

## SESSION #2

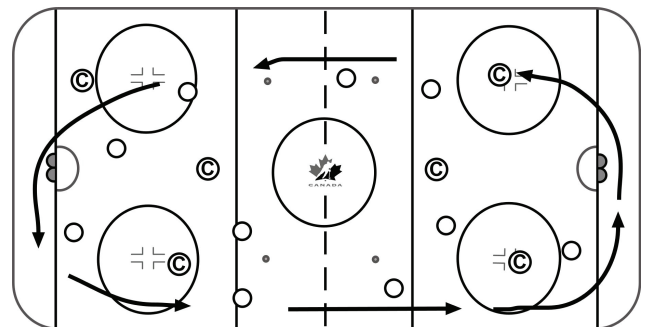
# U7 Introduction Sessions

**Note:** For any of the skating drills, add a puck to make it more difficult, depending on the skill level of the players.

Drills can be adapted to use the entire ice surface or as stations, depending on the number of players.

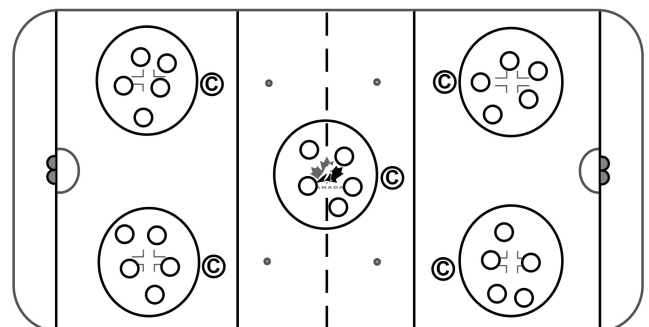
### Free Skate 5 MINS

Coaches should skate among players, talking to as many as possible; make them feel comfortable, help as needed. Give parents time to get kids on ice for the first time.



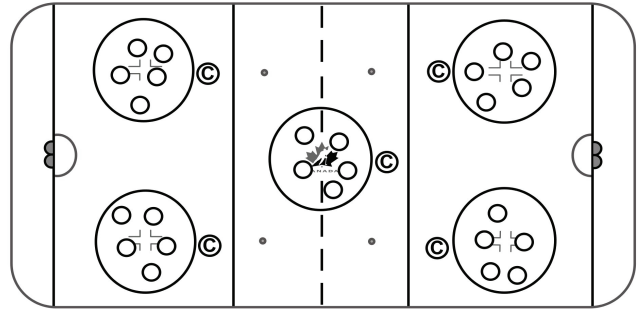
### Hockey Stance & Balance 10 MINS

- Divide the players into five equal groups, utilizing the face-off circles.
- Based on ability of the players, progress through each of the four skills below with players staying in the same circle.
  1. Make snow
  2. Jumping on two feet
  3. Jumping on one foot
  4. Jump from skate to skate



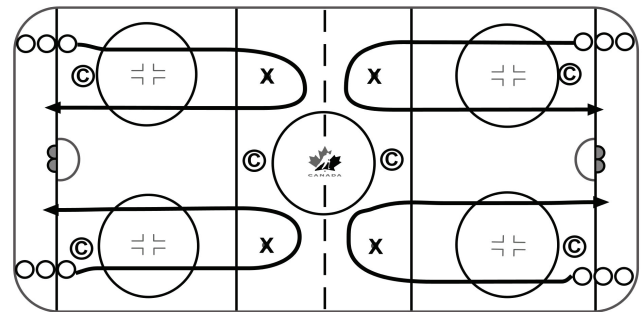
## Puck Control 10 MINS

- Divide the players into five equal groups, utilizing the face-off circles.
- Based on ability of the players, progress through each of the four skills below with players staying in the same circle.
  1. Stationary
  2. Narrow – quick hands
  3. Wide – move puck across body
  4. Combination – narrow/wide



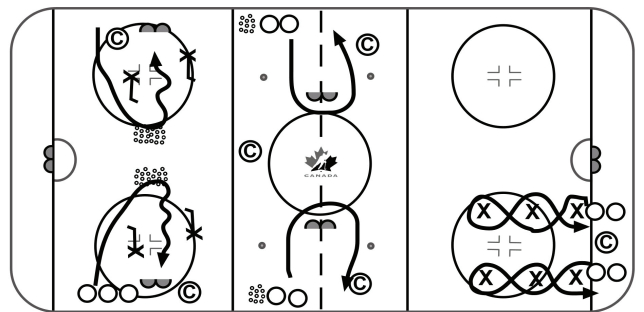
## 4-Station Skating 15 MINS

- Divide the players into four equal groups and have them skating the pattern, utilizing the skills listed below.
- Progress through each skill based on the ability of the players.
  1. C-cuts one leg
  2. Glide and bend
  3. Gliding inside edge
  4. C-cuts bubbles
  5. C-cuts alternating



## 3-Station Skills 15 MINS

- Divide the players into equal groups and have them perform the skills, utilizing the drills below.
- Progress through each skill based on the ability of the players.
- Players rotate through the three stations.
  1. Puck control chaos
  2. Agility nets
  3. Puck control weave



**Note:** Play a 4-on-4 cross-ice scrimmage if there is time left over.