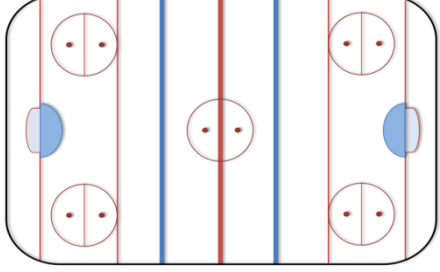
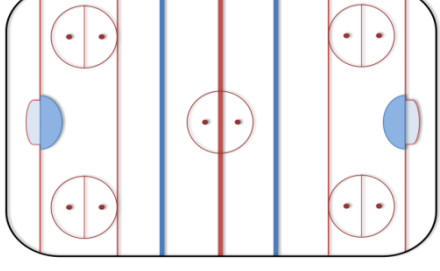
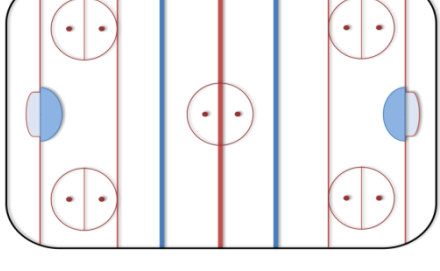
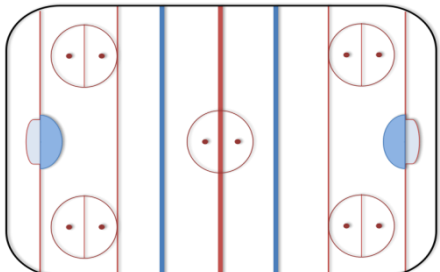
Ringette Practice Plan

Team: _____ Date: _____ Time: _____ to _____

Arena: _____ Equipment Needed: _____

Goal(s): _____

Time	Activity	Diagrams
5min <i>Off-ice in dressing room</i>	Introduction	
Warm-Up 10-15min	Description	
	Key Points	
	Description	
	Key Points	
	Description	
	Key Points	
Main Part 30-45min	Description	
	Key Points	

	<p>Description</p> <p>Key Points</p>	
	<p>Description</p> <p>Key Points</p>	
	<p>Description</p> <p>Key Points</p>	
	<p>Description</p> <p>Key Points</p>	
<p>Cool-Down 5-10min</p>	<p>Description</p> <p>Key Points</p>	
<p>Conclusion 5min <i>Off-ice in dressing room</i></p>		