



Preparation Sessions



CANADIAN PLAYER PATHWAY



The drills in this practice plan are designed to give coaches some ideas on giving their players an introduction by incorporating a multitude of skills required to play the game. There are 4 practice plans in this series that include a variety of skills and fun activities

The plan is based on 50 minutes so depending on the length of the ice time, the suggested time to run each drill can be adapted to fit the ice time. Where longer ice times are provided coaches can add drills / games of their own.



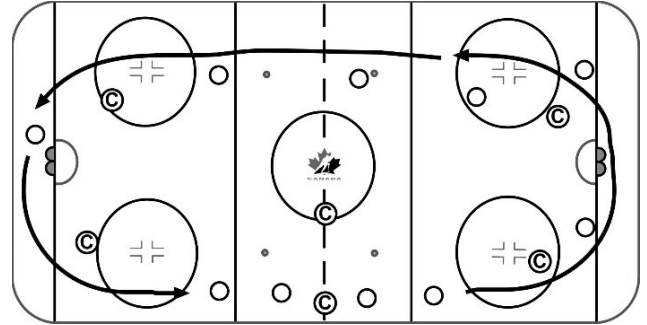
Canadian Player Pathways U7 Preparation Plan #1

Preparation Plan #1 – 50 Minutes

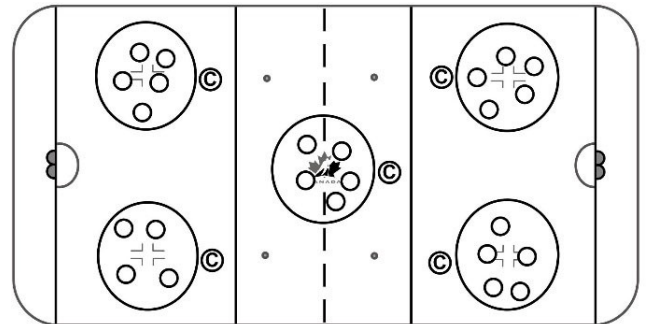
*For any of the skating drills, you can also add a puck to make it more difficult depending on the skill level of the players.

** The drills can be adapted to use the entire ice surface or as stations depending on the number of players.

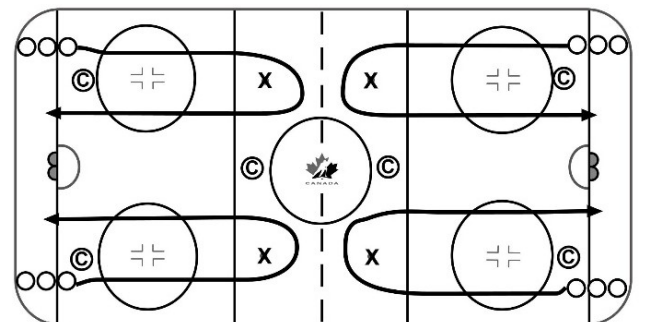
Drill Name & Description
5 mins - Free Skate
Free skate - coaches should skate amongst players talking to as many as possible - make them feel comfortable, help as needed. Give parents time to get kids on ice for first time.



Drill Name & Description
10 mins - Hockey Stance and Balance
-Divide the players into 4 or 5 equal groups utilizing the face off circles
-Progress through each of the 5 skills below with players staying in the same circle. Progress through each skill based on ability of the players
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
15 mins - 4 Station Skating –
-Divide the players into 4 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 2 Skates 3) Glide on 1 Skate 4) Glide and Bend 5) C-Cuts – Alternating 6) C-Cuts – 1 Leg 7) Gliding Inside Edge





Canadian Player Pathways U7 Preparation Plan #1

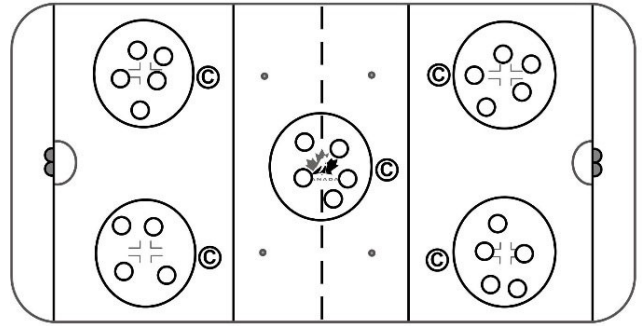
Drill Name & Description

15 mins - 5 Circle Puck Control Skills

-Divide the players into 5 equal groups utilizing the face off circles

-Progress through each of the 5 puck control skills below with players staying in the same circle. Progress through each skill based on ability of the players

- 1) Stationary stickhandling
- 2) Moving stickhandling in circle
- 3) Attack the triangle
- 4) Attack the triangle Moving

