



# 2019-2020

## Novice Hockey League

# COYOTES 9-14YRS

SESSION	Sundays 7:00-8:00 pm	ACTIVITY
1	Sept 8	Equipment check, skating
2	Sept 15	Skating, strides, balance
3	Sept 22	Skating, stopping
4	Sept 29	Stopping, turning
5	Oct 6	Turning, crossovers
6	Oct 13	Backwards skating, backwards crossovers
7	Oct 20	Skating review
8	Oct 27	<b>GAME NIGHT</b>
9	Nov 3	Stick handling, passing
10	Nov 10	Shooting
11	Nov 17	Skating Review
12	Nov 24	Puck Review
13	Dec 1	Puck and Stick handling Review
14	Dec 8	<b>GAME NIGHT</b>
15	Dec 15	<b>PARENTS' NIGHT</b>
***	Dec 22 – No Class	<b>CANCELLED for WINTER HOLIDAYS!</b>
***	Dec 29 – No Class	<b>CANCELLED for WINTER HOLIDAYS!</b>
16	Jan 5	Skating and Puck Review
17	Jan 12	Power Skating Agility
18	Jan 19	Passing and Shooting Review
19	Jan 26	<b>GAME NIGHT</b>
20	Feb 2	Offensive Play
21	Feb 9	Defensive Play
22	Feb 16	Defensive Play
23	Feb 23	Break Outs and Neutral Zone Re-Groups
24	Mar 1	Team Positional play
25	Mar 8	<b>PARENTS' NIGHT</b>
26	Mar 15	<b>GAME NIGHT</b>

### Please note:

- Instructors may change skill days depending on class progression.
- Game and Parents' Day dates will not change.
- There are no Cancellations for holidays except as noted.

\* Parent and Child Hockey Sunday's 4:45-5:45 pm drop-in.

\* **NHL GAME DAYS** – Starts after the season Sundays in April & May 1:45-2:45pm

\* Find this information and more at [www.oakbay.ca/parks-recreation/programs/novice-hockey-league](http://www.oakbay.ca/parks-recreation/programs/novice-hockey-league)