



U7 Fundamentals

2020/2021 Practice Plans
Developed by Hockey Canada



U7 Fundamentals

The age and skill level of the players defines the seasonal plan. Hockey Canada skill-development programs are based on progressive steps and follow the appropriate allocation of time defined in the skill-development pyramid.

Goals for the Timbits U7 age division are:

- Fun
- Introduction of basic skills
- Reviewing of basic skills
- Refining of basic skills

The Timbits U7 program recommends the following practice time allotment:

- 85% technical skills
- 15% individual tactics
- 0% team tactics
- 0% team play
- 0% strategy

Drill Hub

Hockey Canada Drill Hub is a resource for players and coaches of all levels. It has a growing library of drill videos, diagrams and descriptions categorized by skills, age group and other criteria.

Check out Hockey Canada's free online resource [DRILL HUB](#)



U7 Fundamentals

Practice Plans A



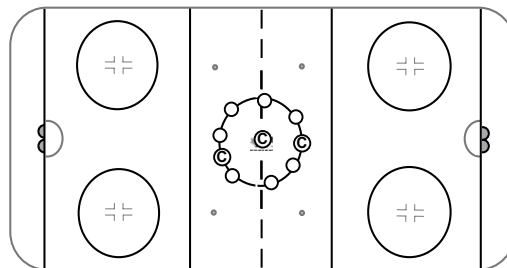
Session Objectives: 1. Introduce: Safety Rules, Basic Stance, Getting Up & Balance, Basic Knowledge, T-Push, C-Cuts

10 MIN

WARM-UP

ORGANIZE AND BASIC STANCE (1.1.01)

Gather players at centre ice circle. Explain safety rules. Explain signals. Explain and demonstrate key points to stance. Players go into basic stance. Coaches should circulate through players to correct stance now. Players hop up & down on both skates, Players lean to left, then to the right, Players lean to left and stand on left skate, then right. Players rock forward onto toes and backward onto heels (encourage them to find the best balance point).



20 MIN

SKILL STATIONS #1

1. T-PUSH (1.3.01)

Review key points and demonstrate. Players line up along line or boards. Right skate behind left skate forming a "T". Push down and out with right skate gliding on left skate. Players should extend leg to push off, pushing last with the toe. Coaches should review players and give personal attention to remedy flaws. Make sure the pushing leg is fully extended before recovery. Skate full distance of zone pushing with 1 foot at a time.

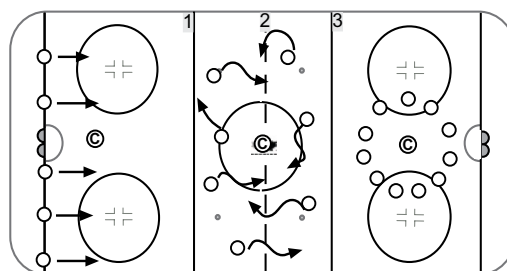
Repeat using other foot.

2. FREE SKATE

Players skate around neutral zone getting comfortable on their skates. Coaches should skate among players talking to as many as possible – make them feel comfortable, help as needed.

3. GETTING UP AND BALANCE (1.1.02)

Coach demonstrates proper technique of getting up. Play game of Simon Says getting players to fall to knees and get back into "Stance", touch knees, toes, head, shoulders, hips etc. Have players lie on stomachs, 2 hands on sticks, elbows on ice, holding stick level. Pull to kneeling position by using elbows, then get up. Continue game.



20 MIN

SKILL STATIONS #2

1. DON'T WAKE THE GIANT

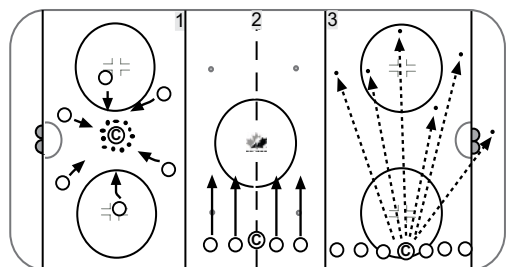
Place some pucks (treasure) on ice. One coach (giant) guards the treasure but keeps falling asleep. Players tip-toe by the giant to steal his treasure without waking him up. Giant occasionally wakes up to scare them away.

2. C-CUTS (1.4.01)

Review key points and demonstrate. Players line up along boards and perform c-cuts with right foot across the ice while gliding on left foot. Ensure proper recovery. Perform 3-4 repetitions with right foot, then repeat using left foot.

3. FETCH

Players are "dogs" and play without sticks. Coach rolls out as many tennis balls as there are players. Players must chase ball, pick it up and return to coach. Some players may be able to retrieve 2-3 times while others retrieve only once. Have players bark when they return the ball.

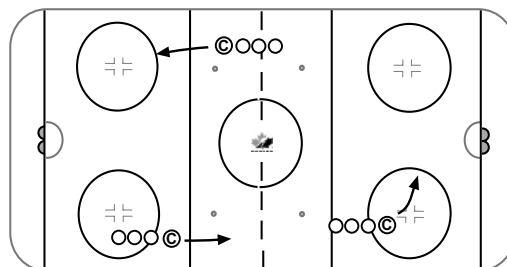


10 MIN

FUN GAME

TOUR BUS

Divide groups to 1 group per coach. Coach is the bus driver, players are the passengers. Players follow the coach who moves slowly around the area, changing directions frequently. Point out features of the rink as the tour (face-off dot, circle, net, crease, blueline, centre line, goal line). Revisit spots and have players name the features.



PHASE: I

LESSON: 1

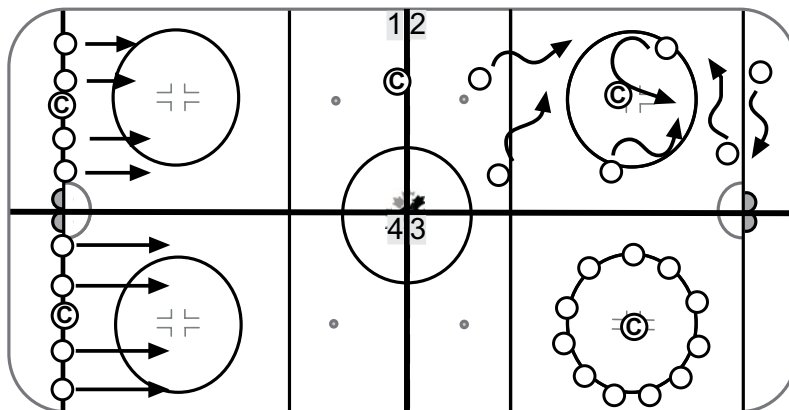
DURATION: 60

Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.

Additional ice stations: You may choose either Option 1: Skill Stations #1 plus Skill Stations #2, Option 2: Skills Stations #2 repeated 3 times or Option 3: Skill Stations #3 only

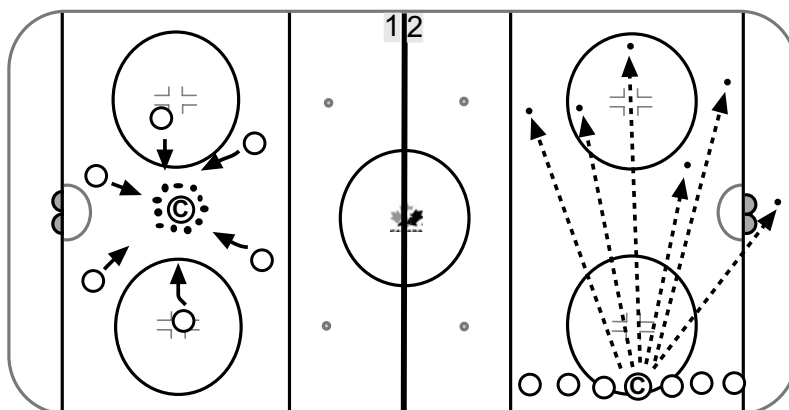
SKILL STATIONS #1 - 4 STATION SETUP

1. T-PUSH (1.3.01)
2. FREE SKATE
3. GETTING UP AND BALANCE (1.1.02)
4. C-CUTS (1.4.01)



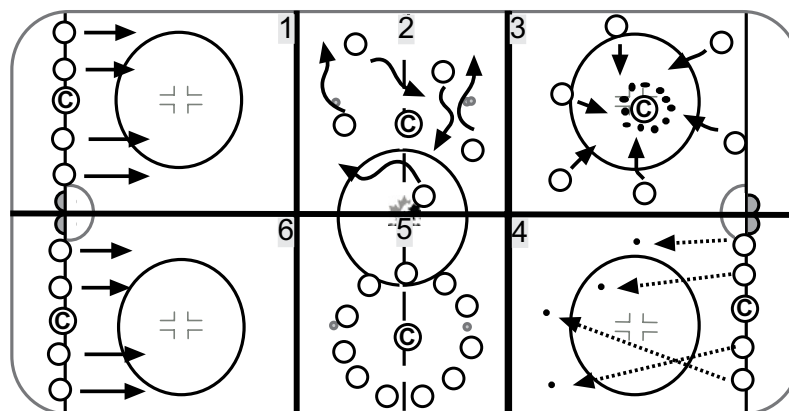
SKILL STATIONS #2 - 2 STATION SETUP

1. DON'T WAKE THE GIANT
2. FETCH



SKILL STATIONS #3 - 6 STATION SETUP

1. T-PUSH (1.3.01)
2. FREE SKATE
3. GETTING UP & BALANCE (1.1.02)
4. FETCH
5. DON'T WAKE THE GIANT
6. C-CUTS (1.4.01)



U7 Fundamentals

Practice Plans B





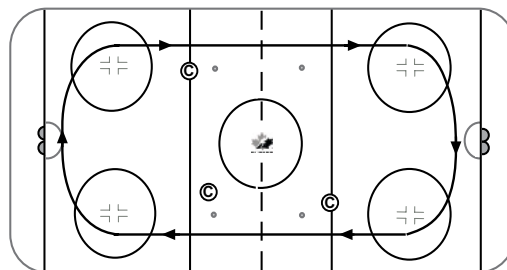
Session Objectives: 1. Introduce: Falling Down, Gliding 2 foot, Gliding 1 Foot
2. Review: ABC's, Basic Stance, Getting Up, T-push, C-Cuts

10 MIN

WARM-UP

FREE SKATE

Skate clockwise direction; between blue lines touch knees, sitting position, touch toes, speed up. Can do with or without pucks.



20 MIN

SKILL STATIONS #1

1. GETTING UP/BASIC STANCE (1.1.02)

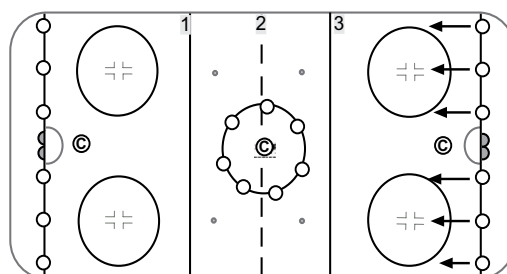
Review key points to stance and to getting up off the ice. Players lie on their backs. On signal they roll over onto stomachs, get up onto their knees and then stand up into the basic skating position. Repeat 4-5 times. Have players line up on goal line. Take a few strides to gain momentum, fall to their knees, and get up, then skate to the blue line. Repeat.

2. BALANCE AND AGILITY (1.1.03/1.1.04/1.1.02)

Play game of Simon Says getting players to balance on one foot, jump on one foot, jump on two feet, fall to knees and get back into "stance".

3. C-CUTS (1.4.01)

Review key points and demonstrate. Players line up along boards or line and perform c-cuts with right foot across the ice while gliding on left foot. Ensure proper recovery. Perform 3-4 repetitions with right foot, then repeat using left foot.



20 MIN

SKILL STATIONS #2

1. FALL DOWN

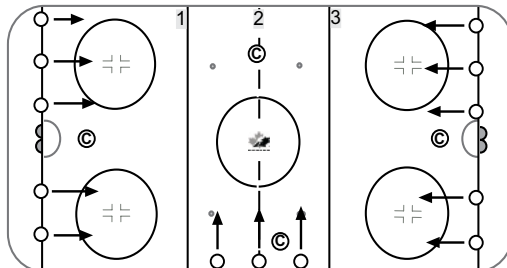
Review and demonstrate 2 safety precautions for falling: fall forward - "hands out, heads up"; and fall backward - "tuck the chin". Have players practice falling backwards. Be sure players tuck their chin to keep their head from hitting the ice. Skate across ice, slide on stomach (must be "hands out - heads up") get up and continue across. Repeat with slide on stomach - rollover - get up - continue.

2. GLIDING 2 FOOT, 1 FOOT (1.1.06/1.1.07)

Review key points and demonstrate 2 foot glide. Players line up along boards. Take a few strides to gain momentum then go into a glide on two skates. Maintain basic stance while gliding. Repeat several times. While gliding go from basic stance to upright position to basic stance. Review key points and demonstrate 1 foot glide. Players try leaning on boards and standing on one foot, then the other. Try without holding boards. Players line up along boards. Take a few strides to gain momentum then glide as far as possible on one skate. Repeat with other skate.

3. T-PUSH (1.3.01)

Review key points - have players demonstrate "T" & correct. Have players line up on goal line in T-push position. On signal see how far each player can go on one push. Three attempts. Switch feet.

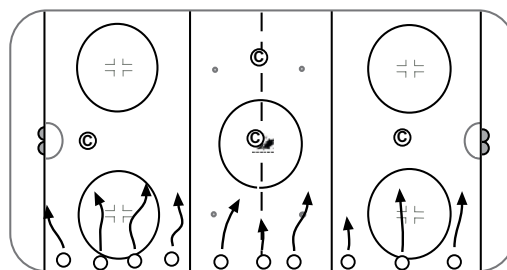


10 MIN

FUN GAME

BRITISH BULLDOG

Players start on side boards and try to skate to other boards. Coaches start as bulldogs and tag players as they skate by. Once tagged, players become bulldogs for next time across. Last player tagged wins. Play until end of time.



PHASE: I

LESSON: 2

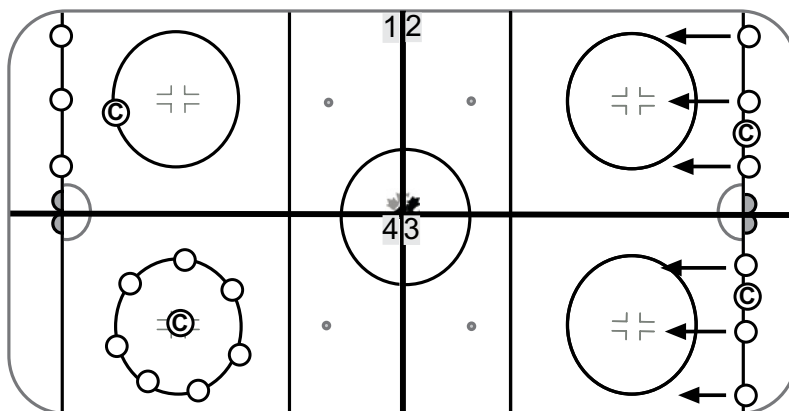
DURATION: 60

Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.

Additional ice stations: You may choose either Option 1: Skill Stations #1 plus Skill Stations #2, Option 2: Skills Stations #2 repeated 3 times or Option 3: Skill Stations #3 only

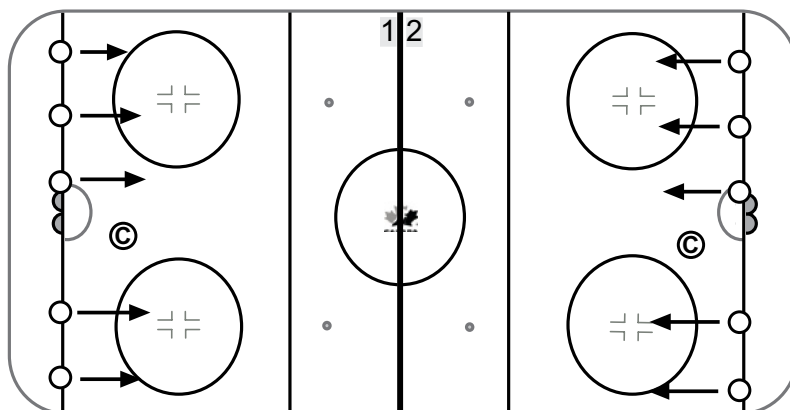
SKILL STATIONS #1 - 4 STATION SETUP

1. GETTING UP/BASIC STANCE (1.1.02)
2. C-CUTS (1.4.01)
3. FALL DOWN
4. BALANCE AND AGILITY (1.1.03/1.1.04/1.1.02)



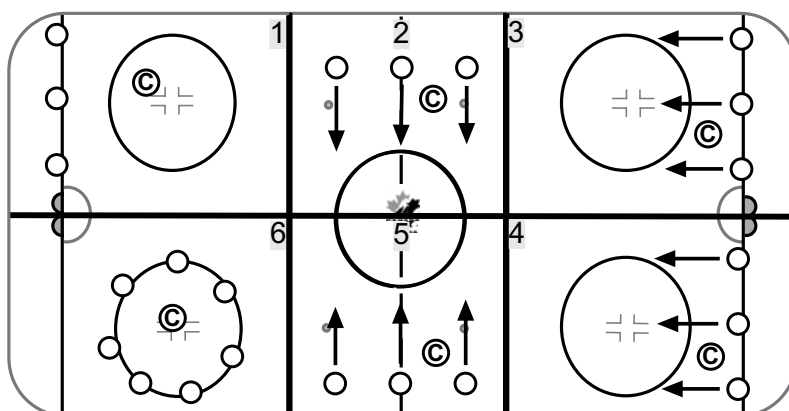
SKILL STATIONS #2 - 2 STATION SETUP

1. GLIDING 2 FOOT, 1 FOOT (1.1.06/1.1.07)
2. T-PUSH (1.3.01)



SKILL STATIONS #3 - 6 STATION SETUP

1. GETTING UP/BASIC STANCE (1.1.02)
2. C-CUTS (1.4.01)
3. FALL DOWN
4. GLIDING 2 FOOT, 1 FOOT (1.1.06/1.1.07)
5. T-PUSH (1.3.01)
6. BALANCE AND AGILITY (1.1.03/1.1.04/1.1.02)



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Practice Plans C





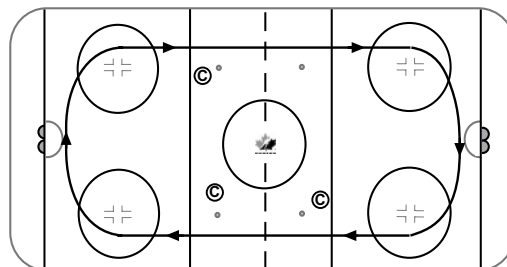
Session Objectives: 1. Introduce Edge Control, One O'Clock - Eleven O'Clock Stop, Scooting
2. Review Falling Down, Gliding 1 foot, Gliding 2 foot, C-Cuts

10 MIN

WARM-UP

FREE SKATE (1.1.02/1.1.07)

Skate clockwise direction; between blue lines: fall to knees and get up, glide on one foot, jump the lines, speed up. Add pucks if desired.