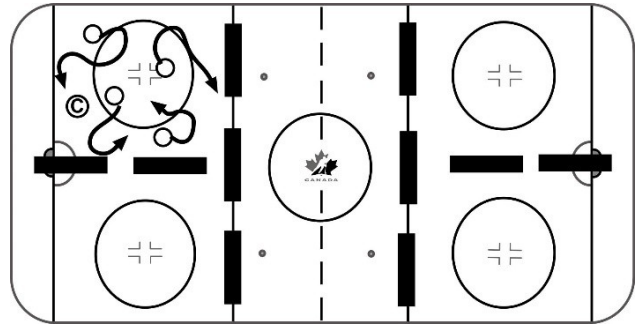


Drill Name & Description

5 mins - Tag

-Divide the players into 5 equal groups as shown

-Play Tag without sticks in all 5 stations on the ice



4 on 4 Cross Ice Scrimmage if there is time left over.



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Canadian Player Pathways U7 Preparation Plan #2

Preparation Plan #2 – 50 Minutes

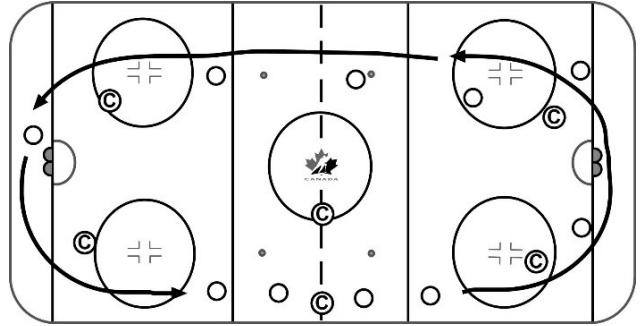
*For any of the skating drills, you can also add a puck to make it more difficult depending on the skill level of the players.

** The drills can be adapted to use the entire ice surface or as stations depending on the number of players.

Drill Name & Description

5 mins - Free Skate

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.



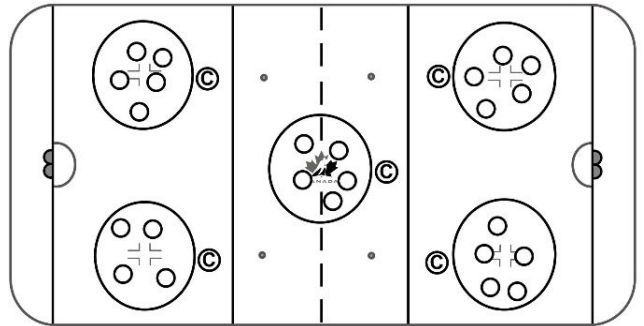
Drill Name & Description

10 mins - Hockey Stance and Balance

-Divide the players into 4 or 5 equal groups utilizing the face off circles

-Progress through each of the 4 skills below with players staying in the same circle. Progress through each skill based on ability of the players

- 1) Make Snow
- 2) Jumping on 2 Feet
- 3) Jumping on 1 Foot
- 4) Jump From Skate to Skate



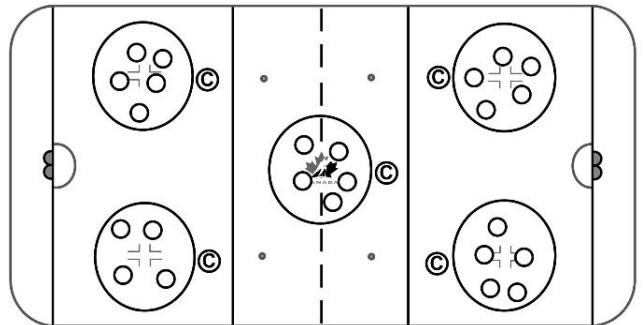
Drill Name & Description

10 mins - Puck Control

-Divide the players into 5 equal groups utilizing the face off circles

-Progress through each of the 4 skills below with players staying in the same circle. Progress through each skill based on ability of the players

- 1) Stationary
- 2) Narrow – short movements
- 3) Wide – Move puck across body from forehand to backhand
- 4) Combination – Narrow / Wide





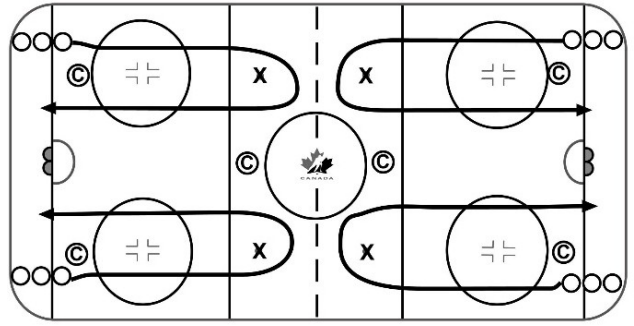
Canadian Player Pathways U7 Preparation Plan #2

