

SESSION #1

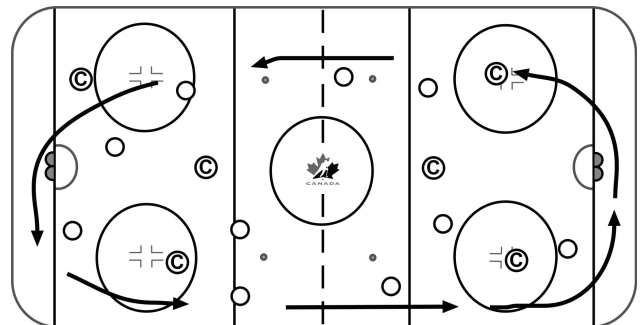
U7 Introduction Sessions

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

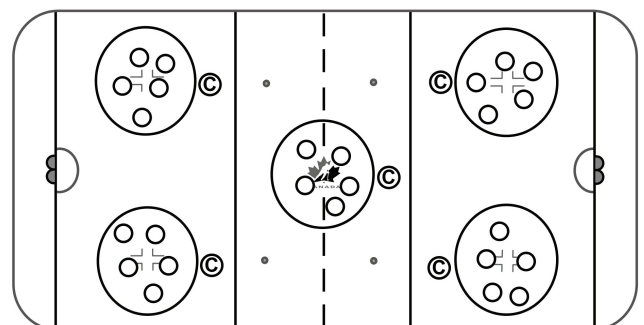
Coaches should skate among players, talking to as many as possible; make them feel comfortable, help as needed. Give parents time to get kids on ice for the first time.



Hockey Stance & Balance 10 MINS

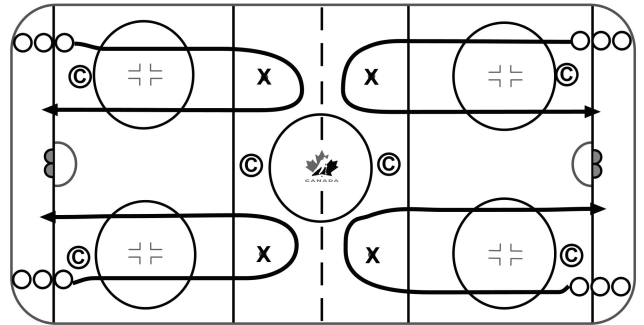
- Divide the players into five equal groups, utilizing the face-off circles.
- Based on ability of the players, progress through each of the five skills below with players staying in the same circle.

1. Hockey stance
2. Hockey stance/balance
3. Getting up from the ice
4. Getting up from the ice – roll over
5. Jumping on two feet



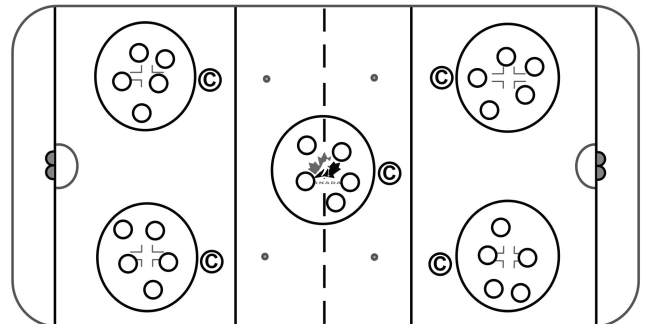
4-Station Skating 15 MINS

- 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 bubbles
 2. Gliding on two skates
 3. Glide on one skate
 4. Glide and bend
 5. C-cuts – alternating
 6. C-cuts – one leg
 7. Gliding inside edge



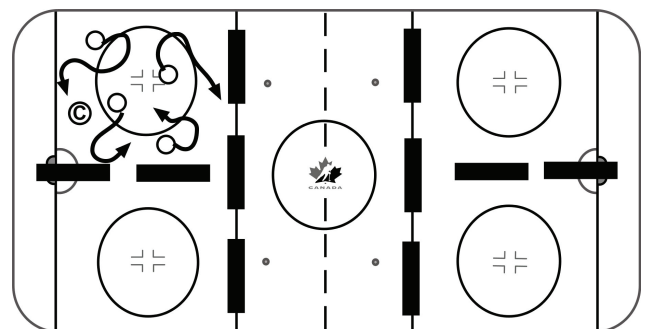
5-Circle Puck Control Skills 15 MINS

- 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. Moving in circle
 3. Attack the triangle
 4. Attack the triangle moving



Tag 10 MINS

- Divide the players into five equal groups.
- Play tag without sticks in all five stations on the ice.



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