



2019-2020

Novice Hockey League

SHARKS 7-9YRS

SESSION	Sundays 5:45-6:45pm	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	GAME NIGHT
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	GAME NIGHT
15	Dec 15	PARENTS' NIGHT
***	Dec 22 – No Class	CANCELLED for WINTER HOLIDAYS!
***	Dec 29 – No Class	CANCELLED for WINTER HOLIDAYS!
16	Jan 5	Skating and Puck Review
17	Jan 12	Power Skating Agility
18	Jan 19	Passing and Shooting Review
19	Jan 26	GAME NIGHT
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	PARENTS' NIGHT
26	Mar 15	GAME NIGHT

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