

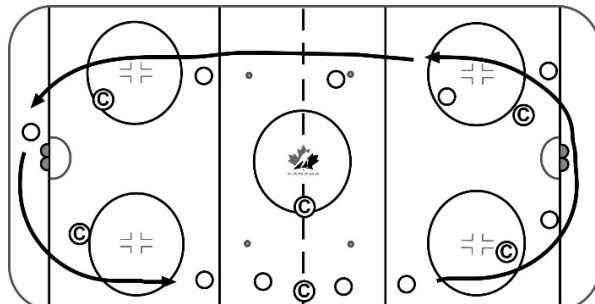
U7 Practice Plan #1

Drill Name & Description

Free Skate

[8]

Free skate - 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 first time.

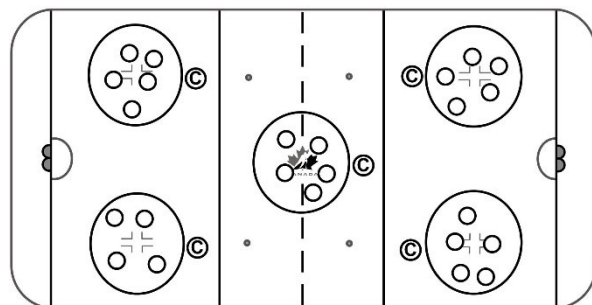


Drill Name & Description

Hockey Stance / Balance

[10]

- 1) Hockey Stance
- 2) Hockey Stance / Balance
- 3) Getting Up From the ice
- 4) Getting Up From the ice – Roll Over
- 5) Jumping on 2 Feet

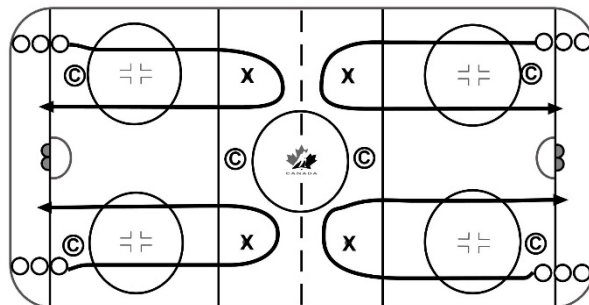


Drill Name & Description

4 Station Skating

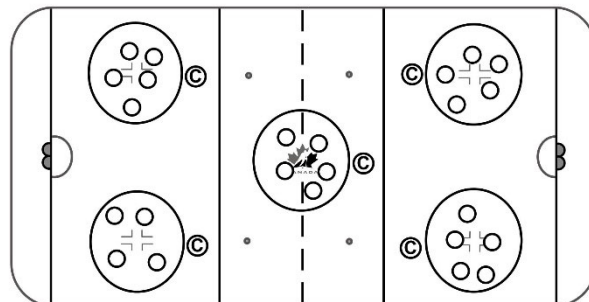
[15]

- 1) C-Cuts Bubbles
- 2) Gliding on 2 Skates
- 3) Glide on 1 Skate
- 4) Glide and Bend
- 5) C-Cuts – Alternating
- 6) C-Cuts – 1 Leg
- 7) Gliding Inside Edge

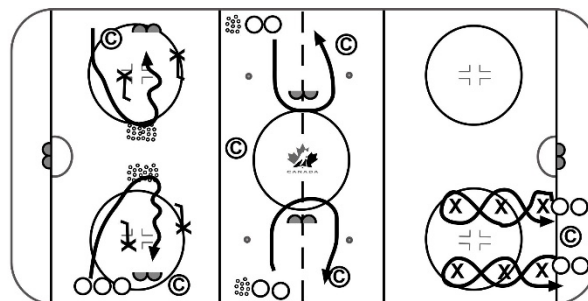


U7 Practice Plan #1

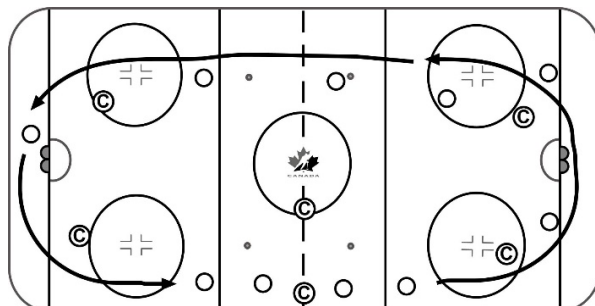
Drill Name & Description	
Puck Control	[10]
<ol style="list-style-type: none"> 1) Stationary 2) Moving in Circle 3) Attack the Triangle 4) Attack the triangle Moving 	



