



**2024-25 NOVICE HOCKEY LEAGUE
MIGHTY DUCKS 5-7 YEARS OLD**

**FRIDAYS – 6:00-7:00PM
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**

NOV. 1/NOV. 29/**DEC. 20**

**CANCELLED CLASSES
DEC. 27 / JAN. 3 / JAN. 17**

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. 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