

As a coach, you have a major influence on your athletes. Not only will you affect the development of their skills and long-term enjoyment of the sport, you will also play a role in their development as individuals. It is important that you have effective resources to help you. The Coaching Association of Canada, in partnership with the national sport organizations, compiled the following coaching tips.

# Ringette and/or Floor Hockey Toolbox



## Practice Plan

Goal of the practice: \_\_\_\_\_

Equipment needed: \_\_\_\_\_

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

### Introduction (2–3 minutes)

### Warm-up (5–10 minutes)

Description of Activities	Key Points

### Main Part (30–45 minutes)

Description of Activities	Key Points	Diagram

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### Practice Plan (continued)

### Cool-Down (5–10 minutes)

### Conclusion (2–3 minutes)