20 MIN

SKILL STATIONS #1

1. EDGE CONTROL

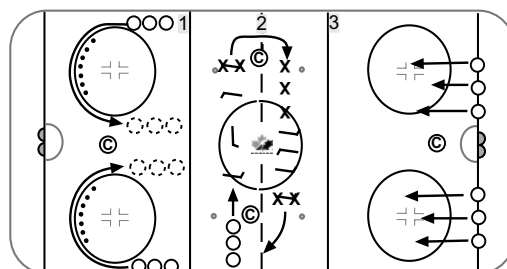
Arrange pucks as shown along $\frac{1}{4}$ of face-off circle. Players take 4-5 strides to gain momentum and then glide on their left skate (inside edge). Follow the path all the way around without putting the right skate down. Form line on other side. Return using the left skate but outside edge. Repeat using right skate.

2. OBSTACLE COURSE

Review and demonstrate 2 safety precautions for falling: fall forward - "Hands out, Heads up" and fall backward - "tuck the chin". Arrange sticks and pylons as diagrammed. Players go over 1st stick, spread skates at 2nd, and over 3rd, slide under the obstacle on stomach "hands out, heads up". On return players go around pylons, over the sticks, and slide under the obstacle on stomach.

3. SCOOTING (1.3.01)

Review and demonstrate key points. Players line up along line or boards. Right skate behind left skate forming a "T". Push down and out with right skate gliding on left skate. Players should extend leg to push off, pushing last with the toe. Make sure the pushing leg is fully extended before recovery. Skate full distance pushing with 1 foot at a time. Repeat using other foot.



20 MIN

SKILL STATIONS #2

1. C-CUTS ALTERNATING (1.4.02)

Review key points and demonstrate. Players line up along boards or line and perform c-cuts - alternating feet. Make sure players are recovering their foot to the middle of their body before executing the c-cut with the next foot.

2. ONE O'CLOCK - ELEVEN O'CLOCK STOP (1.3.06)**Step 1 - 2 foot glide**

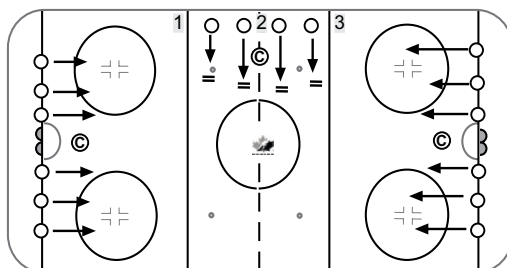
Review key points. Players line up along goal line. Take a few strides to gain momentum then glide on two skates maintaining basic stance. Correct flaws.

Step 2 - making snow

Review and demonstrate key points. Players stand still. Turn right heel out and right toe in. Push skate down and out. Try to make a pile of snow. Repeat with left skate. Do 3 times with each skate for approximately 15 seconds.

Step 3 - dry run

Players stand still. Practice skill sequence: glide (remain in basic stance), turn one foot (unweight one foot, glide on other foot), lean on it.

**3. GLIDING 2 FOOT, 1 FOOT (1.1.06/1.1.07)**

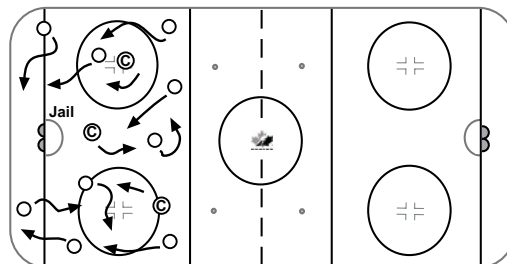
Players line up along goal line. Take a few strides to gain momentum then go into a glide on two skates. Maintain basic stance while gliding. Repeat several times. Repeat again and while gliding go from basic stance to upright position to basic stance. Review key points and demonstrate 1 foot glide. Players line up along goal line. Take a few strides to gain momentum then glide as far as possible on one skate. Repeat with other.

10 MIN

FUN GAME

COPS AND ROBBERS

Coaches act as cops, players as robbers. Players scatter in zone without sticks. When player is tagged goes to jail (net or referee's circle). Players in jail can be set free by being tagged by a free player. Try to get all players in jail at end of drill.

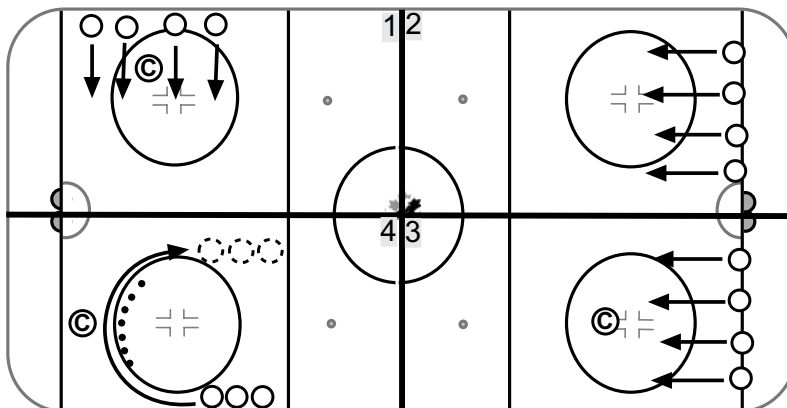


Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.

Additional ice stations: You may choose either Option 1: Skill Stations #1 plus Skill Stations #2, Option 2: Skills Stations #2 repeated 3 times or Option 3: Skill Stations #3 only

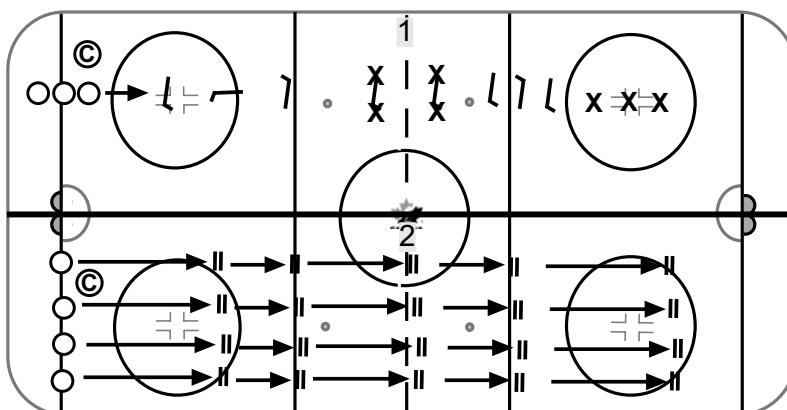
SKILL STATIONS #1 - 4 STATION SETUP

1. SCOOTING (1.3.01)
2. C-CUTS ALTERNATING (1.4.02)
3. GLIDING 2 FOOT, 1 FOOT (1.1.06/1.1.07)
4. EDGE CONTROL



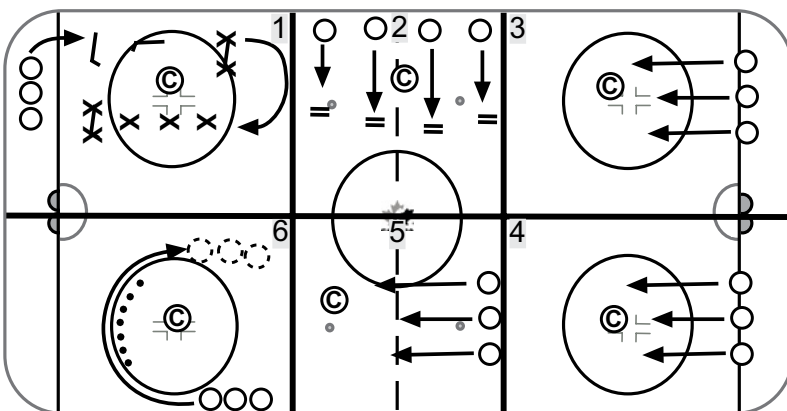
SKILL STATIONS #2 - 2 STATION SETUP

1. OBSTACLE COURSE
2. ONE O'CLOCK - ELEVEN O'CLOCK STOP (1.3.06)



SKILL STATIONS #3 - 6 STATION SETUP

1. OBSTACLE COURSE
2. ONE O'CLOCK - ELEVEN O'CLOCK STOP (1.3.06)
3. SCOOTING (1.3.01)
4. C-CUTS ALTERNATING (1.4.02)
5. GLIDING 2 FOOT, 1 FOOT (1.1.06/1.1.07)
6. EDGE CONTROL



U7 Fundamentals

Practice Plans D





PHASE: I

LESSON: 4

DURATION: 60

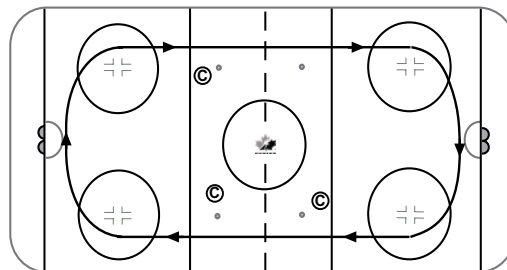
Session Objectives: 1. Introduce: Striding, Glide Turns, Glide - Arm Pump
2. Review: Edge Control, C-Cuts, One O'clock - Eleven O'clock Stop

10 MIN

WARM-UP

FREE SKATE (1.1.02/1.1.07)

Skate clockwise direction; between blue lines: fall to knees and get up, glide on one foot, jump the lines, speed up. Add pucks if desired.



20 MIN

SKILL STATIONS #1

1. EDGE CONTROL

Arrange pucks as shown along $\frac{1}{4}$ of face-off circle. Players take 4-5 strides to gain momentum and then glide on their left skate (inside edge). Follow the path all the way around without putting the right skate down. Form line on other side. Return using the left skate but outside edge. Repeat using right skate.

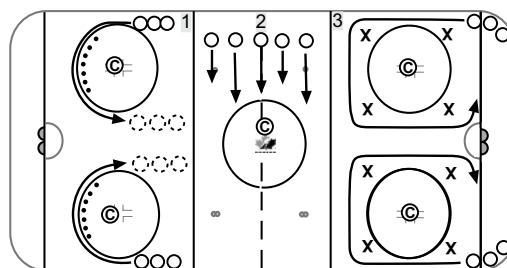
2. STRIDING (1.3.01/1.4.12)

Step 1 - scooting

Players line up along line or boards. Right skate behind left skate forming a "T". Push down and out with right skate gliding on left skate. Focus on extending leg to push off, pushing last with the toe. Make sure the pushing leg is fully extended before recovery. Recovery should be low to the ice. Glide foot should be under player - not off to side. Skate full distance pushing with 1 foot at a time. Return using other foot.

Step 2 - alternate feet

Review and demonstrate key points. Have players line up on goal line in basic stance. Start on signal, push and recover with one skate followed by other skate. Focus on extending leg to push off, pushing last with the toe. Make sure the pushing leg is fully extended before recovery. Recovery should be low to the ice. Glide foot should be under player - not off to side. Repeat.

**3. GLIDE TURNS (1.6.01)**

Review key points and demonstrate. Place 4 pylons in large square - this is the race track. Players are the race cars. Explain to players that they must go around track but keep both wheels on the track when they turn corners. Players take a few strides to gain momentum then go into a glide on two skates. When they come to a pylon they must turn part way around it and go to next cone, etc. Give feedback on form. Repeat opposite direction.

20 MIN

SKILL STATIONS #2

1. GLIDING - ARM PUMP (1.1.05)

Review key points and demonstrate. Players line up along goal line. Start on signal, players pump their arms to propel themselves forward.

2. C-CUTS ALTERNATING (1.4.02)

Review key points and demonstrate. Players line up along boards or line and perform c-cuts - alternating feet. Make sure players are recovering their foot to the middle of their body before executing the c-cut with the next foot.

3. ONE O'CLOCK - ELEVEN O'CLOCK STOP (1.3.06)

Step 1 - 2 foot glide

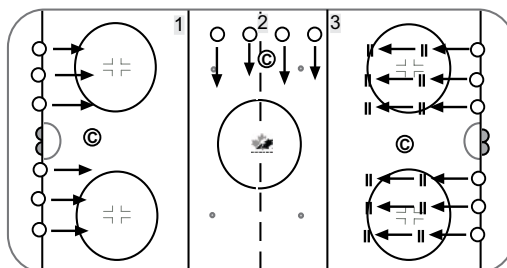
Review key points. Players line up along goal line. Take a few strides to gain momentum then glide on two skates maintaining basic stance. Correct flaws.

Step 2 - making snow

Review and demonstrate key points. Players stand still. Turn right heel out and right toe in. Push skate down and out. Try to make a pile of snow. Repeat with left skate. Do 3 times with each skate for approximately 15 seconds.

Step 3 - dry run

Players stand still. Practice skill sequence: glide (remain in basic stance), turn one foot (unweight one foot, glide on other foot), lean on it.



Step 4 - stopping

Review and demonstrate key points. Players line up on goal line. On signal they skate forward. On next signal player performs stop using right foot. Have players stop several times while crossing the zone. Return using left skate.

Step 5 - play

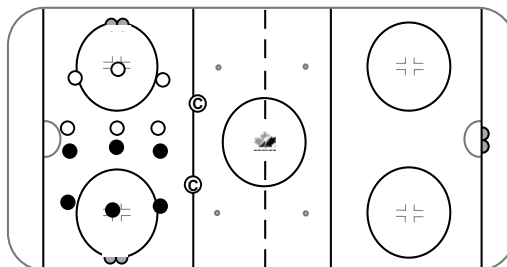
Play a game of green light (skate) - yellow light (glide) - red light (stop).

10 MIN

FUN GAME

FUN TIME

Play soccer in cross ice format. No sticks.

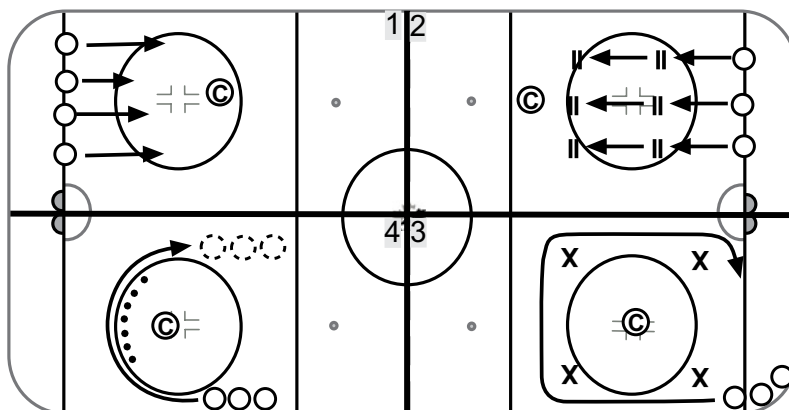


Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.

Additional ice stations: You may choose either Option 1: Skill Stations #1 plus Skill Stations #2, Option 2: Skills Stations #2 repeated 3 times or Option 3: Skill Stations #3 only

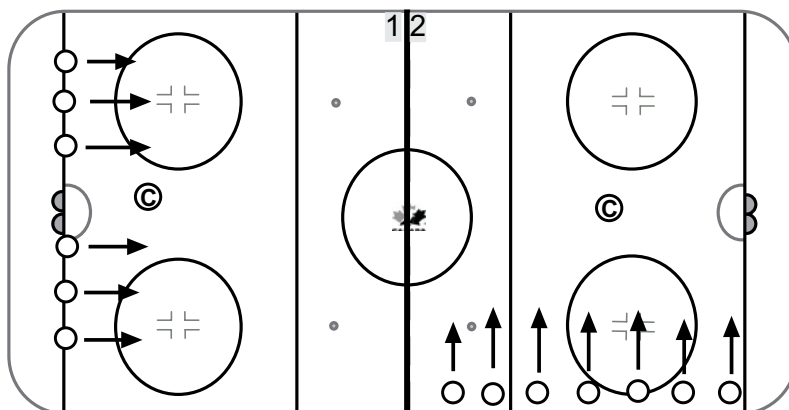
SKILL STATIONS #1 - 4 STATION SETUP

1. STRIDING (1.3.01/1.4.12)
2. ONE O'CLOCK - ELEVEN O'CLOCK STOP (1.3.06)
3. GLIDE TURNS (1.6.01)
4. EDGE CONTROL



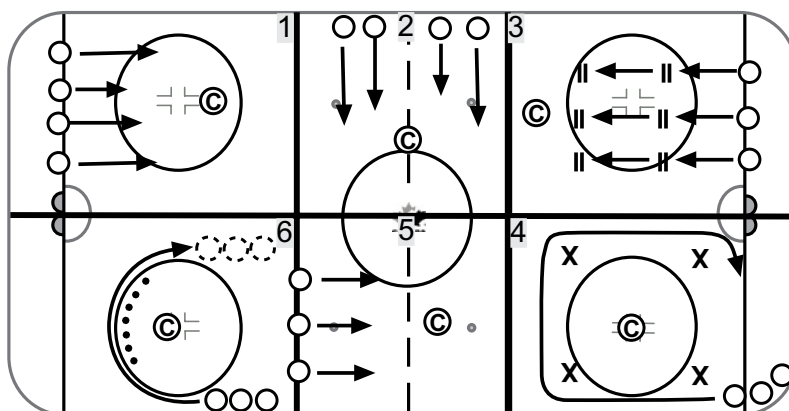
SKILL STATIONS #2 - 2 STATION SETUP

1. GLIDING - ARM PUMP (1.1.05)
2. C-CUTS ALTERNATING (1.4.02)



SKILL STATIONS #3 - 6 STATION SETUP

1. STRIDING (1.3.01/1.4.12)
2. GLIDING - ARM PUMP (1.1.05)
3. ONE O'CLOCK - ELEVEN O'CLOCK STOP (1.3.06)
4. GLIDE TURNS (1.6.01)
5. C-CUTS ALTERNATING (1.4.02)
6. EDGE CONTROL



U9/U8

Practice Plans E



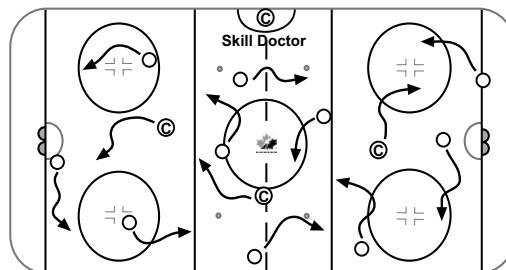
Session Objectives: 1. Review: Striding, Glide Turns, Basic Stance, One O'clock - Eleven O'clock Stop, Gliding 1 foot, 2 foot, Edge Control

10 MIN

WARM-UP

TAG (1.1.02/1.1.03/1.1.04)

Players skate anywhere on ice. Coaches are "it" and try to tag players. If tagged, players must go to the "Skill Doctor" at the referee's circle who assigns a skill task which player performs before returning to the game. Suggested skill tasks: fall to knees and get up, balance on one foot, jumping on one foot. Play with or without pucks.



20 MIN

SKILL STATIONS #1

1. STRIDING (1.3.01/1.4.12)

Step 1 - scooting

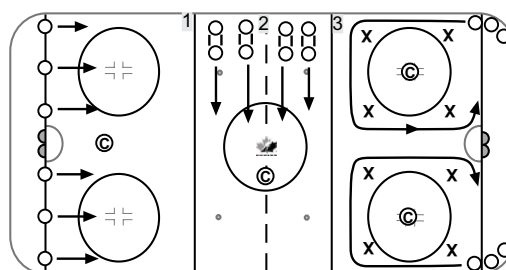
Players line up along line or boards. Right skate behind left skate forming a "T". Push down and out with right skate gliding on left skate. Focus on extending leg to push off, pushing last with the toe. Make sure the pushing leg is fully extended before recovery. Recovery should be low to the ice. Glide foot should be under player - not off to side. Skate full distance pushing with 1 foot at a time. Return using other foot.

Step 2 - alternate feet

Review and demonstrate key points. Have players line up on goal line in basic stance. Start on signal, push and recover with one skate followed by other skate. Focus on extending leg to push off, pushing last with the toe. Make sure the pushing leg is fully extended before recovery. Recovery should be low to the ice. Glide foot should be under player - not off to side. Repeat.

2. HORSE AND BUGGY (1.1.06/1.1.07)

Players partner up on side boards. One player pulls other across ice using two hockey sticks, blades down. Alternate players on return trip. Focus on glider's stance and feet shoulder width apart, blades flat on the ice (not on inside edges). Repeat gliding on one skate. Go slow and safe! Repeat but glider zig-zags on 2 feet.

**3. GLIDE TURNS (1.6.01)**

Review key points and demonstrate. Place 4 pylons in large square - this is the race track. Players are the race cars. Explain to players that they must go around track but keep both wheels on the track when they turn corners. Players take a few strides to gain momentum then go into a glide on two skates. When they come to a pylon they must turn part way around it and go to next cone, etc. Give feedback on form. Repeat opposite direction.

20 MIN

SKILL STATIONS #2

1. ONE O'CLOCK - ELEVEN O'CLOCK STOP (1.3.06)

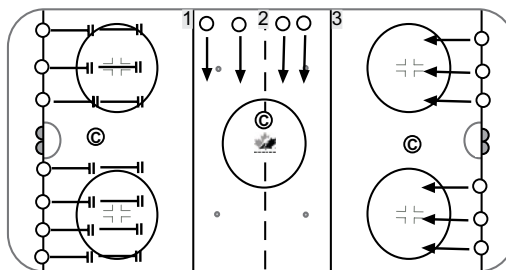
Review and demonstrate key points. Players line up on goal line. On signal they skate forward. On next signal player performs stop using right foot. Have players stop several times while crossing zone. Return using left skate. Play a game of green light (skate) - yellow light (glide) - red light (stop).

2. GLIDING - ARM PUMP (1.1.05)

Review key points and demonstrate. Players line up along goal line. Start on signal, players pump their arms to propel themselves forward.

3. C-CUTS ALTERNATING (1.4.02)

Review key points and demonstrate. Players line up along boards or line and perform c-cuts - both feet. Make sure players are recovering their feet to the middle of their body before executing the next c-cut.

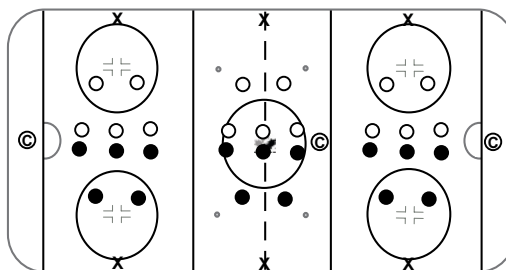


10 MIN

FUN GAME

FUN TIME

Play scrimmage across ice. No nets - use 1 pylon - must hit pylon to score - no goalies. Continuous play - if a goal is scored players give puck to coach who shoots it in to area and play continues. If stronger players monopolize the puck, add another puck (or two).

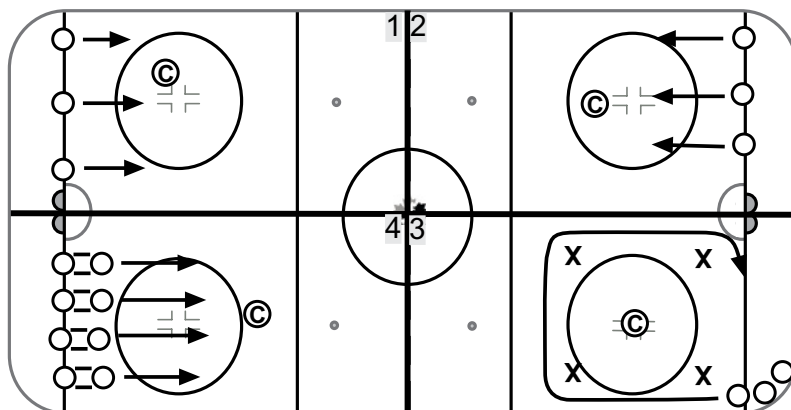


Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.

Additional ice stations: You may choose either Option 1: Skill Stations #1 plus Skill Stations #2, Option 2: Skills Stations #2 repeated 3 times or Option 3: Skill Stations #3 only

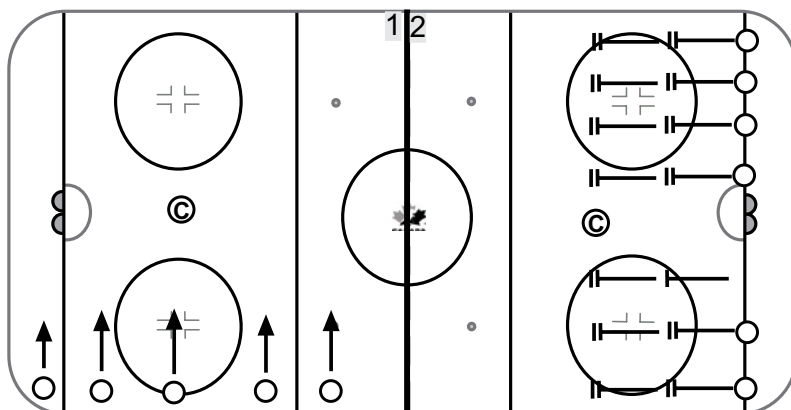
SKILL STATIONS #1 - 4 STATION SETUP

1. STRIDING (1.3.01/1.4.12)
2. GLIDING - ARM PUMP (1.1.05)
3. GLIDE TURNS (1.6.01)
4. HORSE AND BUGGY (1.1.06/1.1.07)



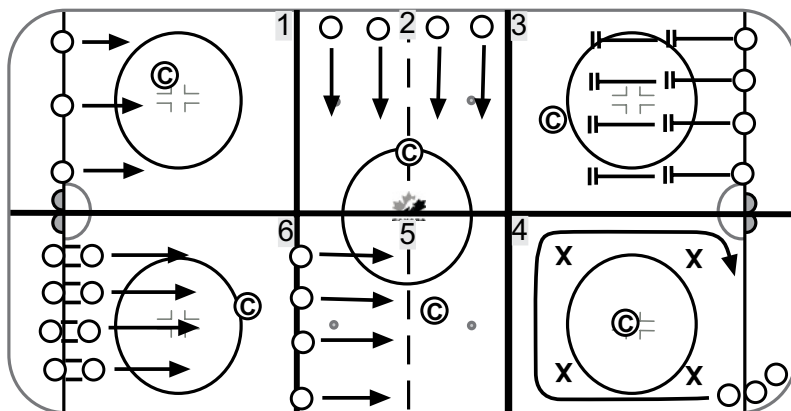
SKILL STATIONS #2 - 2 STATION SETUP

1. C-CUTS ALTERNATING (1.4.02)
2. ONE O'CLOCK - ELEVEN O'CLOCK STOP (1.3.06)



SKILL STATIONS #3 - 6 STATION SETUP

1. STRIDING (1.3.01/1.4.12)
2. GLIDING - ARM PUMP (1.1.05)
3. ONE O'CLOCK - ELEVEN O'CLOCK STOP (1.3.06)
4. GLIDE TURNS (1.6.01)
5. C-CUTS ALTERNATING (1.4.02)
6. HORSE AND BUGGY (1.1.06/1.1.07)



U7 Fundamentals

Practice Plans F

PHASE: I

LESSON: 6

DURATION: 60

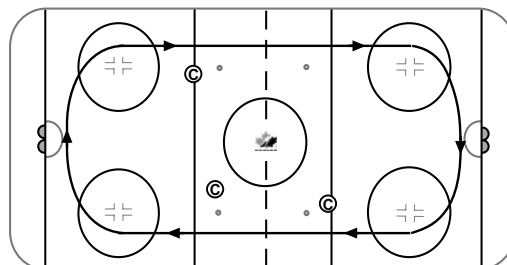
Session Objectives: 1. Introduce: Lateral Movement, Figure 8's Edge Control
2. Review: ABC's, Gliding 1 foot, 2 foot, C-Cuts, One O'Clock - Eleven O'Clock Stop

10 MIN

WARM-UP

FREE SKATE (1.1.07/1.1.04/1.4.02)

Free skate - clockwise direction; between blue lines: glide on one foot, jump the lines on one foot, c-cuts alternating, speed up. Add pucks if desired.



20 MIN

SKILL STATIONS #1

1. ONE O'CLOCK - ELEVEN O'CLOCK STOP (1.3.06)

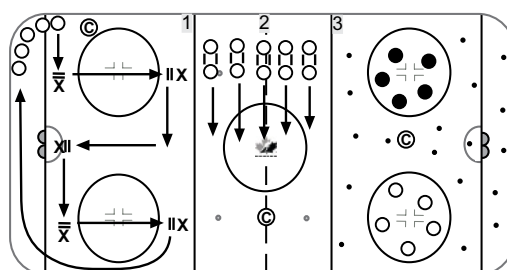
Review and demonstrate stops. Emphasize glide before the stop. Players line up on boards. Each player in turn skates to 1st pylon and executes stop facing direction of next pylon. Next player goes when player in front stops at pylon. Review technique and correct.

2. HORSE AND BUGGY (1.3.06/1.4.04)

Players partner up on side boards. One player pulls other across ice using two hockey sticks, blades down. Alternate players on return trip. Glider provides resistance by turning one foot and leaning on it. Puller must use c-cuts - alternating. Focus on puller's posture, body angle, stride length and recovery. Glider gets to improve 1 foot stop by finding appropriate level of resistance by varying weight placed on stopping foot. Glider can alternate feet on successive trips and to steer.

3. GARBAGE MAN

Divide group into 2 teams. Assign each team to one face-off circle as a home base. Scatter pucks around end zone. On signal the players must skate around and stop to pick up one object at a time (piece of garbage) and return it to their home base (dump). Players must leave their gloves on. Players must stop at each piece of garbage. Team that collects the most garbage wins



20 MIN

SKILL STATIONS #2

1. LATERAL MOVEMENT (1.1.11)

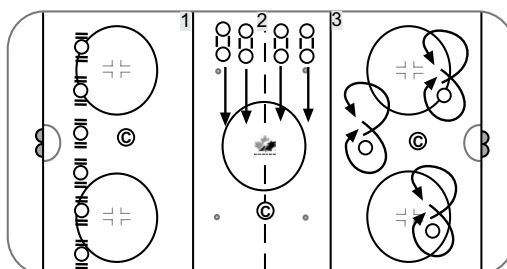
Review and demonstrate key points - basic stance, move one foot in front of the other (not all the way over). Players line up across goal line. Players get into basic stance and try: 1 side-step to left and 1 to right, 2 side-steps each direction, and 3 side-steps each direction. Play Simon Says and include lateral movement with other ABC's (on knees, get up, hop, tip toes, heels, balance on one foot, on stomach, roll over, etc.).

2. HORSE AND BUGGY (1.1.06/1.1.07)

Players partner up on side boards. One player pulls other across ice using two hockey sticks, blades down. Alternate players on return trip. Focus on glider's stance and feet shoulder width apart, blades flat on the ice (not on inside edges). Repeat gliding on one skate. Go slow and safe! Repeat but glider zig-zags on 2 feet. Repeat but glider zig-zags on 1 foot then the other foot.

3. FIGURE 8'S - INSIDE EDGE (1.2.01)

Review and demonstrate key points. Players ride inside edge in a figure 8 pattern. Start on right skate and ride inside edge until the player has completed a full circle, then switch to left skate to complete figure 8 formation. Emphasize proper knee bend and upper body control.

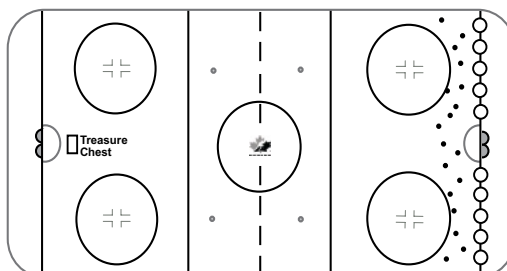


10 MIN

FUN GAME

STEAL THE TREASURE

Box, crate or bucket (treasure chest) placed at one end. All pucks (treasure) at players' end. Players must pick up a puck skate to other end and place in crate (steal the pirate's treasure). Coaches (pirates) try to tag players. If tagged players must drop puck and go get another. Players must leave gloves on for safety.

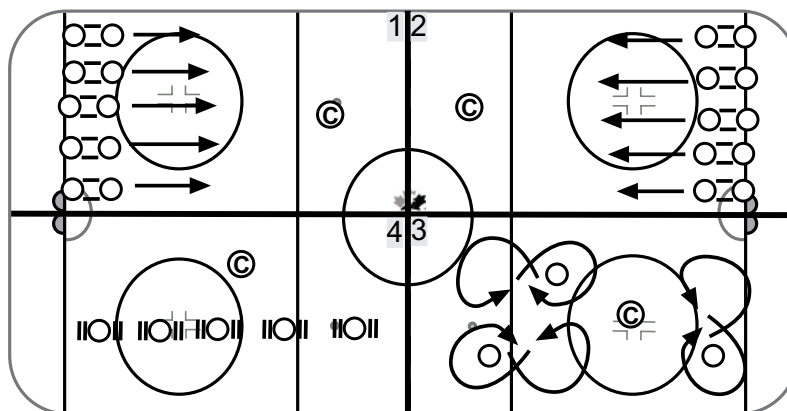


Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.

Additional ice stations: You may choose either Option 1: Skill Stations #1 plus Skill Stations #2, Option 2: Skills Stations #2 repeated 3 times or Option 3: Skill Stations #3 only

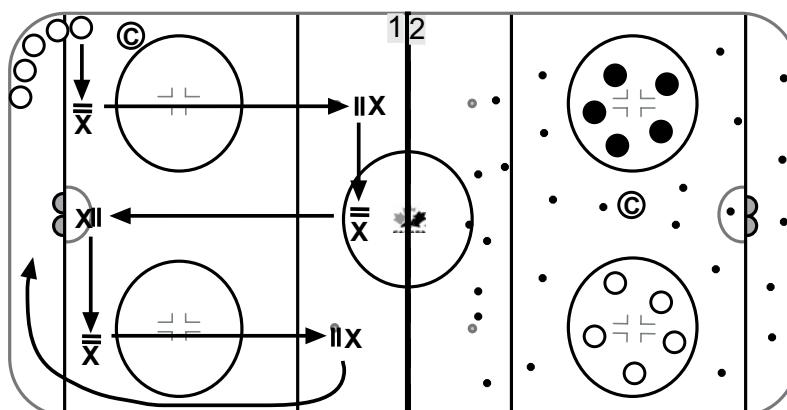
SKILL STATIONS #1 - 4 STATION SETUP

1. HORSE AND BUGGY (1.3.06/1.4.04)
2. HORSE AND BUGGY (1.1.06/1.1.07)
3. FIGURE 8'S - INSIDE EDGE (1.2.01)
4. LATERAL MOVEMENT (1.1.11)



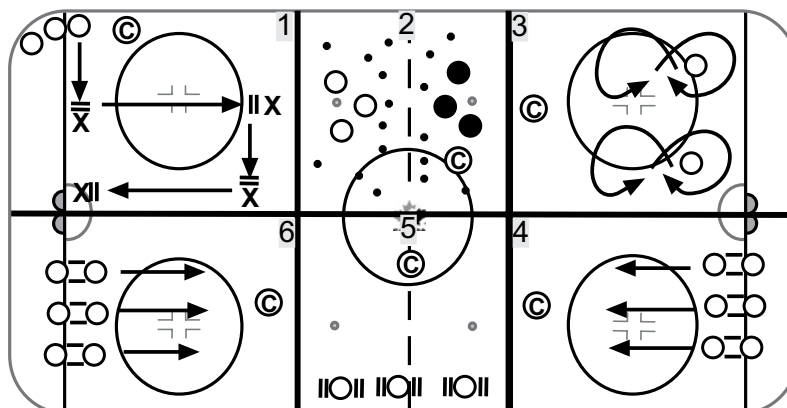
SKILL STATIONS #2 - 2 STATION SETUP

1. ONE O'CLOCK - ELEVEN O'CLOCK STOP (1.3.06)
2. GARBAGE MAN



SKILL STATIONS #3 - 6 STATION SETUP

1. ONE O'CLOCK - ELEVEN O'CLOCK STOP (1.3.06)
2. GARBAGE MAN
3. FIGURE 8'S - INSIDE EDGE (1.2.01)
4. HORSE AND BUGGY (1.3.06/1.4.04)
5. LATERAL MOVEMENT (1.1.11)
6. HORSE AND BUGGY (1.1.06/1.1.07)



U7 Fundamentals

Practice Plans G

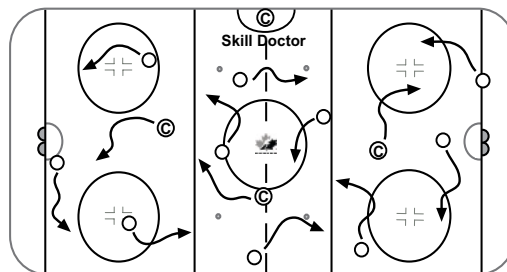
Session Objectives: 1. Introduce: Puckhandling Stance, Stationary Stickhandling, Figure 8's - Outside Edge
2. Review: ABC's, Lateral Movement, One O'Clock - Eleven O'Clock Stop, Figure 8's - Inside Edge

10 MIN

WARM-UP

TAG (1.4.03/1.1.03/1.1.1.04)

Players skate anywhere on ice. Coaches are "it" and try to tag players. If tagged, players must go to the "Skill Doctor" at the referee's circle who assigns a skill task which player performs before returning to the game. Suggested skill tasks: c-cuts - both feet, balance on one foot, jumping on one foot. Play with or without pucks



20 MIN

SKILL STATIONS #1

1. PUCKHANDLING STANCE/STATIONARY STICKHANDLING (2.1.01)

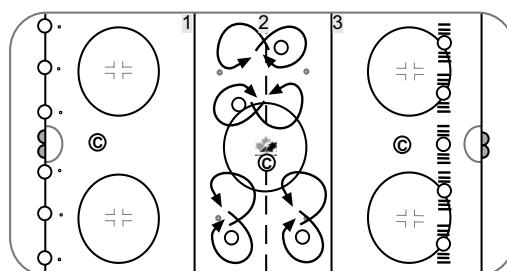
Review and correct basic stance. Line players up in stickhandling position with a puck in front of them. Put heel of stick 2-4 cm above puck. They roll their wrists so they touch the tip of their stick on ice on each side of the puck. This gives the feel of rolling the wrists. Demonstrate and stress key points of puckhandling. Players move puck from side to side while stationary. Continue while shouting out number of fingers held up by instructor (players will have to look up). Get elbows away from body.

2. FIGURE 8'S - INSIDE EDGE (1.2.01)

Review and demonstrate key points. Players ride inside edge in a figure 8 pattern. Start on right skate and ride inside edge until the player has completed a full circle, then switch to left skate to complete figure 8 formation. Emphasize proper knee bend and upper body control.

3. LATERAL MOVEMENT (1.1.11)

Review and demonstrate key points - basic stance, move one foot in front of the other (not all the way over). Players line up across goal line. Players get into basic stance and try: 1 side-step to left and 1 to right, 2 side-steps each direction, and 3 side-steps each direction. Play Simon Says and include lateral movement with other ABC's (on knees, get up, hop, tip toes, heels, balance on one foot, on stomach, roll over, etc.).



20 MIN

SKILL STATIONS #2

1. ONE O'CLOCK - ELEVEN O'CLOCK STOP (1.3.06)

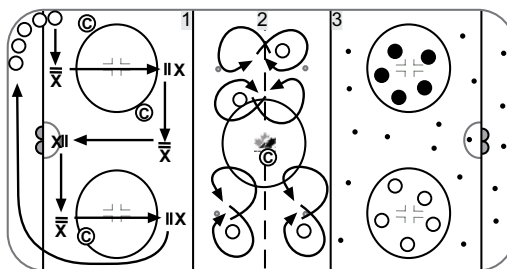
Review and demonstrate stops. Emphasize glide before the stop. Players line up on boards. Each player in turn skates to 1st pylon and executes stop facing direction of next pylon. Next player goes when player in front stops at pylon. Review technique and correct.

2. FIGURE 8'S - OUTSIDE EDGE (1.2.02)

Review and demonstrate key points. Players ride outside edge in a figure 8 pattern. Start on left skate and ride outside edge until the player has completed a full circle, then switch to right skate to complete figure 8 formation. Emphasize proper knee bend and upper body control.

3. GARBAGE MAN

Divide group into 2 teams. Assign each team to one face-off circle as a home base. Scatter pucks around end zone. On signal the players must skate around and stop to pick up one object at a time (piece of garbage) and return it to their home base (dump). Players must leave their gloves on. Players must stop at each piece of garbage. Team that collects the most garbage wins.

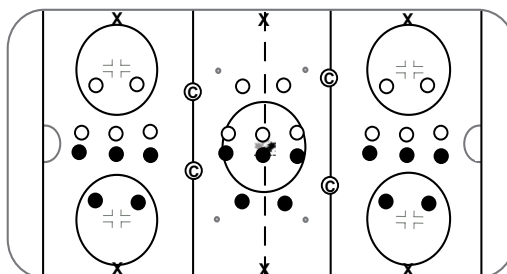


10 MIN

FUN GAME

FUN TIME

Play scrimmage across ice. No nets - use 1 pylon - must hit pylon to score - no goalies. Continuous play - if a goal is scored players give puck to coach who shoots it in to area and play continues. If stronger players monopolize the puck, add another puck (or two).

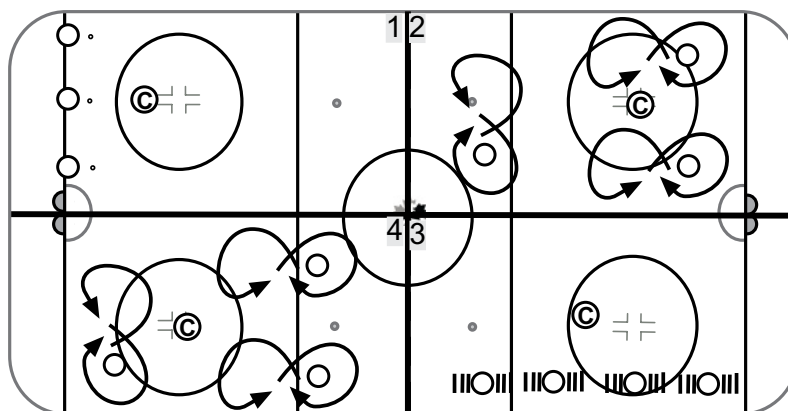


Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.

Additional ice stations: You may choose either Option 1: Skill Stations #1 plus Skill Stations #2, Option 2: Skills Stations #2 repeated 3 times or Option 3: Skill Stations #3 only

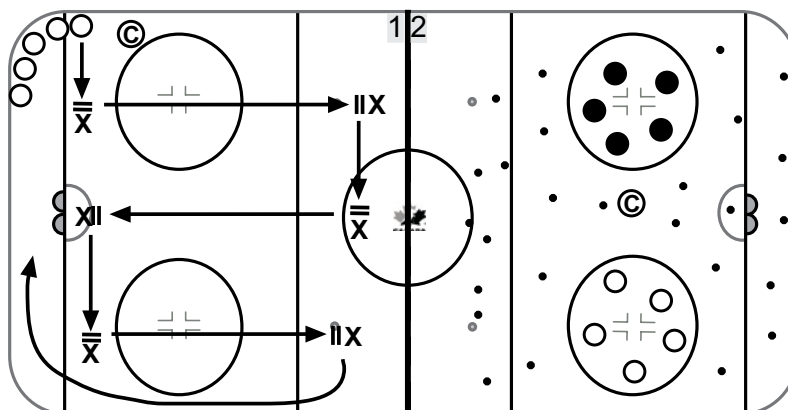
SKILL STATIONS #1 - 4 STATION SETUP

1. PUCKHANDLING STANCE/
STATIONARY STICKHANDLING (2.1.01)
2. FIGURE 8'S - INSIDE EDGE (1.2.01)
3. LATERAL MOVEMENT (1.1.11)
4. FIGURE 8'S - OUTSIDE EDGE (1.2.02)



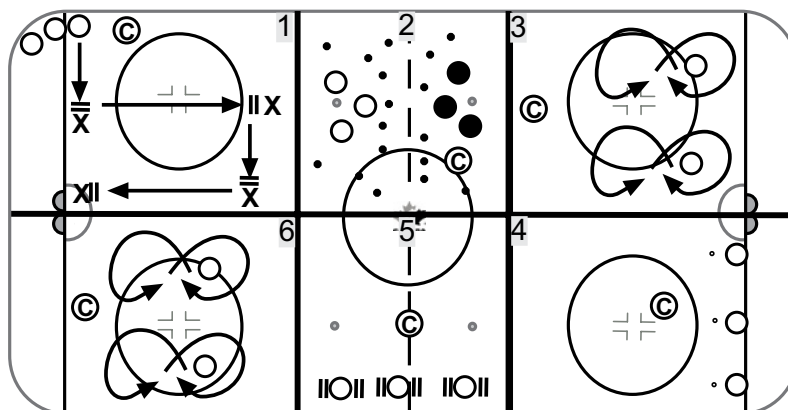
SKILL STATIONS #2 - 2 STATION SETUP

1. ONE O'CLOCK - ELEVEN O'CLOCK STOP (1.3.06)
2. GARBAGE MAN



SKILL STATIONS #3 - 6 STATION SETUP

1. ONE O'CLOCK - ELEVEN O'CLOCK STOP (1.3.06)
2. GARBAGE MAN
3. FIGURE 8'S - INSIDE EDGE (1.2.01)
4. PUCKHANDLING STANCE/
STATIONARY STICKHANDLING (2.1.01)
5. LATERAL MOVEMENT (1.1.11)
6. FIGURE 8'S - OUTSIDE EDGE (1.2.02)



U7 Fundamentals

Practice Plans H

Session Objectives: 1. Introduce: Forehand Sweepshot, Skating with Puck

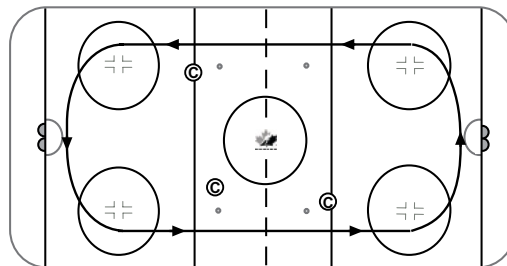
2. Review: ABC's, One O'clock - Eleven O'clock Stop, Lateral Movement, Puckhandling Stance, Stationary Stickhandling, Figure 8's - Outside Edge

10 MIN

WARM-UP

FREE SKATE (1.1.07/1.1.04/1.4.03)

Skate - clockwise direction; between blue lines; glide on one foot, jump the lines on one foot, c-cuts - both feet, speed up. Add pucks if desired.



20 MIN

SKILL STATIONS #1

1. PUCKHANDLING STANCE/STATIONARY STICKHANDLING (2.1.01)

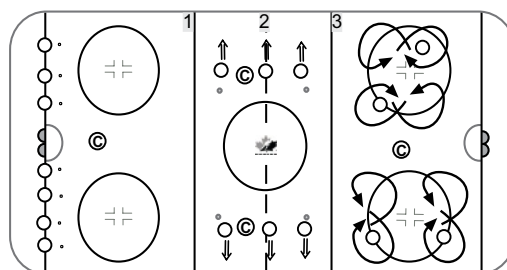
Review and correct basic stance. Line players up in stickhandling position with a puck in front of them. Put heel of stick 2-4 cm above puck. They roll their wrists so they touch the tip of their stick on ice on each side of the puck. This gives the feel of rolling the wrists. Demonstrate and stress key points of puckhandling. Players move puck from side to side while stationary. Continue while players shout out number of fingers held up by instructor (players will have to look up).

2. FOREHAND SWEEPSHOT (3.1.01)

Review and demonstrate key points. Players in basic stance without pucks. Practice technique - draw back, pull through, transfer weight, follow through. Players spread out around the boards and stand stationary 3-4 meters from boards. Shoot for a spot on the boards.

3. FIGURE 8'S - OUTSIDE EDGE (1.2.01)

Review and demonstrate key points. Players ride outside edge in a figure 8 pattern. Start on left skate and ride outside edge until the player has completed a full circle, then switch to right skate to complete figure 8 formation. Emphasize proper knee bend and upper body control.



20 MIN

SKILL STATIONS #2

1. SKATING WITH PUCK (2.2.01)

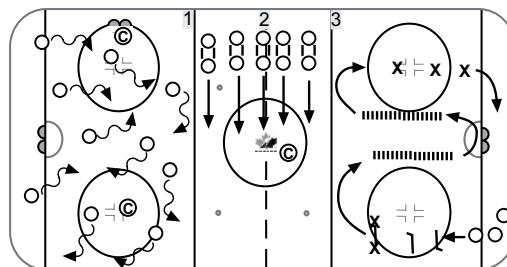
Players along the opposite boards with a puck. Players skate freely in assigned area, stickhandling. Move in all directions but maintain control of puck. Coaches move among players and review and correct form. Fun time - competition: place a net on one side boards. Players skate freely in assigned area, stickhandling and put their puck in the net. Coaches retrieve puck from net and lightly shoot puck back to other side. Players try to fill the net, coaches try to empty the net (close to end of drill let players fill the net and win - that way they collect the pucks for next drill).

2. HORSE AND BUGGY (1.3.06)

Players partner up on side boards. One player pulls other across ice using two hockey sticks, blades down. Alternate players on return trip. Glider provides resistance by turning one foot and leaning on it. Puller must create power with long, low strides. Focus on glider's 1 foot stop. Glider can find appropriate level of resistance by varying weight placed on stopping foot. Glider can alternate feet on successive trips and to steer. Puller gets to improve posture, body angle, stride length and recovery.

3. OBSTACLE COURSE (1.1.12)

Arrange sticks and pylons as diagrammed. Players begin in corner and step over sticks, then slide under the obstacle on stomach "hands out heads up". Player then executes lateral crossovers towards goal line and then back towards blue line - always facing the same direction. Player then zig zags around cones and returns in line.

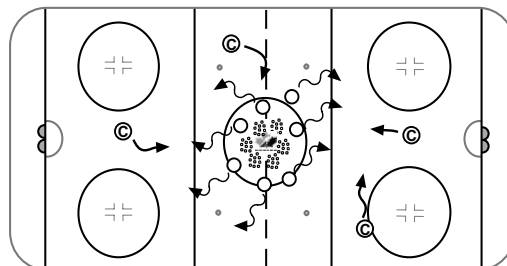


10 MIN

FUN GAME

A BUG'S LIFE

Place pucks (food) at centre ice and nets at each end. Players (ants) control puck and try to put in nets (ant hills) while coaches (grasshoppers) try to take pucks away. Player can try to take puck back from coach or go and get another puck. Ants try to get all the food into the ant hill before winter (the whistle).



Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.

Additional ice stations: You may choose either Option 1: Skill Stations #1 plus Skill Stations #2, Option 2: Skills Stations #2 repeated 3 times or Option 3: Skill Stations #3 only

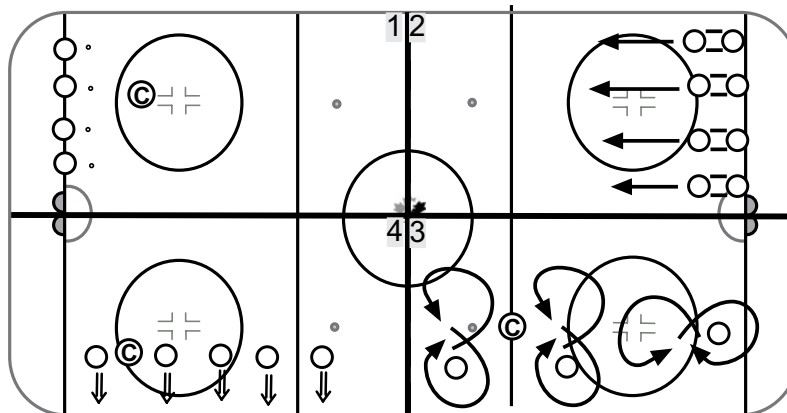
SKILL STATIONS #1 - 4 STATION SETUP

1. PUCKHANDLING STANCE/STATIONARY STICKHANDLING (2.1.01)

2. HORSE AND BUGGY (1.3.06)

3. FIGURE 8'S - OUTSIDE EDGE (1.2.01)

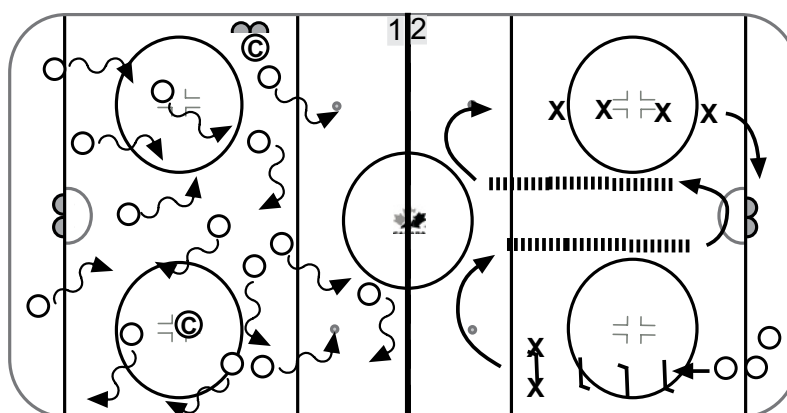
4. FOREHAND SWEEPSHOT (3.1.01)



SKILL STATIONS #2 - 2 STATION SETUP

1. SKATING WITH PUCK (2.2.01)

2. OBSTACLE COURSE (1.1.12)



SKILL STATIONS #3 - 6 STATION SETUP

1. OBSTACLE COURSE (1.1.12)

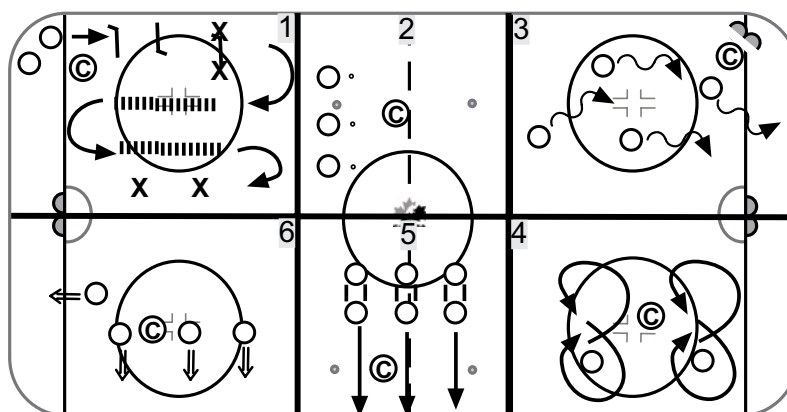
2. PUCKHANDLING STANCE/STATIONARY STICKHANDLING (2.1.01)

3. SKATING WITH PUCK (2.2.01)

4. FIGURE 8'S - OUTSIDE EDGE (1.2.01)

5. HORSE AND BUGGY (1.3.06)

6. FOREHAND SWEEPSHOT (3.1.01)



U7 Fundamentals

Practice Plans I



PHASE: 2

LESSON: 9

DURATION: 60

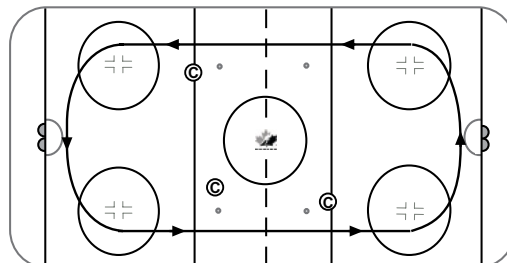
Session Objectives: 1. Introduce: Backhand Shot, Starting with the Puck
2. Review: ABC's, Forehand Shot, Skating with the Puck, Stationary Stickhandling

10 MIN

WARM - UP

WARM UP (1.1.07/1.1.04/1.4.03/1.3.06)

Skate clockwise direction; between blue lines glide on one foot, jump the lines on one foot, c-cuts – both feet, stop 'n go on red line (always facing same side of rink). Add pucks if desired.



20 MIN

SKILL STATIONS #1

1. BACKHAND SHOT (3.1.02)

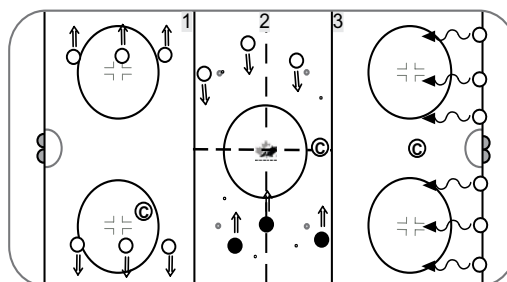
Review and demonstrate key points. Players spread out around the boards. Players stand stationary 3-4 meters from boards. Go through movements of shooting without puck. Add pucks. Shoot for a spot on the boards.

2. SCATTER PUCK

Divide into two teams. Paint dividing line down middle of ice. Give each team equal number of pucks. On signal, players shoot their pucks to other side of the ice and continue gathering and shooting until whistle. Players may not cross the line. Team with fewest pucks on their side wins. Even up the pucks and play again.

3. STARTING WITH THE PUCK

Each player with a puck. Move puck left to right in front of body. Repeat but players call out number of fingers instructor is holding up. Move puck on side from front to back. Players skate forward at easy pace and stickhandle but limiting side travel of puck. Review and demonstrate starting with a puck – push the puck slightly ahead of you. Skate out to it and perform stickhandle while crossing the zone. Players cross zone in wave formation. If too many players use 2 waves. If time allows play game of "red light - green light" with players carrying puck. Should use proper method of starting with the puck.



20 MIN

SKILL STATIONS #2

1. INSIDE OUT

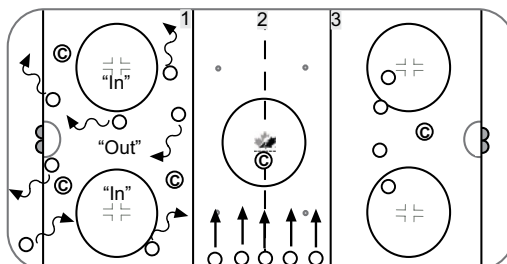
Each player takes a puck and stickhandles anywhere inside blue line. Coach says "Inside," players must stickhandle inside one of the 2 face-off circles. Coach says "Out," players must stickhandle anywhere inside blue line except the face-off circles. Repeat several times encouraging players to move quickly, stickhandling in the confined space and look up frequently to avoid collisions.

2. GLIDING WITH KNEE BEND (1.1.09)

Review and demonstrate key points. Players line up on boards. Player takes a few strides to gain momentum then glides on one foot. Once gliding on one foot, add a deep knee bend. Player holds knee bend for 1-2 seconds then rises, and repeats. Repeat with other foot.

3. STATIONARY PUCK CONTROL (2.1.02/2.1.03/2.1.04)

Line players up in stickhandling position with a puck in front of them. Have players move puck in front of body narrow, wide, and then narrow-wide combination. Continue while players shout out number of fingers held up by instructor (players will have to look up).

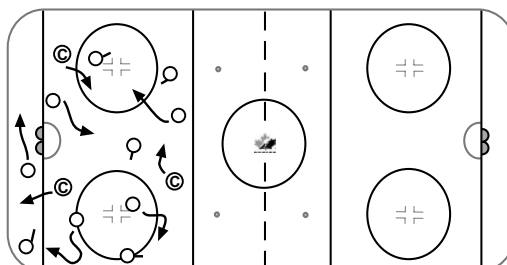


10 MIN

FUN GAME

TOILET BOWL TAG

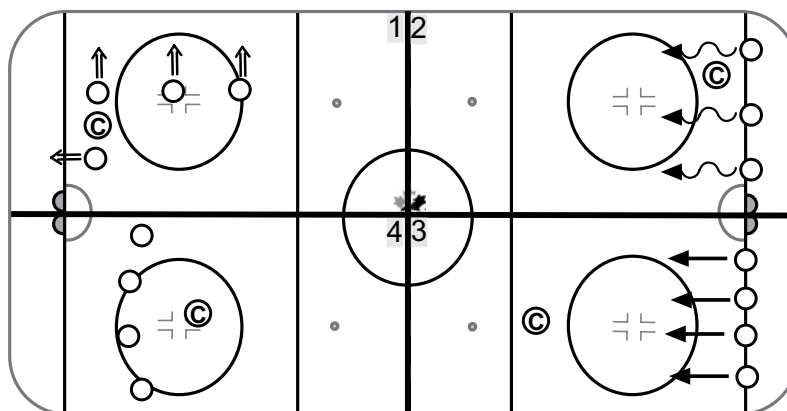
Players play without sticks. Players must skate around end zone with hands on their knees. Coaches are "it" and must tag players. Tagged players must stand still with their arm straight out (flusher). To be freed, another player must skate under the flusher, stop and push arm down (flush the toilet).



Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.
Additional ice stations: You may choose either Option 1: Skill Stations #1 plus Skill Stations #2, Option 2: Skills Stations #2 repeated 3 times or Option 3: Skill Stations #3 only

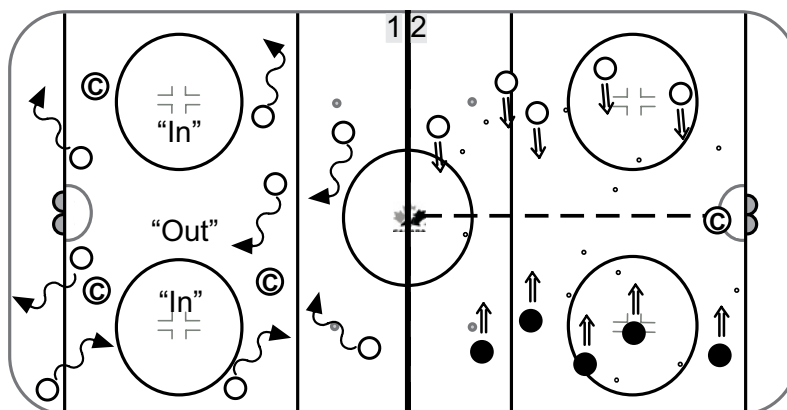
SKILL STATIONS #1 - 4 STATIONS SETUP

1. BACKHAND SHOT (3.1.02)
2. STARTING WITH THE PUCK
3. GLIDING WITH KNEE BEND (1.1.09)
4. STATIONARY PUCK CONTROL (2.1.02/2.1.03/2.1.04)



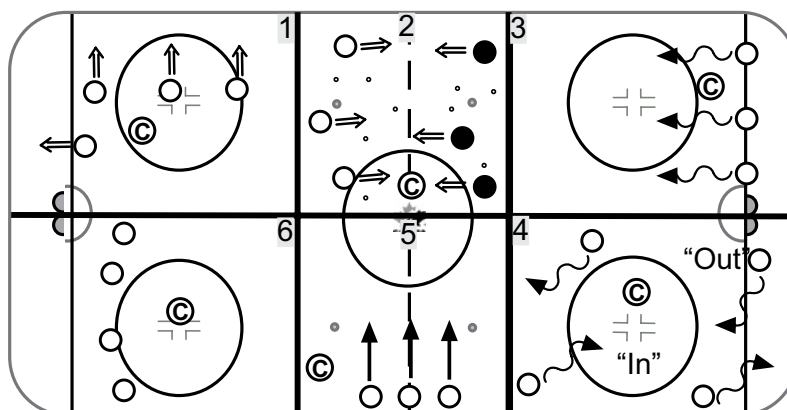
SKILL STATIONS #2 - 2 STATIONS SETUP

1. INSIDE OUT
2. SCATTER PUCK



SKILL STATIONS #3 - 6 STATIONS SETUP

1. BACKHAND SHOT (3.1.02)
2. SCATTER PUCK
3. STARTING WITH THE PUCK
4. INSIDE OUT
5. GLIDING WITH KNEE BEND (1.1.09)
6. STATIONARY PUCK CONTROL (2.1.02/2.1.03/2.1.04)



U7 Fundamentals

Practice Plans J



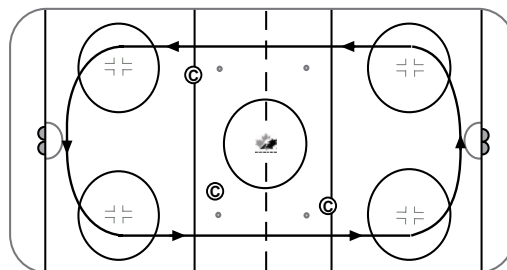
Session Objectives: Review: ABC's, Forehand & Backhand Shot, Stationary Stickhandling

10 MIN

WARM - UP

WARM UP (1.1.07/1.4.03/1.3.06)

Skate clockwise direction; between blue lines glide on one foot, jump the lines on one foot, c-cuts - both feet, stop 'n go on red line (always facing same side of rink). Add pucks if desired.



20 MIN

SKILL STATIONS #1

1. FOREHAND AND BACKHAND SHOT (3.1.01/3.1.02)

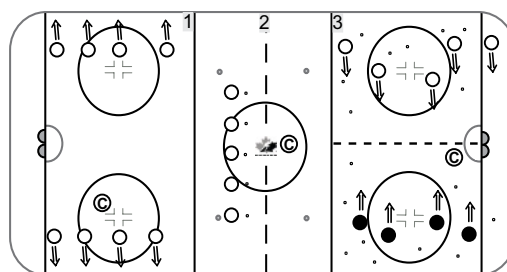
Review and demonstrate key points of forehand shot. Players spread out around the boards and stand stationary 3-4 meters from boards. Shoot for a spot on the boards. Coaches provide feedback. Repeat with backhand shot.

2. STATIONARY STICKHANDLING (2.1.02/2.1.03/2.1.04)

Line players up in stickhandling position with a puck in front of them. Have players move puck in front of body narrow, wide, then narrow-wide combination. Continue while players shout out number of fingers held up by instructor (players will have to look up).

3. SCATTER PUCK

Divide into two teams. Paint dividing line down middle of ice. Give each team equal number of pucks. On signal, players shoot their pucks to other side of the ice and continue gathering and shooting until whistle. Players may not cross the line. Team with fewest pucks on their side wins. Even up the pucks and play again. Repeat with backhand shots only.



20 MIN

SKILL STATIONS #2

1. A BUG'S LIFE

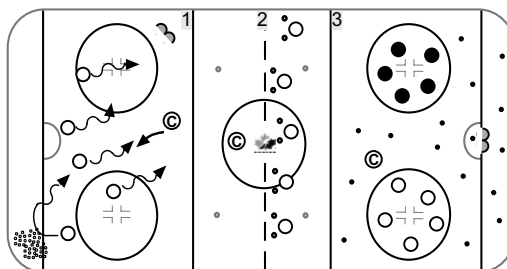
Place pucks (food) in corner and net in opposite corner. Players (ants) control puck and try to put in net (ant hill) while coaches (grasshoppers) try to take pucks away. Player can try to take puck back from coach or go and get another puck. Ants try to get all the food into the ant hill before winter (the whistle).

2. STATIONARY STICKHANDLING (2.1.14)

Players find open space. Paint 2 dots on ice in front of each player approx. 1 metre apart. Players control the puck in a figure 8 motion around the dots. Elbows away from the body, roll the wrists.

3. GARBAGE DUMP

Divide group into 2 teams. Assign each team to one face-off circle as a home base. Scatter pucks around end zone. On signal the players must skate around and stop to pick up one object at a time (piece of garbage) and return it to their home base (dump). Players must leave their gloves on. Players must stop at each piece of garbage. Team that collects the most garbage wins.

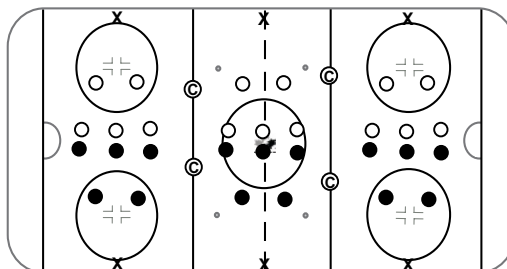


10 MIN

FUN GAME

CROSS ICE SCRIMMAGE

No nets - use 1 pylon - must hit pylon to score - no goalies. Continuous play - if a goal is scored players give puck to coach who shoots it in to area and play continues. If stronger players monopolize the puck, add another puck (or two).

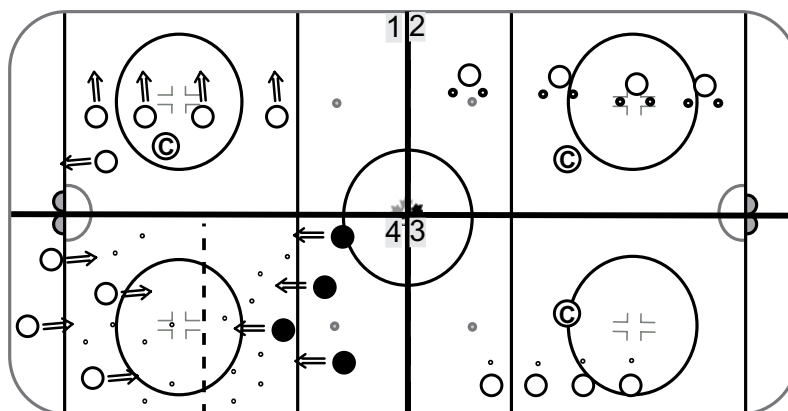


Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.

