



2022-23 NOVICE HOCKEY LEAGUE SHARKS 7-9 YEARS OLD

Sundays – 5:45-6:45PM
SEPTEMBER 11 – MARCH 12

SEPTEMBER – OCTOBER






SKATING

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

GAME NIGHT
OCT. 23

NOVEMBER – DECEMBER

PUCK SKILLS

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

GAME NIGHT/PARENTS NIGHT

DEC. 11/Dec. 18

CANCELLED CLASSES
DEC. 25 / JAN. 1





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