



**2024-25 NOVICE HOCKEY LEAGUE  
SHARKS 7-9 YEARS OLD**

**SUNDAYS –5:45-6:45PM  
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