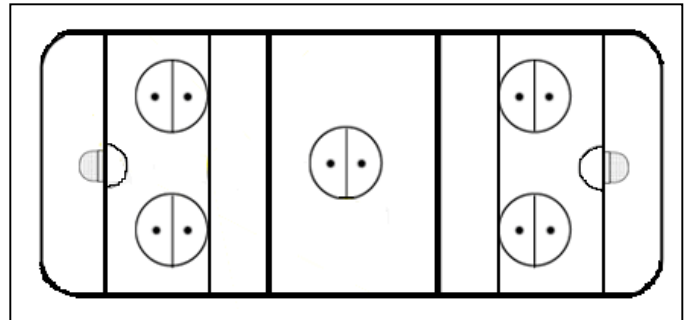


RINGETTE NOVA SCOTIA PRACTICE PLAN

Practice Plan Pg. ___ of ___
Date: _____ Group / Level: _____ Coaches: _____
Objectives / Goals: _____

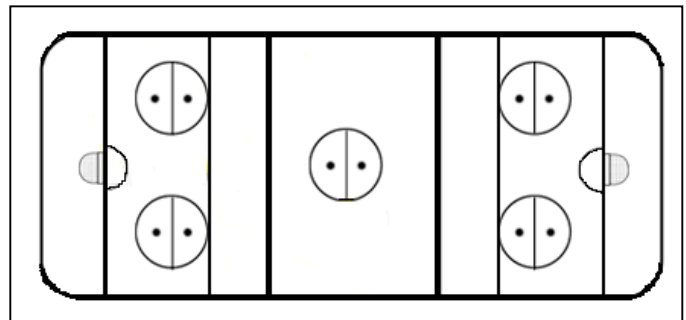
Activity: _____ Time: _____



Key Teaching Points:

Key Execution Points:

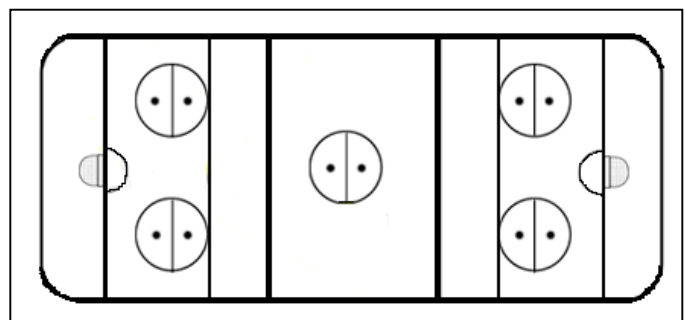
Activity: _____ Time: _____



Key Teaching Points:

Key Execution Points:

Activity: _____ Time: _____



Key Teaching Points:

Key Execution Points:
