

## SESSION #1

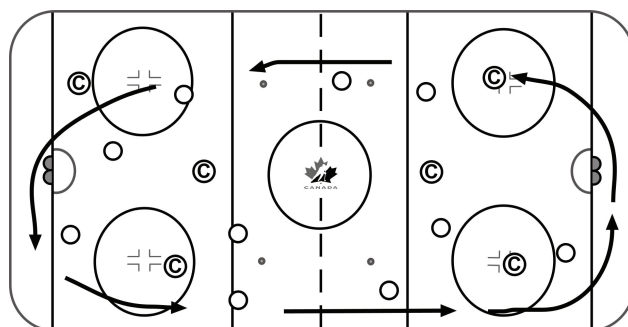
# U7 Introduction Sessions

**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

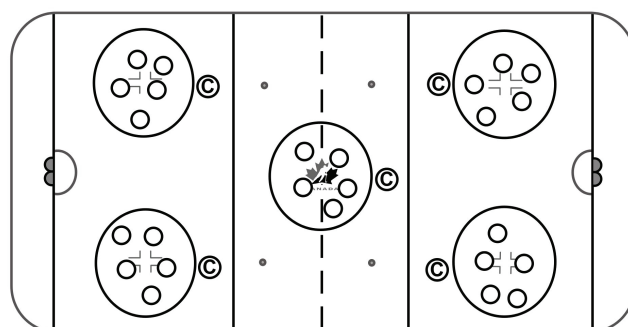
Coaches should skate among players, talking to as many as possible; make them feel comfortable, help as needed. Give parents time to get kids on ice for the first time.



## 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.

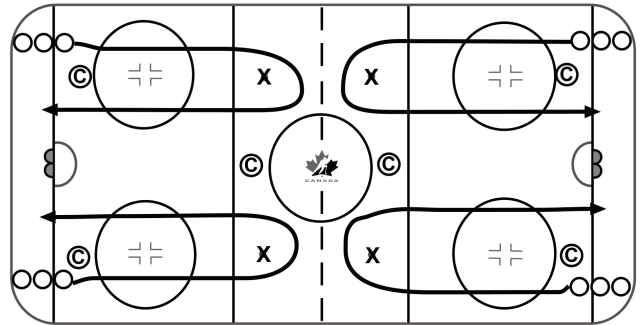
1. Hockey stance
2. Hockey stance/balance
3. Getting up from the ice
4. Getting up from the ice – roll over
5. Jumping on two feet



## 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.

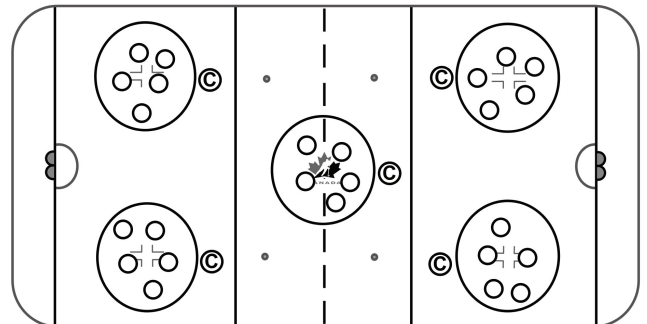
1. C-cuts bubbles
2. Gliding on two skates
3. Glide on one skate
4. Glide and bend
5. C-cuts – alternating
6. C-cuts – one leg
7. Gliding inside edge



## 5-Circle Puck Control Skills 15 MINS

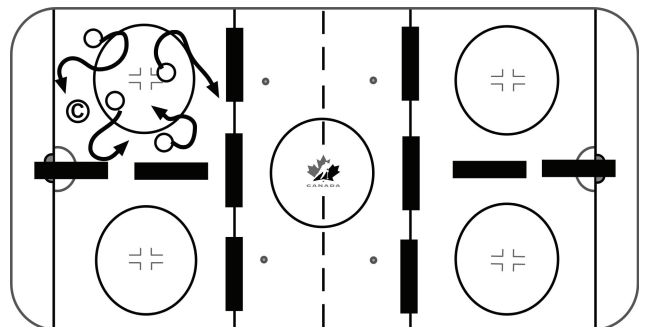
- Divide the players into five equal groups, utilizing the face-off circles.
- Based on ability of the players, progress through each of the four skills below with players staying in the same circle.

