



2026-27 NOVICE HOCKEY LEAGUE SHARKS 7-9 YEARS OLD

SUNDAYS – 5:45-6:45PM
SEPTEMBER 13 – MARCH 14

SEPTEMBER – OCTOBER

Key Skill: Skating

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

GAME NIGHT
OCT. 4

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. 25/NOV. 29/**DEC. 13**

CANCELLED CLASSES
DEC. 20/ Dec.27/ JAN. 3

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

JANUARY – FEBRUARY

Key Skills: Strategy and Gameplay

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

GAME NIGHT
JAN. 31/ FEB. 28/ MAR.
14

TIPS TO WORK ON AT HOME

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