Additional ice stations: You may choose either Option 1: Skill Stations #1 plus Skill Stations #2, Option 2: Skills Stations #2 repeated 3 times or Option 3: Skill Stations #3 only

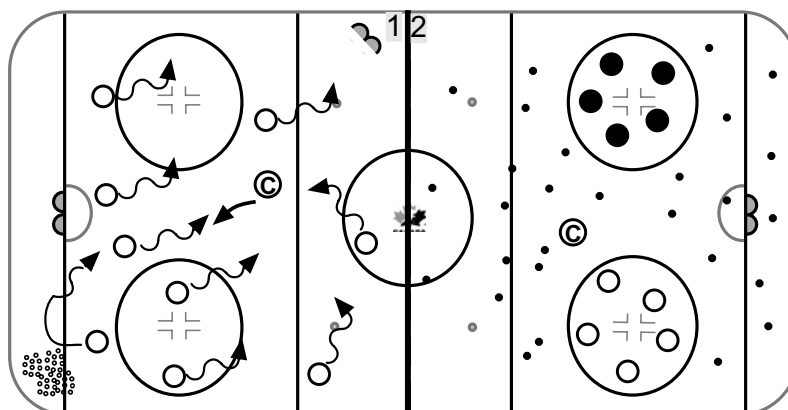
SKILL STATIONS #1 - 4 STATIONS SETUP

1. FOREHAND AND BACKHAND SHOT (3.1.01/3.1.02)
2. STATIONARY STICKHANDLING (2.1.14)
3. STATIONARY STICKHANDLING (2.1.02/2.1.03/2.1.04)
4. SCATTER PUCK



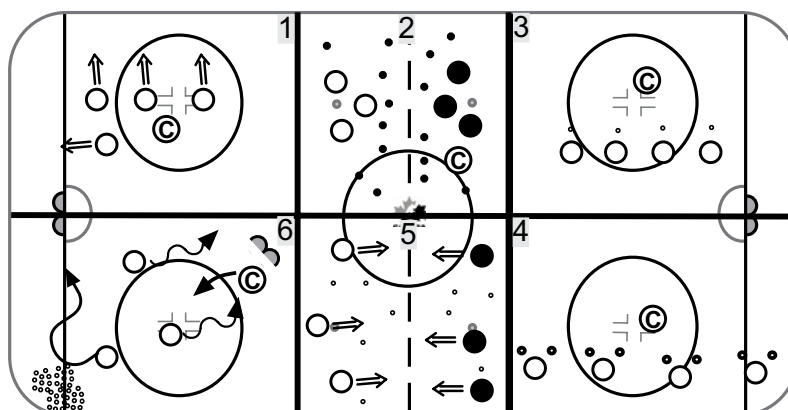
SKILL STATIONS #2 - 2 STATIONS SETUP

1. A BUG'S LIFE
2. GARBAGE DUMP



SKILL STATIONS #3 - 6 STATIONS SETUP

1. FOREHAND AND BACKHAND SHOT (3.1.01/3.1.02)
2. GARBAGE DUMP
3. STATIONARY STICKHANDLING (2.1.02/2.1.03/2.1.04)
4. STATIONARY STICKHANDLING (2.1.14)
5. SCATTER PUCK
6. A BUG'S LIFE



U7 Fundamentals

Practice Plans K



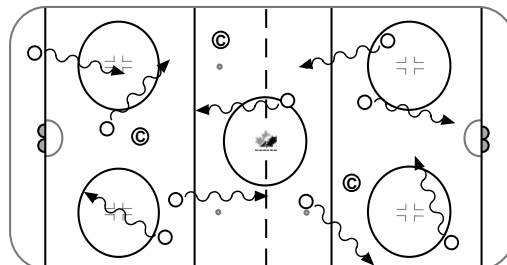
Session Objectives: 1. Introduce: Backward Stance, Walking Backwards, Gliding Backwards
2. Review: ABC's, Forehand Shot, Backhand Shot, One O'clock - Eleven O'clock Stop

10 MIN

WARM - UP

CHAOS (2.2.01/2.2.02/2.2.03)

Players skate around ice any direction handling puck. Put out nets for shooting, encourage players to bounce it off the boards, vary speed, change direction, stickhandle narrow, wide, and narrow-wide combination.



20 MIN

SKILL STATIONS #1

1. WALKING BACKWARDS

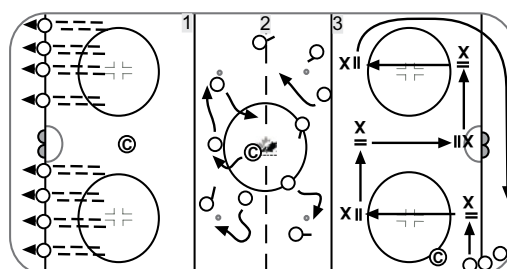
Review and demonstrate key points of stance. Players go into stance and straighten up - 3-4 times. Players drop to knees and get back into stance. Players line-up on goal line facing end boards. Assume basic stance. Skates in inverted "V" - "pigeon-toed". Walk backwards toward blue line. Must lift skates and shift weight from side to side. Replace foot with toe turned in. Repeat 4-5 times.

2. TOILET BOWL TAG

Players play without sticks. Players must skate around end zone with hands on their knees. Coaches are "it" and must tag players. Tagged players must stand still with their arm straight out (flusher). To be freed, another player must skate under the flusher, stop and push arm down (flush the toilet).

3. ONE O'CLOCK - ELEVEN O'CLOCK STOP (1.3.06)

Players line up on boards. Each player in turn skates to 1st pylon and executes stop facing direction of next pylon. Next player goes when player in front stops at pylon. Review technique and correct.



20 MIN

SKILL STATIONS #2

1. GLIDING BACKWARDS (1.5.03)

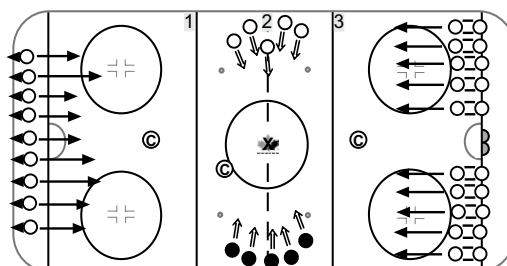
Players push themselves away from boards and see how far they can glide backwards. Repeat several times (players can probably go at own pace - encourage them to repeat by trying to go farther each time). Review form - proper balance in the basic stance is the key - watch for players leaning forward and correct.

2. FOREHAND AND BACKHAND SHOT (3.1.01/3.1.02)

Divide group into 2 teams and assign them a "zone". Players must remain in "zone". Place small pylon in the middle of the ice. On signal, players shoot pucks at the pylon and try to move it toward the other team's "zone". Players can retrieve pucks but shots must come from inside their "zone". Team wins when it moves the pylon into the opponent's face-off circle. Repeat with Backhand shots only.

3. HORSE AND BUGGY (1.5.03)

Players partner off and face each other using 2 hockey sticks (hold blades forward facing down). Push partner backwards. Player being pushed assumes basic stance and glides on 2 skates backwards. Go slow and safe.

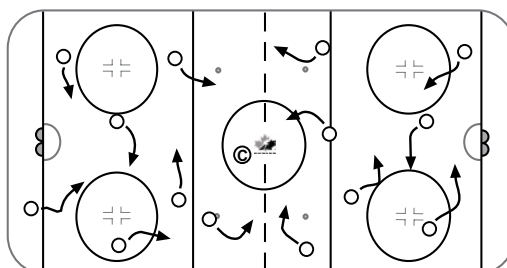


10 MIN

FUN GAME

BATTLESHIP

Rink is a battleship, coach is the captain & players are the crew. Crew spreads out around ship and responds to captain's commands. Introduce 4 commands and play 5 minutes: "Torpedoes" - crew slides on stomach, "hands out, heads up"; "Submarine" - crew slides on back with leg in air (periscope); "Enemy Aircraft" - crew slides on knees and shoots down planes with sticks; "Storm" - crew skates and touches down one knee each stride (alternate knees); Introduce 5 more commands and play another 5 minutes: "Stern" - skate backwards to one end; "Bow" - skate forwards to other end; "Port" & "Starboard" - lateral crossovers to side; "Swab the Deck" - sweep snow with sticks; "Man Overboard" crew dives into water and swims on stomachs

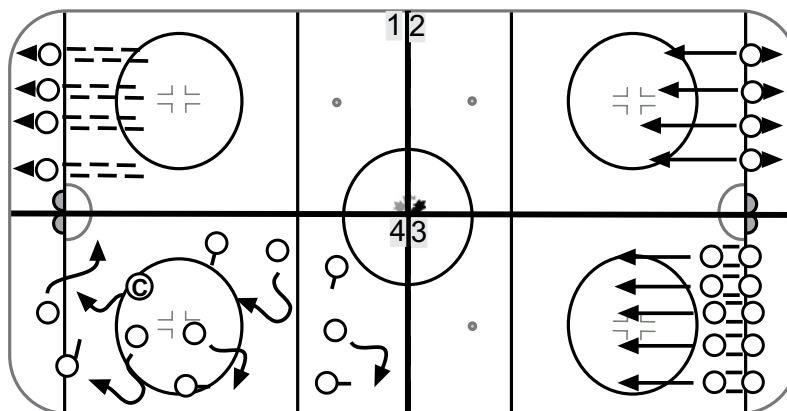


Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.

Additional ice stations: You may choose either Option 1: Skill Stations #1 plus Skill Skations #2, Option 2: Skills Stations #2 repeated 3 times or Option 3: Skill Stations #3 only

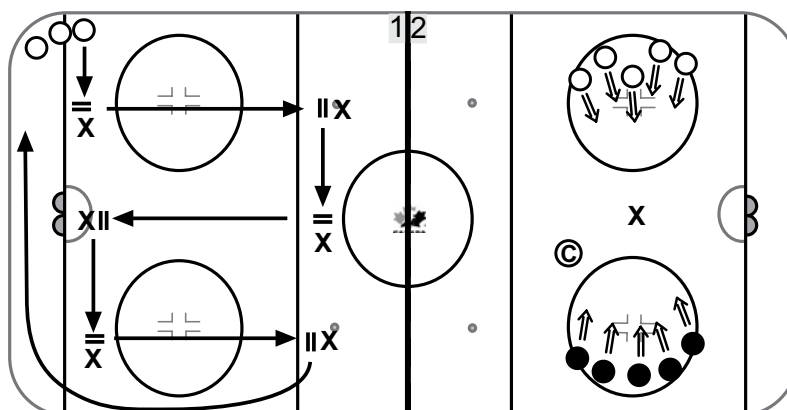
SKILL STATIONS #1 - 4 STATIONS SETUP

1. WALKING BACKWARDS
2. GLIDING BACKWARDS (1.5.03)
3. HORSE AND BUGGY (1.5.03)
4. TOILET BOWL TAG



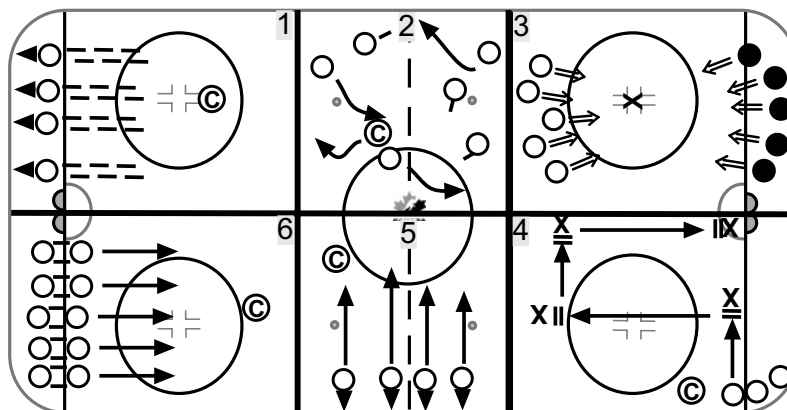
SKILL STATIONS #2 - 2 STATIONS SETUP

1. ONE O'CLOCK - ELEVEN O'CLOCK STOP (1.3.06)
2. FOREHAND AND BACKHAND SHOT (3.1.01/3.1.02)



SKILL STATIONS #3 - 6 STATIONS SETUP

1. WALKING BACKWARDS
2. TOILET BOWL TAG
3. FOREHAND AND BACKHAND SHOT (3.1.01/3.1.02)
4. ONE O'CLOCK - ELEVEN O'CLOCK STOP (1.3.06)
5. GLIDING BACKWARDS (1.5.03)
6. HORSE AND BUGGY (1.5.03)



U7 Fundamentals

Practice Plans L

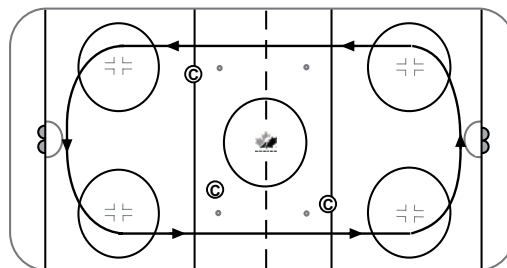
Session Objectives: 1. Introduce: C-Cut, Backward Striding, Stick Checks
2. Review: ABC's, Starting & Skating with the Puck

10 MIN

WARM - UP

WARM UP (1.1.04/1.3.06)

Skate clockwise direction; between blue lines skate backwards, jump the lines on one foot, exaggerated stride, stop 'n go on red line (always facing same side of rink), speed up. Add pucks if desired.



20 MIN

SKILL STATIONS #1

1. C-CUTS BACKWARDS (1.5.01)

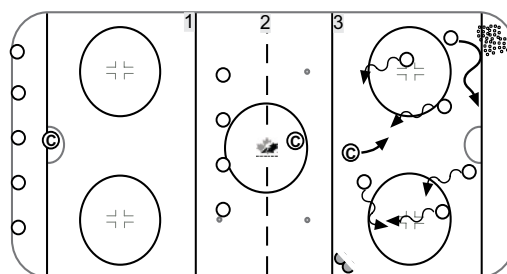
Review and demonstrate key points of C-Cut. Have players place their hands on the boards shoulder width apart for balance. Practice making C-Cuts with left skate then right skate.

2. STATIONARY STICKHANDLING (2.1.05)

Line players up in stickhandling position with a puck in front of them. Have players stickhandle the puck on the forehand side, then to the front and finally to the backhand side.

3. BUGS LIFE

Place pucks (food) in corner and net in opposite corner. Players (ants) control puck and try to put in net (ant hill) while coaches (grasshoppers) try to take pucks away. Player can try to take puck back from coach or go and get another puck. Ants try to get all the food into the ant hill before winter (the whistle)



20 MIN

SKILL STATIONS #2

1. BACKWARD STRIDING (1.5.01/1.5.02)

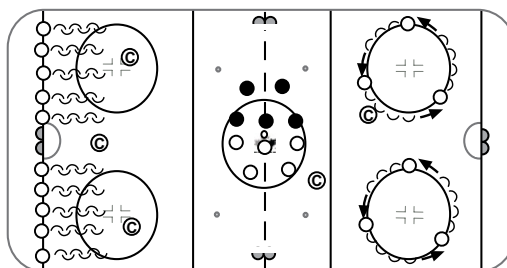
Players line up on goal line facing end boards. On signal players perform C-Cut with one foot to blue line. Return using other foot. Same formation, have players put skates in inverted "V" - "pigeon-toed". Walk backwards toward blue line. Remind players to lift skates and feel the weight shift from side to side. Explain to players to put it all together and demonstrate. Players start on goal line, start with C-Cuts with alternate feet then push and glide backwards to blue line. Return. Check for good backward stance, stick in one hand, glide foot directly under centre of gravity, push foot extends sideways using front part of blade.

2. STICK CHECKS (4.2.01/4.2.02)

Review and demonstrate stick checks. Play ringette. Have players turn their sticks upside down and use butt-end of stick in the ring. Players will have better success carrying the ring. Use stick checks to take ring from opponent.

3. C-CUTS BACKWARDS (1.6.13)

Players line-up around face-off circle. Assume backward stance. Turn toe of one foot in. Shift weight to that foot. Push away using a C-Cut. Return skate to original position. Repeat around circle using one leg only. Give players individual attention.

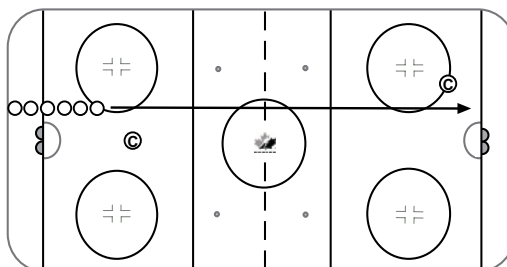


10 MIN

FUN GAME

TRAIN RELAY

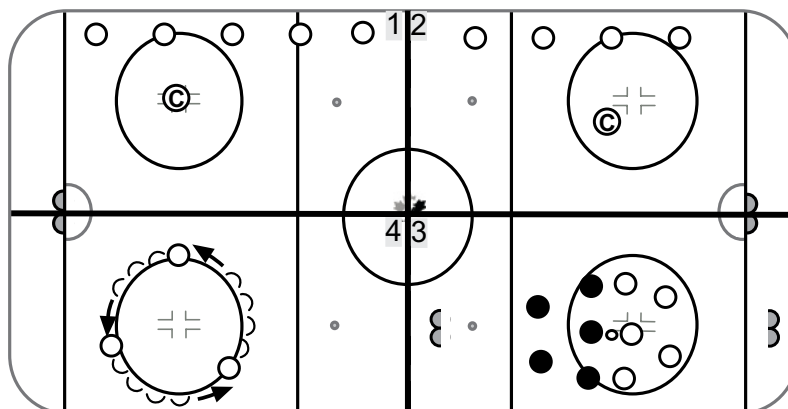
Each player is a car in a train, coupled to car in front by holding player in front by waist. On signal the whole team pushes to the far goal line skating forwards. Team cannot lose hold of player in front, nor crash into boards. Repeat as time permits. Change engine & caboose. Requires team work and co-operation. Novice I's may want to break up into 2 trains.



Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.
Additional ice stations: You may choose either Option 1: Skill Stations #1 plus Skill Stations #2, Option 2: Skills Stations #2 repeated 3 times or Option 3: Skill Stations #3 only

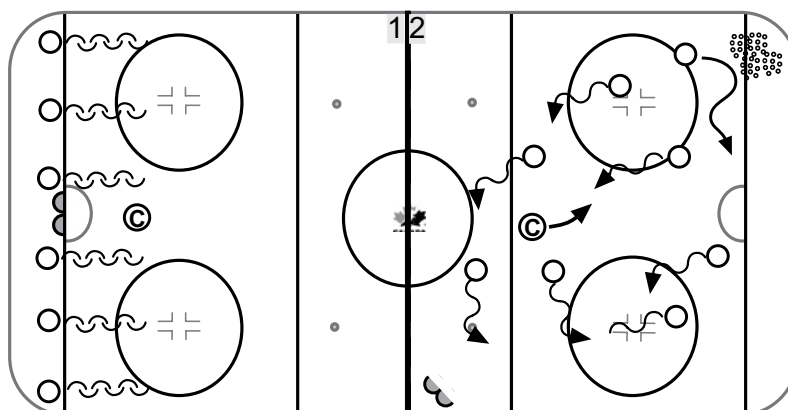
SKILL STATIONS #1 - 4 STATIONS SETUP

1. C-CUTS BACKWARDS (1.5.01)
2. STATIONARY STICKHANDLING (2.1.05)
3. STICK CHECKS (4.2.01/4.2.02)
4. C-CUTS BACKWARDS (1.6.13)



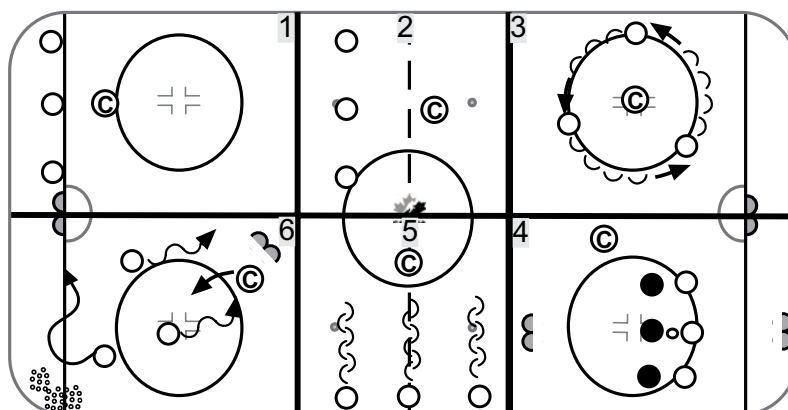
SKILL STATIONS #2 - 2 STATIONS SETUP

1. BACKWARD STRIDING (1.5.01/1.5.02)
2. BUGS LIFE



SKILL STATIONS #3 - 6 STATIONS SETUP

1. C-CUTS BACKWARDS (1.5.01)
2. STATIONARY STICKHANDLING (2.1.05)
3. C-CUTS BACKWARDS (1.6.13)
4. STICK CHECKS (4.2.01/4.2.02)
5. BACKWARD STRIDING (1.5.01/1.5.02)
6. BUGS LIFE



U7 Fundamentals

Practice Plans M

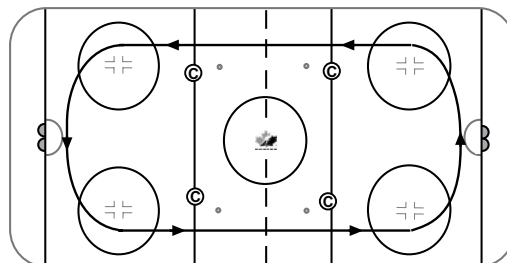
Session Objectives: 1. Introduce: : Two-Leg Backward Stop, Weaving with the Puck, Edge Control
2. Review: ABC's, C-Cut, Backward Striding, Stick Checks, Stationary Stickhandling

10 MIN

WARM - UP

WARM UP (1.1.04/1.4.12/1.3.06)

Skate clockwise direction; between blue lines skate backwards, jump the lines on one foot, exaggerated stride, stop 'n go on red line (always facing same side of rink), speed up. Add pucks if desired.



20 MIN

SKILL STATIONS #1

1. BACKWARDS STRIDING (1.5.01/1.5.02)

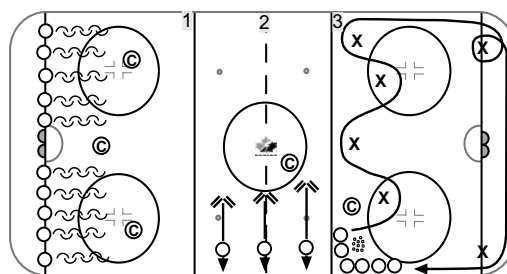
Review and demonstrate key points of C-Cut. Players line up on goal line facing end boards. On signal players perform C-Cut with one foot to blue line. Return using other foot. Same formation, have players put skates in inverted "V" - "pigeon-toed". Walk backwards toward blue line. Remind players to lift skates and feel the weight shift from side to side. Explain to players to put it all together and demonstrate. Players start on goal line, start with C-Cuts with alternate feet then push and glide backwards to blue line. Return. Check for good backward stance, stick in one hand, glide foot directly under centre of gravity, push foot extends sideways using front part of blade.

2. TWO-LEG BACKWARD STOP (1.3.11)

Review and demonstrate key points. Players line-up facing boards in basic stance. On signal, they push themselves away from the boards and glide backwards. Initiate stop by turning toes outward and leaning body slightly forward. Repeat 4-5 times. Red Light, Green Light - On "green light" start skating backward across ice using C-cut. On "yellow light" glide backwards. On "red light" stop using backward two leg backward stop.

3. WEAIVING WITH THE PUCK (2.2.08)

Each player with a puck. Move left to right in front of body. Move puck on side from front to back. Players skate forward at an easy pace while stickhandling. Player weaves with puck through the first 4 pylons, perform a 360° turn around pylon 5, stickhandles between pylons 5 & 6 and perform a glide turn around the final pylon returning to original position.



20 MIN

SKILL STATIONS #2

1. STICK CHECKS (4.2.01/4.2.02)

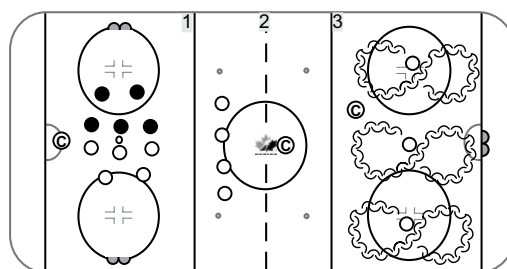
Review stick checks. Play ringette. Have players turn their sticks upside down and use butt-end of stick in the ring. Players will have better success carrying the ring. Use stick checks to take ring from opponent.

2. STATIONARY STICKHANDLING (2.1.05)

Line players up in stickhandling position with a puck in front of them. Have players stickhandle the puck on the forehand side, then to the front and finally to the backhand side.

3. FIGURE 8'S BACKWARDS - INSIDE EDGE (1.2.03)

Review and demonstrate key points. Players ride inside edge in a figure 8 pattern. Start on left skate and ride inside edge until the player has completed a full circle, then switch to right skate to complete figure 8 formation. Emphasize proper knee bend and upper body control.

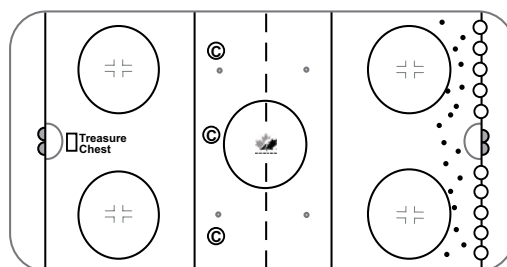


10 MIN

FUN GAME

STEAL THE TREASURE

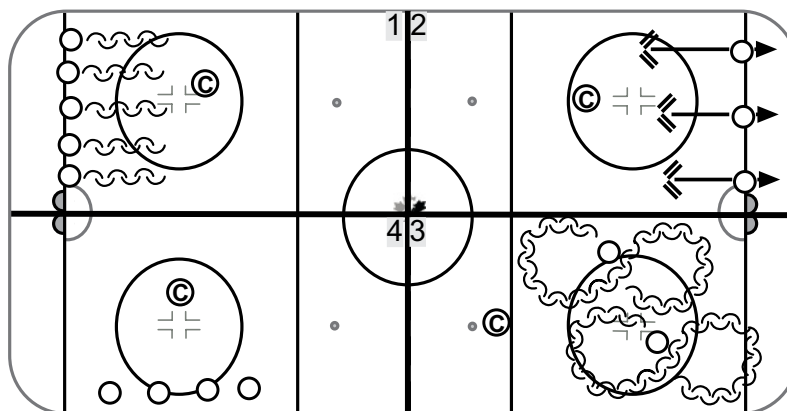
Box, crate or bucket (treasure chest) placed at one end. All pucks (treasure) at players' end. Players must pick up a puck skate to other end and place in crate (steal the pirate's treasure). Coaches (pirates) try to tag players. If tagged players must drop puck and go get another. Players must leave gloves on for safety.



Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.
Additional ice stations: You may choose either Option 1: Skill Stations #1 plus Skill Stations #2, Option 2: Skills Stations #2 repeated 3 times or Option 3: Skill Stations #3 only

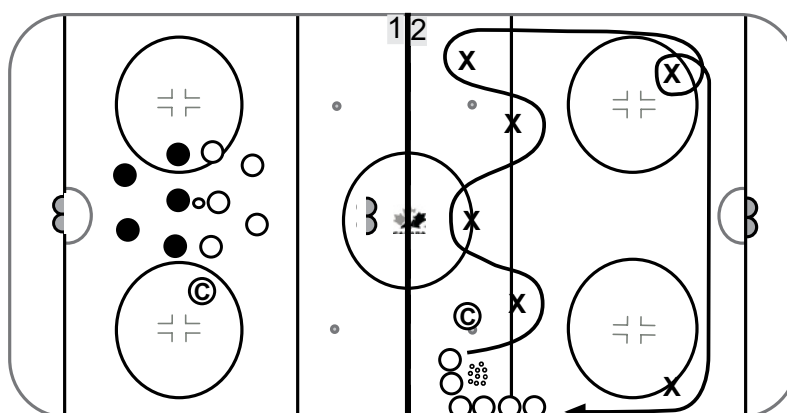
SKILL STATIONS #1 - 4 STATIONS SETUP

1. BACKWARDS STRIDING (1.5.01/1.5.02)
2. TWO-LEG BACKWARD STOP (1.3.11)
3. FIGURE 8'S BACKWARDS - INSIDE EDGE (1.2.03)
4. STATIONARY STICKHANDLING (2.1.05)



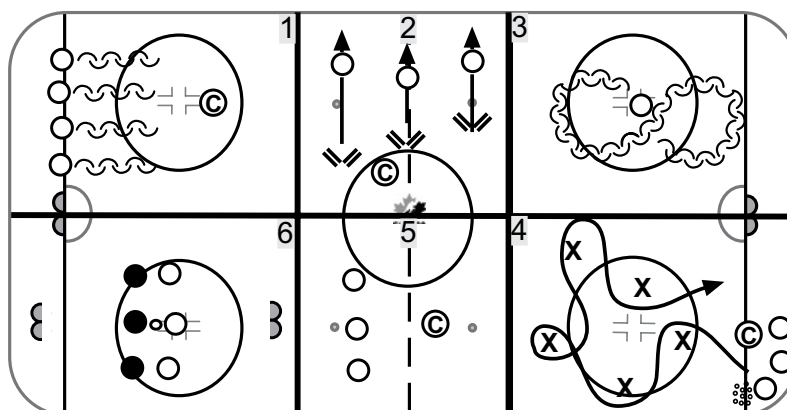
SKILL STATIONS #2 - 2 STATIONS SETUP

1. STICK CHECKS (4.2.01/4.2.02)
2. WEAVING WITH THE PUCK (2.2.08)



SKILL STATIONS #3 - 6 STATIONS SETUP

1. BACKWARDS STRIDING (1.5.01/1.5.02)
2. TWO-LEG BACKWARD STOP (1.3.11)
3. FIGURE 8'S BACKWARDS - INSIDE EDGE (1.2.03)
4. WEAVING WITH THE PUCK (2.2.08)
5. STATIONARY STICKHANDLING (2.1.05)
6. STICK CHECKS (4.2.01/4.2.02)



U7 Fundamentals

Practice Plans N

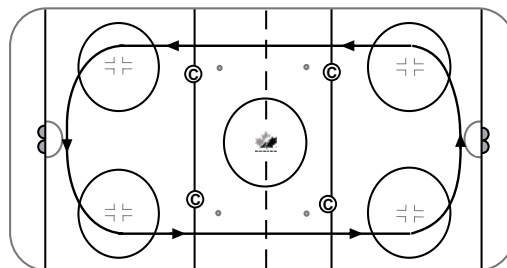
Session Objectives: 1. Introduce: Skating & Shooting, Tight Turns

2. Review: C-Cut, Backward Striding, Two-Leg Backward Stop, Weaving with the Puck, Stationary Stickhandling

10 MIN

WARM - UP**WARM UP (1.5.02/1.1.09//1.4.12/1.5.04)**

Skate clockwise direction, between blue lines: backwards c-cuts alternating, gliding with knee bend, exaggerated stride, gliding on one skate backwards, speed up.



20 MIN

SKILL STATIONS #1**1. SKATING AND SHOOTING**

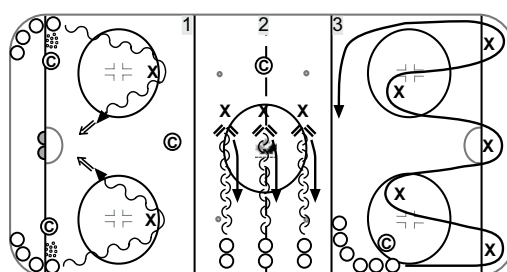
Divide group in 2 corners. Extra pucks in corners. Set pylons at top of each circle. Players carry puck out of corner, around pylons and shoot from slot. Send players in quick succession.

2. TWO LEG BACKWARD STOP (1.3.11)

Review backward striding. Have players try walking backward "pigeon-toed" to promote shifting weight from one foot to the other. Players find a partner. Place pylon app. 20m across ice for each pair. 1st player performs C-cut to start then strides backwards to pylon and performs two leg backward stop. Player returns to partner who then performs same sequence. Coach reviews form and provides feedback.

3. TIGHT TURNS (1.6.02)

Review and demonstrate key points. Set up zig-zag course of pylons. Players execute a tight turn around each pylon in the formation. Send player when player in front reaches 2nd pylon. Coaches provide feedback.



20 MIN

SKILL STATIONS #2**1. BACKWARDS TAG**

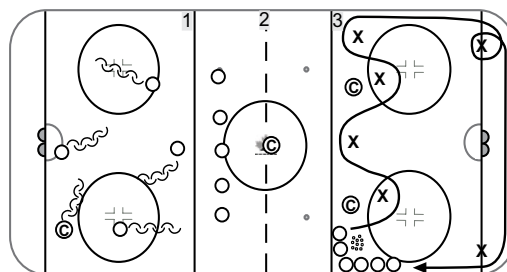
Coach is "it". All players (& coaches) skate backwards at all times. Once tagged a player helps "it". Players carry stick while they are "free", discard stick once they are tagged (so others can tell they are "it"). Last player left wins.

2. STATIONARY STICKHANDLING (2.1.02/2.1.03/2.1.04/2.1.05/2.1.06)

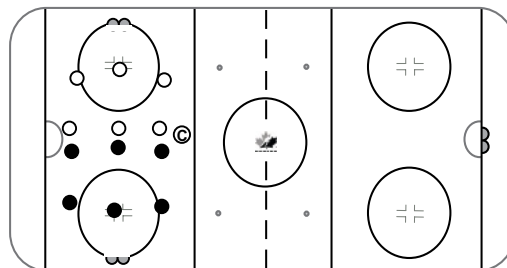
Line players up in stickhandling position with a puck in front of them. Have players practice narrow, wide, narrow-wide combination, and side-front-side stickhandling patterns while standing on right foot only. Repeat with left foot.

3. WEAIVING WITH PUCK (2.2.08)

Player weaves with puck through the first 4 pylons, performs 360° turn around pylon 5, stickhandles between pylons 5 & 6 and does glide turn around the final pylon returning to original position.

**SOCCER**

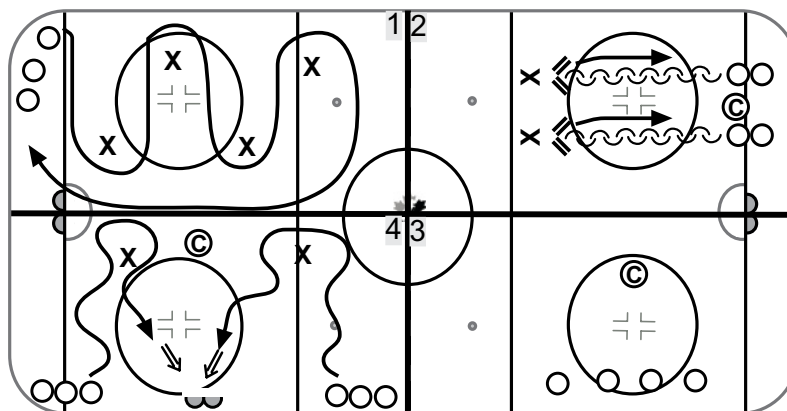
Play soccer in cross ice format. No sticks.



