

# Ringette Practice Plans Worksheet

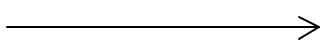
Date: \_\_\_\_\_

½ Ice

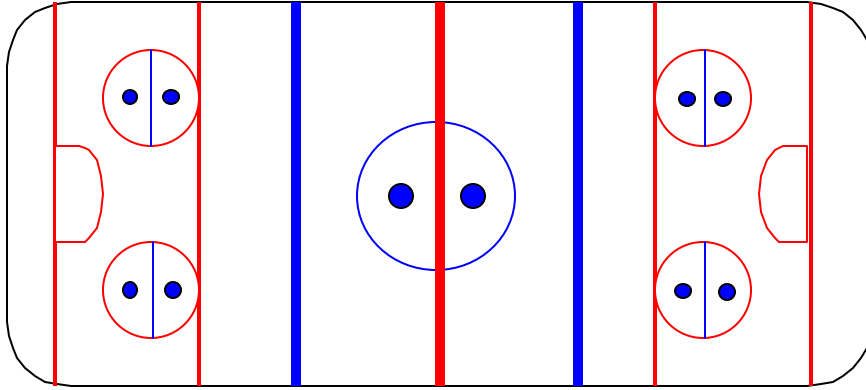
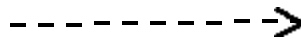
Full Ice

(Circle One)

Skating



Passing



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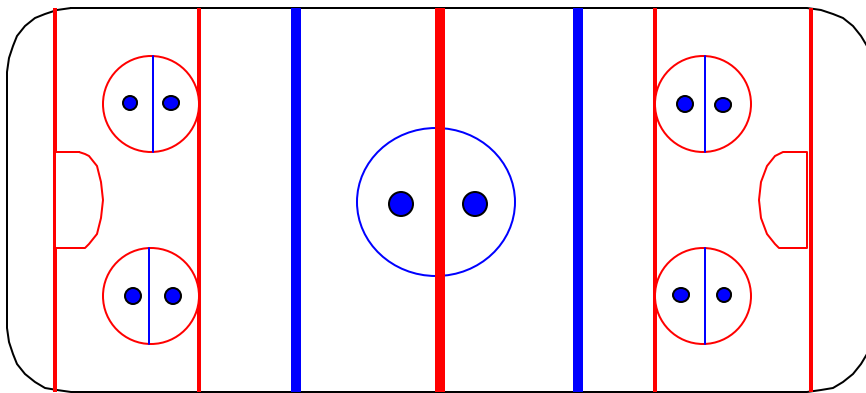
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Description: \_\_\_\_\_

Duration: \_\_\_\_\_



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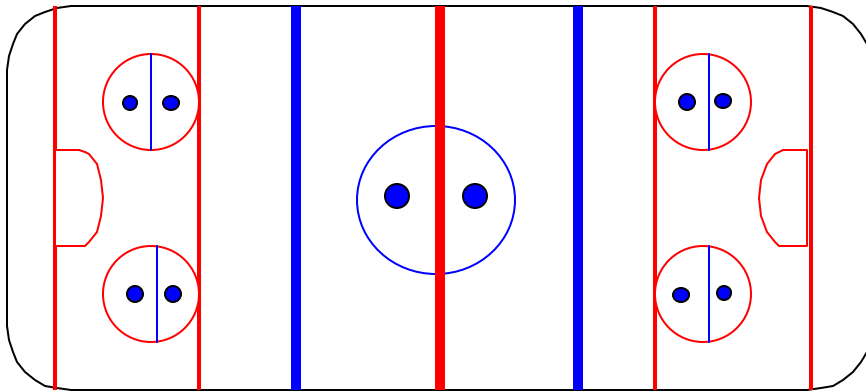
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Description: \_\_\_\_\_

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Description: \_\_\_\_\_

Duration: \_\_\_\_\_