



**2020-21 NOVICE HOCKEY LEAGUE  
MIGHTY DUCKS 5-7 YEARS OLD**

**FRIDAYS – 6:30-7:30PM  
SEPTEMBER 11 – MARCH 12**

**SEPTEMBER – OCTOBER**

**SKATING**

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

**GAME NIGHT  
OCT. 30**

**NOVEMBER – DECEMBER**

**PUCK SKILLS**

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

**GAME NIGHT  
DEC. 18**

**CANCELLED CLASSES  
DEC. 25 / JAN. 1 / JAN. 15**

**JANUARY – FEBRUARY**

**REVIEW & STRATEGIES**

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

**GAME NIGHT  
FEB. 5 / MAR. 12**

**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