



**2022-23 NOVICE HOCKEY LEAGUE
MIGHTY DUCKS 5-7 YEARS OLD**

**FRIDAYS – 6:15-7:15PM
SEPTEMBER 9 – MARCH 17**

SEPTEMBER – OCTOBER

SKATING

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

**GAME NIGHT
OCT. 28**

TIPS TO WORK ON AT HOME

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

NOVEMBER – DECEMBER

PUCK SKILLS

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

**GAME NIGHT/PARENTS
NIGHT**

DEC. 9/DEC. 16

**CANCELLED CLASSES
DEC. 23 / DEC. 30 / JAN. 20**

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

JANUARY – FEBRUARY

REVIEW & STRATEGIES

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

**GAME NIGHT
FEB. 3 / MAR. 17**

TIPS TO WORK ON AT HOME

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