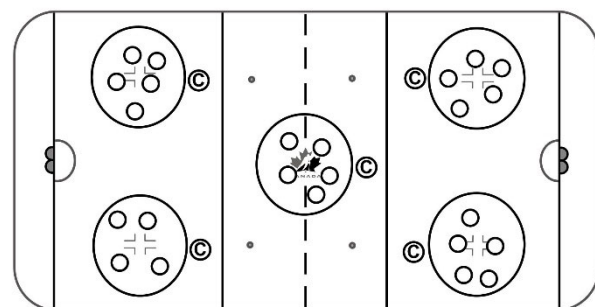
Drill Name & Description	
3 Station Skills	[15]
<ol style="list-style-type: none"> 1) Puck Control Chaos 2) Agility Nets 3) Puck Control Weave 	



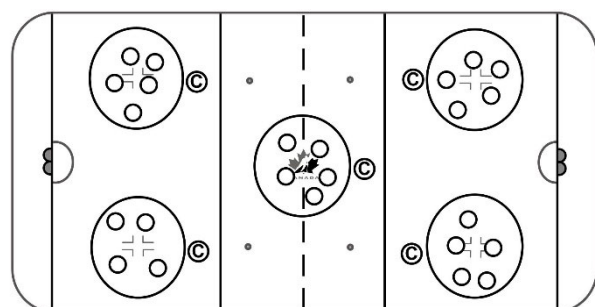
Drill Name & Description	
Free Skate	[8]
<p>Free skate - coaches should skate among players talking to as many as possible - make them feel comfortable, help as needed.</p> <p>Give parents time to get kids on ice for first time.</p>	



Drill Name & Description	
Hockey Stance / Balance	[10]
<ol style="list-style-type: none"> 1) Make Snow 2) Jumping on 2 Feet 3) Jumping on 1 Foot 4) Jump From Skate to Skate 5) Jumping on 2 Feet 	

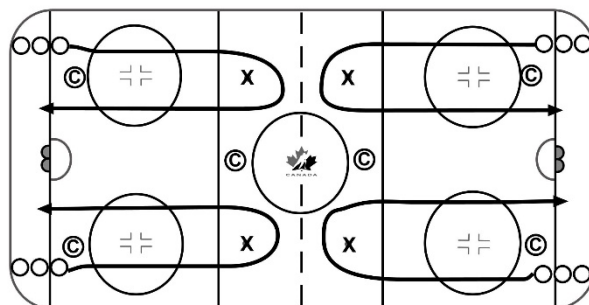


Drill Name & Description	
Puck Control	[10]
<ol style="list-style-type: none"> 1) Stationary 2) Narrow Quick Hands 3) Wide – Move puck across Body 4) Combination – Narrow / Wide 	

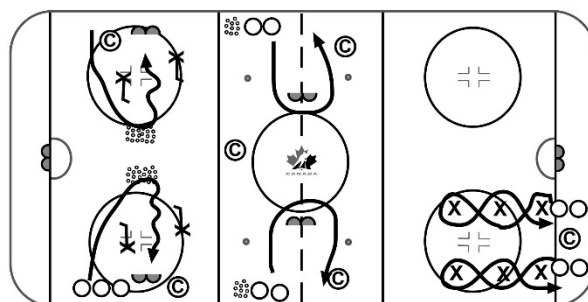


U7 Practice Plan #2

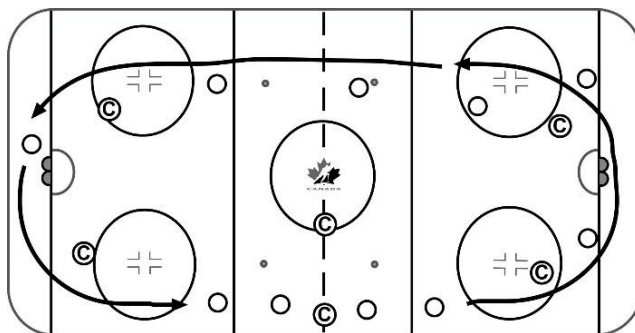
Drill Name & Description	
4 Station Skating	[10]
<ol style="list-style-type: none"> 1) C-Cuts 1 Leg 2) Glide and Bend 3) Gliding Inside Edge 4) C-Cuts Bubbles 5) C-Cuts - Alternating 	



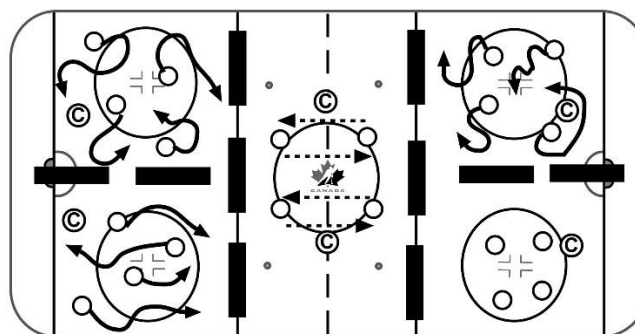
Drill Name & Description	
3 Station Skills	[10]
<ol style="list-style-type: none"> 1) Puck Control Chaos 2) Agility Nets 3) Puck Control Weave 	