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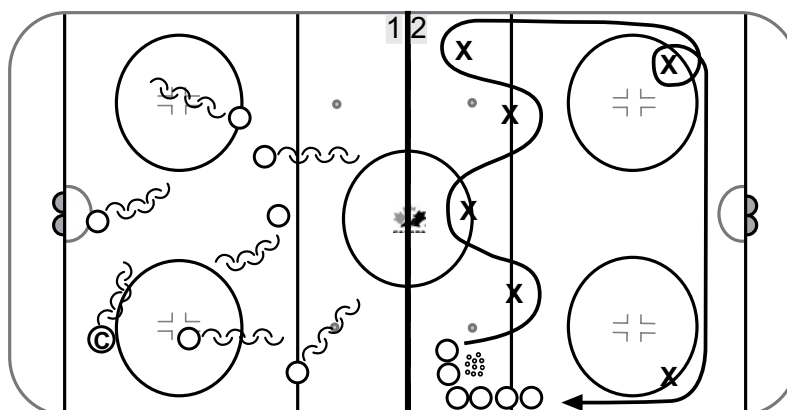
SKILL STATIONS #1 - 4 STATIONS SETUP

1. TIGHT TURNS 1.6.02
2. TWO LEG BACKWARD STOP (1.3.11)
3. STATIONARY STICKHANDLING (2.1.02/2.1.03/
2.1.04/2.1.05/2.1.06)
4. SKATING AND SHOOTING



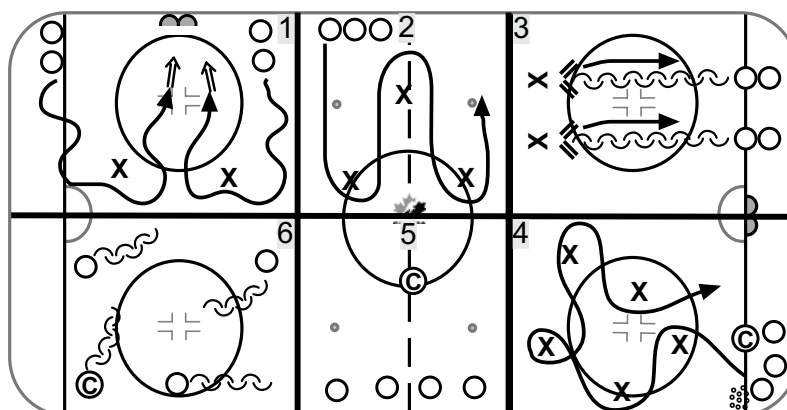
SKILL STATIONS #2 - 2 STATIONS SETUP

1. BACKWARDS TAG
2. WEAVING WITH PUCK (2.2.08)



SKILL STATIONS #3 - 6 STATIONS SETUP

1. SKATING AND SHOOTING
2. TIGHT TURNS (1.6.02)
3. TWO LEG BACKWARD STOP (1.3.11)
4. WEAVING WITH PUCK (2.2.08)
5. SKATING AND SHOOTING
6. BACKWARDS TAG



U7 Fundamentals

Practice Plans ○

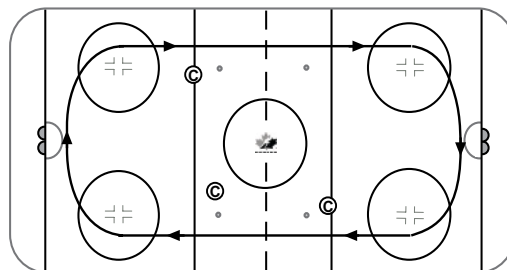
Session Objectives: 1. Review: ABC's, Skating & Shooting, Tight Turns, Backward Striding, Two-Leg Backward Stop, Weaving with the Puck, Stationary Stickhandling

10 MIN

WARM - UP

WARM UP

Skate clockwise direction, between blue lines skate backwards c-cuts alternating, glide with knee bend, exaggerated stride, glide on one skate backwards, speed up.



20 MIN

SKILL STATIONS #1

1. SKATING AND SHOOTING

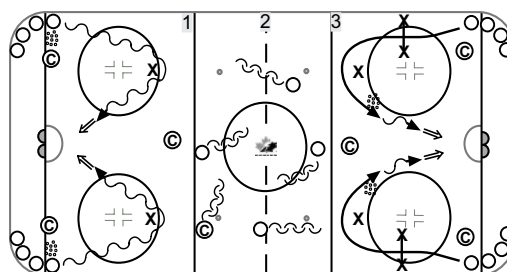
Divide group in 2 corners. Extra pucks in corners. Set pylons at top of each circle. Players carry puck out of corner, around pylons and shoots from slot. Send players in quick succession.

2. BACKWARDS TAG

All players (& coaches) skate backwards at all times. Once tagged a player helps "it". Players carry stick while they are "free", discard stick once they are tagged (so others can tell they are "it"). Last player left wins.

3. SHOOTING AND SCORING

On each side of the ice set up long stick across 2 pylons at approx. hash marks and pylon just short of blue line. Leave 1/2 of pucks near top of circles. Player must skate toward blue line, slide on stomach under stick ("hands out - head up"), regain feet, do tight turn around pylon, skate toward the net, pick up puck and score. Return to line.



20 MIN

SKILL STATIONS #2

1. TIGHT TURNS 1.6.02

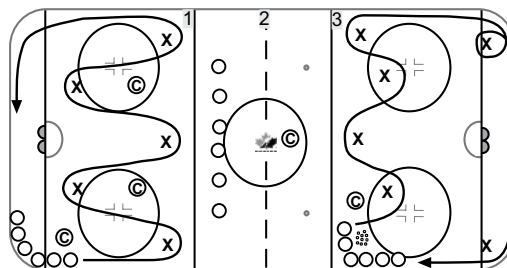
Review and demonstrate key points. Set up zig-zag course of pylons. Players execute a tight turn around each pylon in the formation. Send player when player in front reaches 2nd pylon. Coaches provide feedback.

2. STATIONARY STICKHANDLING (2.1.08/2.1.09)

Line players up in stickhandling position with a puck in front of them. Have players stickhandling with hands together then hands wide.

3. WEAIVING WITH PUCK (2.2.08)

Player weaves with puck through the first 4 pylons, performs 360° turn around pylon 5, stickhandles between pylons 5 & 6 and does glide turn around the final pylon returning to original position.

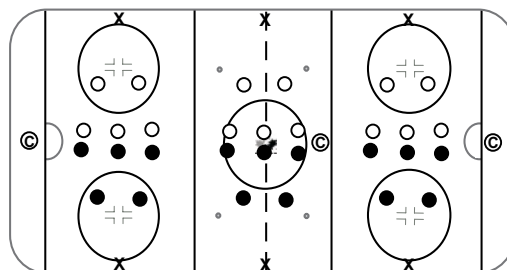


10 MIN

FUN GAME

CROSS ICE SCRIMMAGE

No nets - use 1 pylon - must hit pylon to score - no goalies. Continuous play - if a goal is scored players give puck to coach who shoots it in to area and play continues. If stronger players monopolize the puck, add another puck (or two).

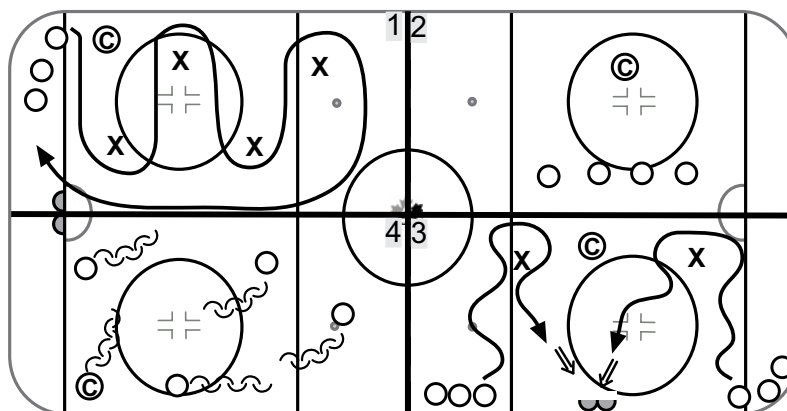


Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.

Additional ice stations: You may choose either Option 1: Skill Stations #1 plus Skill Stations #2, Option 2: Skills Stations #2 repeated 3 times or Option 3: Skill Stations #3 only

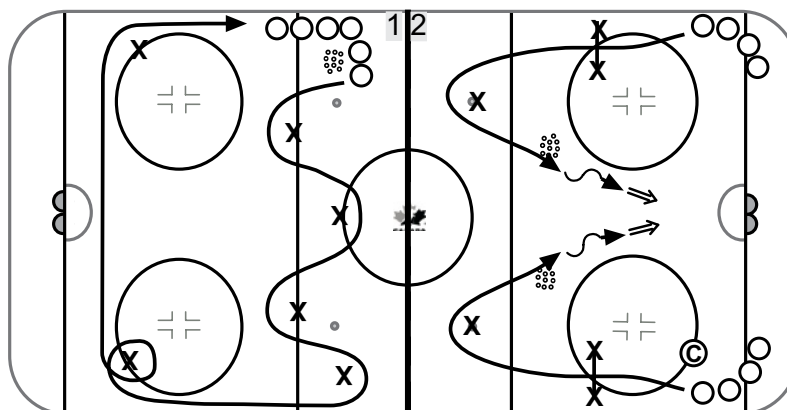
SKILL STATIONS #1 - 4 STATIONS SETUP

1. TIGHT TURNS (1.6.02)
2. STATIONARY STICKHANDLING (2.1.08/2.1.09)
3. SKATING AND SHOOTING
4. BACKWARDS TAG



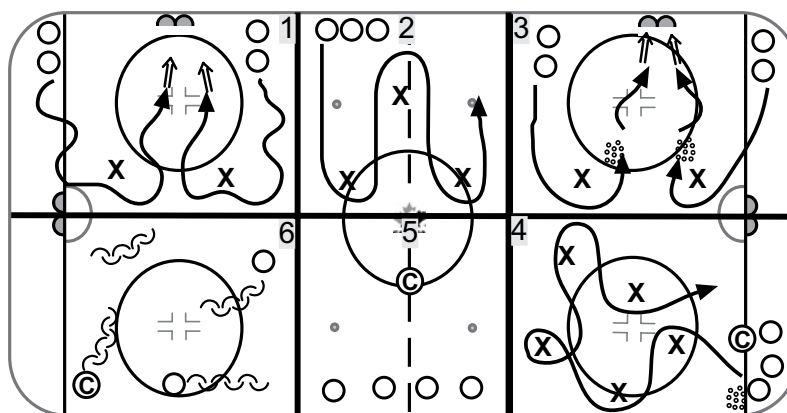
SKILL STATIONS #2 - 2 STATIONS SETUP

1. WEAVING WITH PUCK (2.2.08)
2. SHOOTING AND SCORING



SKILL STATIONS #3 - 6 STATIONS SETUP

1. SKATING AND SHOOTING
2. TIGHT TURNS (1.6.02)
3. BACKWARDS TAG
4. WEAVING WITH PUCK (2.2.08)
5. STATIONARY STICKHANDLING (2.1.08/2.1.09)
6. BACKWARDS TAG



U7 Fundamentals

Practice Plans P

PHASE: 2

LESSON: 16

DURATION: 60

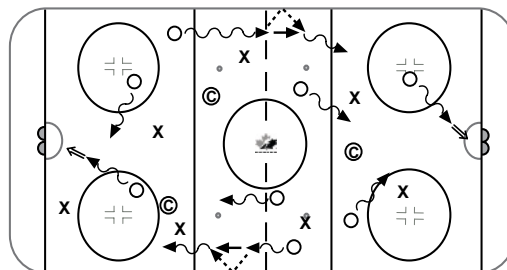
Session Objectives: 1. Introduce: 1 Foot Stop, V Start, 360's
2. Review: ABC's, C-Cut, Backward Striding, Two-Leg Backward Stop, Tight Turns

10 MIN

WARM - UP

CHAOS (2.2.01/2.2.02/2.2.03/2.2.04/2.2.09)

Players skate around ice any direction handling puck. Put out nets for shooting, encourage players to stickhandle narrow, wide, narrow-wide combination, side-front-side, and on one leg.



20 MIN

SKILL STATIONS #1

1. FOLLOW THE LEADER (1.1.04/1.1.09/1.1.05/1.1.12/1.5.04/1.6.04/1.6.12)

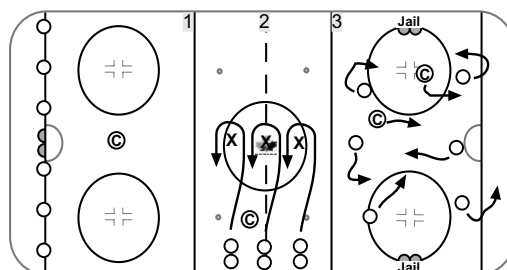
Challenge the players to do the following things (requires enthusiasm - act surprised when kids accomplish tasks, tell them they can't do the next one): jumping on one foot, gliding with knee bend, gliding - arm pump, lateral crossovers, gliding on one skate backwards, 360's, crossovers - three quick - left and right.

2. V-START AND TIGHT TURNS (1.3.02/1.6.02)

Review key points of front start and demonstrate while stationary for organization. Players in basic stance. On signal they practice opening skates into a "V" position by toeing outwards. Try to open as far as possible. Players partner off. Place pylons ½ way across ice - 1 pylon for every pair of players. On signal 1st player in each line opens skates into "V" position and takes 4-5 running strides and continues to pylon, executes a tight turn around pylon and returns to partner who then goes. Review form and correct flaws. Continuous drill. Halfway through change direction of turn.

3. COPS AND ROBBERS

Coaches act as cops, players as robbers. Players scatter in zone without sticks. When player is tagged goes to jail (net). Players in jail can be set free by being tagged by a free player.



20 MIN

SKILL STATIONS #2

1. ONE FOOT STOP (1.3.07)

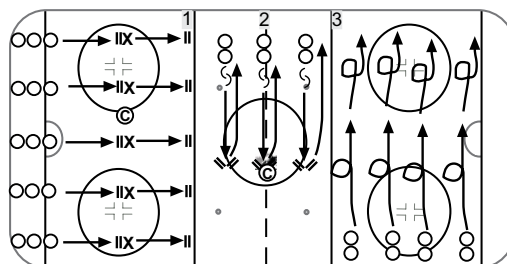
Review and demonstrate. Set out pylons halfway between goal line and blue line. Divide players into groups corresponding to pylons. Players start using front start then glide toward pylon on 2 skates. Execute one foot stop and spray snow on the pylon. Player continues to blue line and next player goes. When group finishes, repeat returning to goal line and stop facing same side (spray other side of pylon). Coaches should review form.

2. TWO LEG BACKWARD STOP (1.3.11)

Review key points of basic stance, C-Cut, striding and two leg backward stop. Players pair up on side boards facing boards. On signal 1st player performs C-Cut to start, alternate feet, then push and glide to a line halfway across ice. Use two leg backward stop. Execute front V Start and return to partner. Check for good backward stance, stick in one hand, glide foot directly under centre of gravity, push foot extends sideways using front part of blade. For players that do not shift weight properly have players put skates in inverted "V" - "pigeon-toed". Walk backwards. Remind players to lift skates and feel the weight shift from side to side. Relay race - same format.

3. 360'S (1.6.04)

Review and demonstrate. Players line up on boards. On signal players skate to first hash mark and execute a 360, then continue to far hash mark and execute a second 360 in the opposite direction. Repeat with a puck.

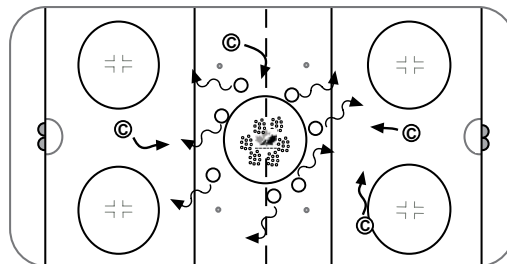


10 MIN

FUN GAME

A BUGS LIFE

Place pucks (food) at centre ice and nets at each end. Players (ants) control puck and try to put in nets (ant hills) while coaches (grasshoppers) try to take pucks away. Player can try to take puck back from coach or go and get another puck. Ants try to get all the food into the ant hill before winter (the whistle).

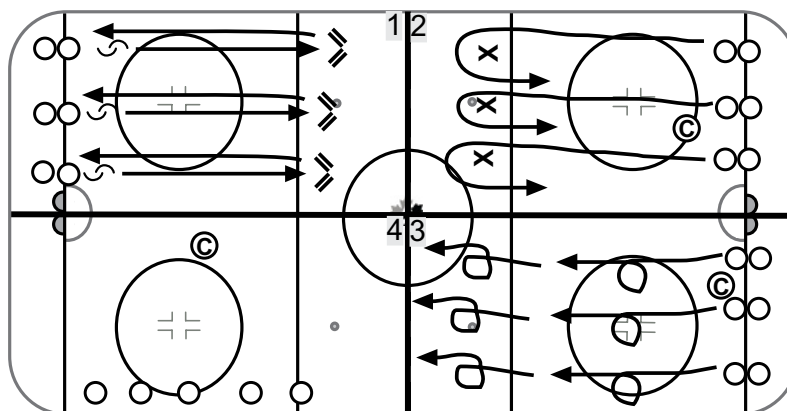


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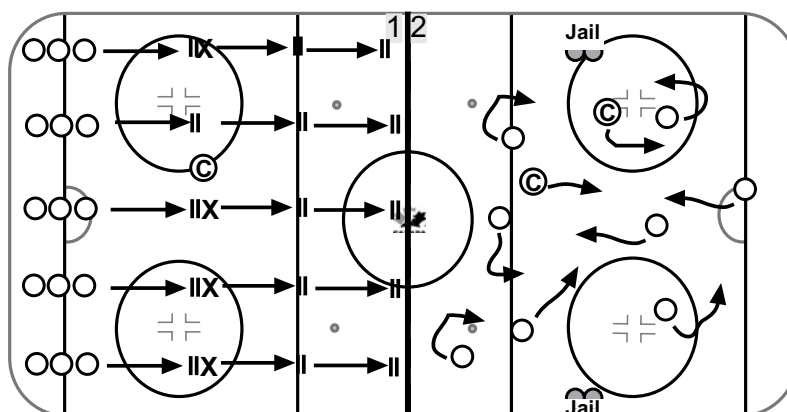
SKILL STATIONS #1 - 4 STATIONS SETUP

1. TWO LEG BACKWARD STOP (1.3.11)
2. V-START AND TIGHT TURNS (1.3.02/1.6.02)
3. 360'S (1.6.04)
4. FOLLOW THE LEADER
(1.1.04/1.1.09/1.1.05/1.1.12/1.5.04/1.6.04/
1.6.12)



SKILL STATIONS #2 - 2 STATIONS SETUP

1. ONE FOOT STOP (1.3.07)
2. COPS AND ROBBERS



SKILL STATIONS #3 - 6 STATIONS SETUP

1. ONE FOOT STOP (1.3.07)
2. FOLLOW THE LEADER
(1.1.04/1.1.09/1.1.05/1.1.12/1.5.04/1.6.04/
1.6.12)
3. 360'S (1.6.04)
4. V-START AND TIGHT TURNS (1.3.02/1.6.02)
5. TWO LEG BACKWARD STOP (1.3.11)
6. COPS AND ROBBERS

