

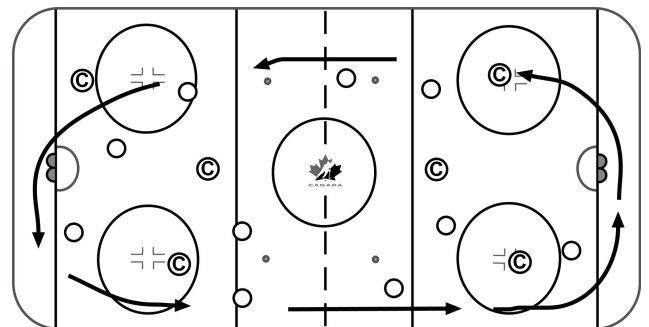
SESSION #3

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.

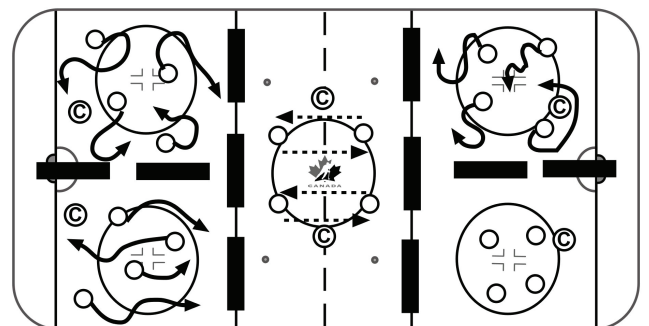
Free Skate 5 MINS

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.



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.