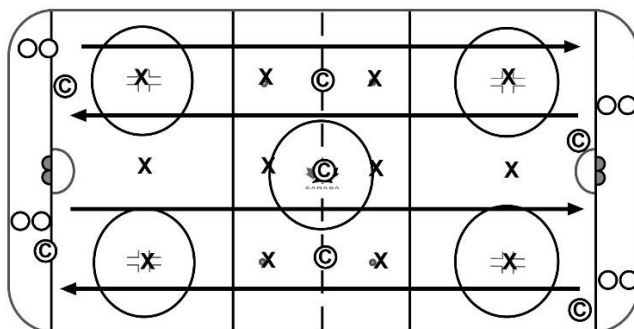
Drill Name & Description	
Free Skate	[8]
<p>Free skate - coaches should skate among players talking to as many as possible - make them feel comfortable, help as needed.</p> <p>Give parents time to get kids on ice for first time.</p>	



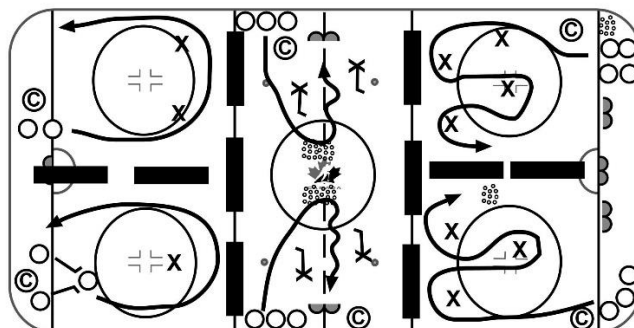
Drill Name & Description	
5 Station Set Up #1	[50]
<ol style="list-style-type: none"> 1. Skating – Tag 2. Stationary Passing 3. Puck Control – Attack the Triangle 4. Skating – Tag – No Sticks 5. Puck Control – 2 Pucks 	



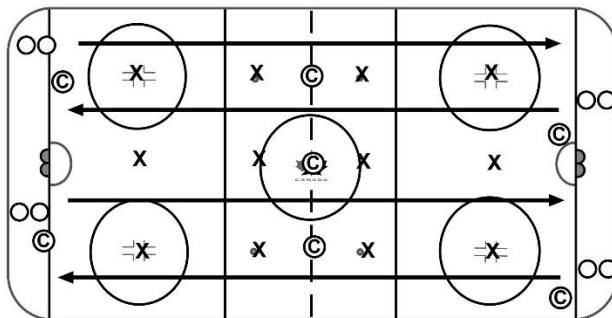
Drill Name & Description	
4 Lane Skating	[15]
<p>Free skate - coaches should skate among players talking to as many as possible - make them feel comfortable, help as needed.</p> <p>Give parents time to get kids on ice for first time.</p>	



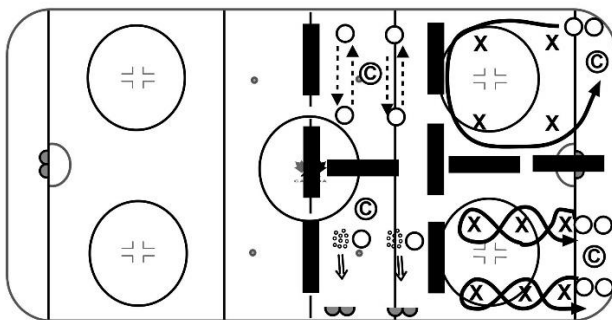
Drill Name & Description	
5 Station Set Up #2	[45]
<ol style="list-style-type: none"> 1. Indy 500 2. Puck Control Obstacles 3. Skating Puck Control - Combo 4. Skating Puck Control - Combo 5. Chuckwagon Races 	



Drill Name & Description	
Skating Warm Up	[10]
<p>Skating Skills Warm - Up</p> <p>After dividing the ice into four lanes length wise, skaters will lineup at each end of the ice in lanes 1 & 3 at one end and 2 & 4 at the other. Skaters leave one by one working on different skating techniques down the length of the ice before entering the next line.</p>	



Drill Name & Description	
4 Station – Half Ice #1	[24]
<ol style="list-style-type: none"> 1) Crossovers 2) Passing 3) Shooting 4) Puck Control Weave 	



Drill Name & Description	
4 Station – Half Ice #2	[24]
<ol style="list-style-type: none"> 1) 4 Pylon Chase 2) Puck Control – Obstacles 3) Puck Control – Retrieval 4) Backyard Drill 	

