



**2020-21 NOVICE HOCKEY LEAGUE
SHARKS 7-9 YEARS OLD**

**Sundays – 5:00-6:00PM
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