



2023-24 NOVICE HOCKEY LEAGUE SHARKS 7-9 YEARS OLD

**SUNDAYS –5:45-6:45PM
SEPTEMBER 10 – MARCH 10**

SEPTEMBER – OCTOBER

Key Skill: Skating

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

GAME NIGHT
OCT. 1

TIPS TO WORK ON AT HOME

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

NOVEMBER – DECEMBER

Key Skills: Puck Skills

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

**GAME NIGHT/PARENTS
NIGHT**

OCT. 29/DEC. 3/DEC. 17

CANCELLED CLASSES
DEC. 24 / DEC. 31 / JAN. 7

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

JANUARY – FEBRUARY

**Key Skills: Strategy and
Gameplay**

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

GAME NIGHT
JAN. 28/FEB. 25/

MAR. 10

TIPS TO WORK ON AT HOME

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