



2020-21 NOVICE HOCKEY LEAGUE COYOTES 9-14 YEARS OLD

Sundays – 6:30-7:30PM
SEPTEMBER 13 – MARCH 14

SEPTEMBER – OCTOBER






SKATING

-  Proper stance
-  Strides & Balance
-  Stopping
-  Turning & Crossovers
-  Backwards Skating

GAME NIGHT
OCT. 25

NOVEMBER – DECEMBER

PUCK SKILLS

-  Stick Handling
-  Passing
-  Shooting
-  Skating Review
-  Puck Skills Review

GAME NIGHT
DEC. 20

CANCELLED CLASSES
DEC. 27 / JAN. 3





JANUARY – FEBRUARY

REVIEW & STRATEGIES




-  Skating Review
-  Puck Skills Review
-  Passing & Shooting
-  Offensive Play
-  Defensive Play
-  Team Play

GAME NIGHT
FEB. 7 / MAR. 14



TIPS TO WORK ON AT HOME

-  Work on proper technique using roller blades
-  Balancing Drills
-  Sprints
-  Relay Races

TIPS TO WORK ON AT HOME

-  Use tennis balls to work on puck control
-  Set up a net at home to practice various shots – Slap shots, wrist shots and backhand
-  Play pass of a wall with tennis ball

TIPS TO WORK ON AT HOME

-  Play organized games with friends/family
-  Watch professional hockey games – pay close attention to players positioning
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