



2025-26 NOVICE HOCKEY LEAGUE SHARKS 7-9 YEARS OLD

**SUNDAYS – 5:45-6:45PM
SEPTEMBER 14 – MARCH 8**

SEPTEMBER – OCTOBER

Key Skill: Skating

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

GAME NIGHT
Oct. 5

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. 26/NOV. 23/**DEC. 21**

CANCELLED CLASSES
DEC. 28 / JAN. 4

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. 25/FEB. 22/
MAR. 8

TIPS TO WORK ON AT HOME

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