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.

## SESSION #2

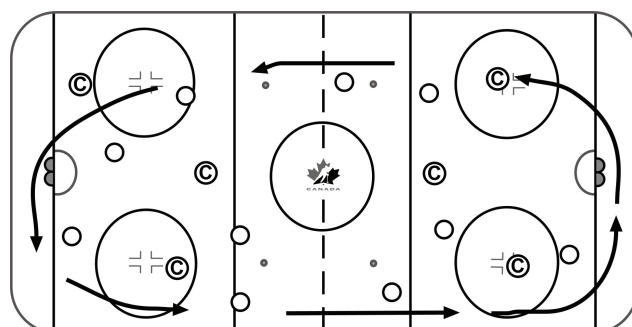
# U7 Introduction Sessions

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

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## Free Skate 5 MINS

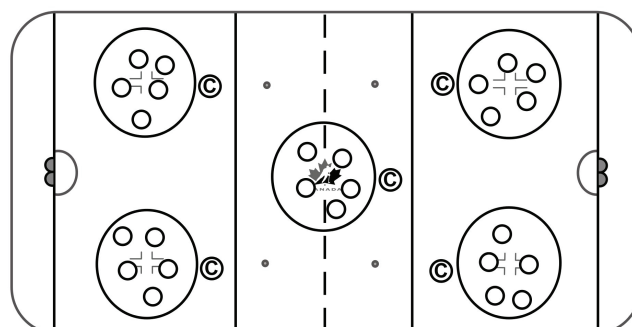
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## Hockey Stance & Balance 10 MINS

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

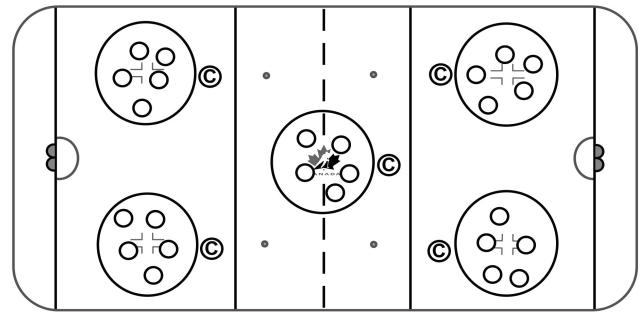
1. Make snow
2. Jumping on two feet
3. Jumping on one foot
4. Jump from skate to skate



## Puck Control 10 MINS

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

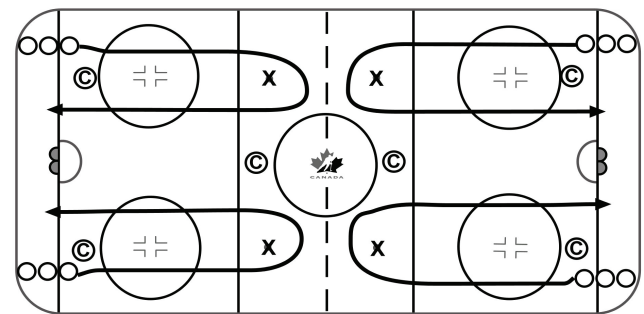
1. Stationary
2. Narrow – quick hands
3. Wide – move puck across body
4. Combination – narrow/wide



## 4-Station Skating 15 MINS

- Divide the players into four equal groups and have them skating the pattern, utilizing the skills listed below.
- Progress through each skill based on the ability of the players.

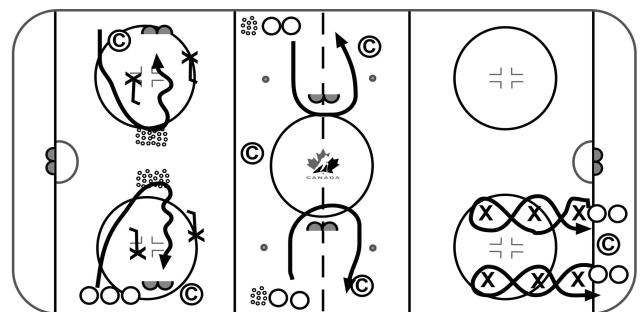
1. C-cuts one leg
2. Glide and bend
3. Gliding inside edge
4. C-cuts bubbles
5. C-cuts alternating



## 3-Station Skills 15 MINS

- Divide the players into equal groups and have them perform the skills, utilizing the drills below.
- Progress through each skill based on the ability of the players.
- Players rotate through the three stations.

