



2025-26 NOVICE HOCKEY LEAGUE MIGHTY DUCKS 5-7 YEARS OLD

FRIDAYS – 6:00-7:00PM
SEPTEMBER 12 – MARCH 13

SEPTEMBER – OCTOBER

Key Skill: Skating

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

GAME NIGHT
OCT. 3

NOVEMBER – DECEMBER

Key Skills: Puck Skills

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

**GAME NIGHT/PARENTS
NIGHT**

OCT. 24/NOV. 21/**DEC. 19**

CANCELLED CLASSES
DEC. 26 / JAN. 2 / JAN. 16

JANUARY – FEBRUARY

**Key Skills: Strategy and
Gameplay**

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

GAME NIGHT
JAN. 30 / FEB. 27/
MAR. 13

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

TIPS TO WORK ON AT HOME

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