



**2024-25 NOVICE HOCKEY LEAGUE
COYOTES - 9-14 YEARS OLD**

**SUNDAYS –7:00-8:00PM
SEPTEMBER 8 – MARCH 9**

SEPTEMBER – OCTOBER

Key Skill: Skating

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

GAME NIGHT

SEP. 29

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. 27/NOV. 24/**DEC. 15**

**CANCELLED CLASSES
DEC. 22 / DEC. 29 / JAN. 5**

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. 26/FEB. 23/

MAR. 9

TIPS TO WORK ON AT HOME

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