1. Puck control chaos
2. Agility nets
3. Puck control weave



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

## SESSION #3

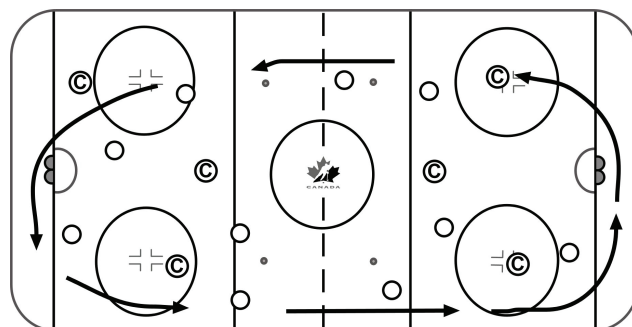
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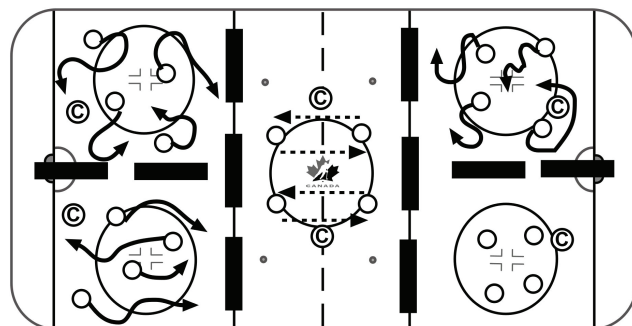
## Free Skate 5 MINS

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.



## 5-Station Skills Setup 50 MINS

- Divide the players into five groups and perform the drills listed below.
- Based Players can spend about 10 minutes at each station, then rotate.
  1. Skating – tag
  2. Stationary passing
  3. Puck control – attack the triangle
  4. Skating – tag – no sticks
  5. Puck control – two pucks



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

## SESSION #4

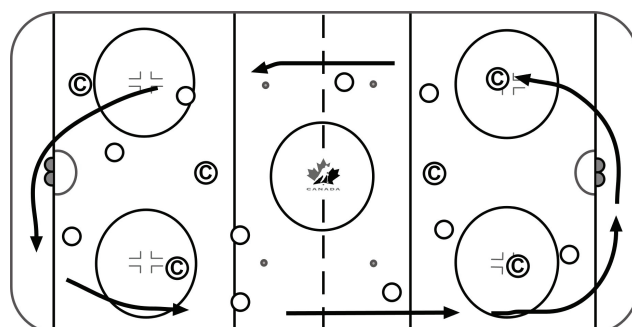
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**Note:** For any of the skating drills, add a puck to make it more difficult, depending on the skill level of the players.

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

## Free Skate 5 MINS

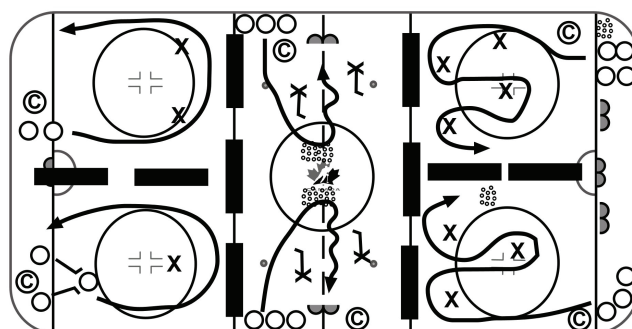
Coaches should skate among players, talking to as many as possible; make them feel comfortable, help as needed. Give parents time to get kids on ice for the first time.



## 5-Station Skills Setup 50 MINS

- Divide the players into five groups and perform the drills listed below.
- Based Players can spend about 10 minutes at each station, then rotate.

1. Indy 500
2. Puck control obstacles
3. Skating puck control – combo
4. Skating puck control – combo
5. Chuckwagon races



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