Drill Name & Description

15 mins - 4 Station Skating

-Divide the players into 4 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 1 Leg
- 2) Glide and Bend
- 3) Gliding Inside Edge
- 4) C-Cuts Bubbles
- 5) C-Cuts - Alternating



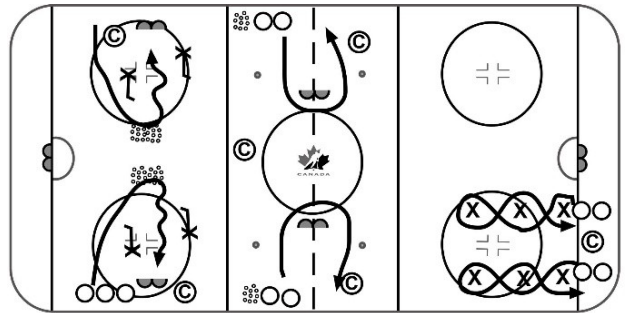
Drill Name & Description

15 mins - 3 Station Skills – 5 min per station

-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 3 stations

- 1) Puck Control Chaos – random skating pattern – finish with shot
- 2) Agility Nets – Have players skate as fast as they can from boards, around net and back to starting point. Go both directions around net. Can add chaser to add fun “tag” element
- 3) Puck Control Weave





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Canadian Player Pathways U7 Preparation Plan #3

Preparation Plan #3 – 50 Minutes

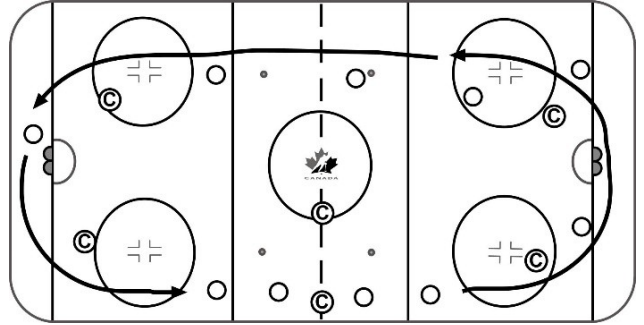
*For any of the skating drills, you can also add a puck to make it more difficult depending on the skill level of the players.

** The drills can be adapted to use the entire ice surface or as stations depending on the number of players.

Drill Name & Description

5 mins - Free Skate

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.



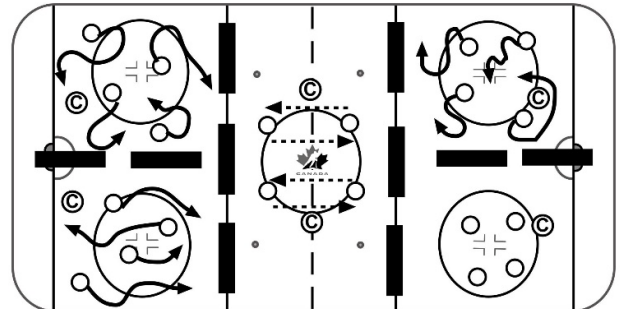
Drill Name & Description

45 mins - 5 Station Skills Set up – 9 mins per station

-Divide the players into 5 groups and perform the drills listed below.

-Players can spend about 10 minutes at each station then rotate

1. Skating – Freeze Tag
2. Stationary Passing
3. Puck Control – Have players skate with puck and put through or under coach's stick
4. Skating – Tag – No Sticks
5. Garbage Pick Up – place puck / tennis balls randomly in area. Players with no sticks, have to skate around and pick up the objects and place them in a net or in the corner until all are gone. Repeat



Play 4 on 4 Cross Ice Hockey if time left over



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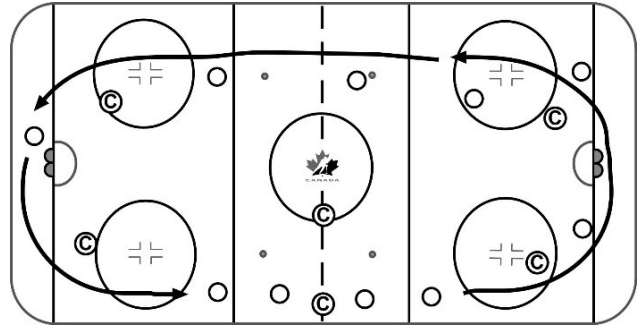


Preparation Plan #4 – 50 Minutes

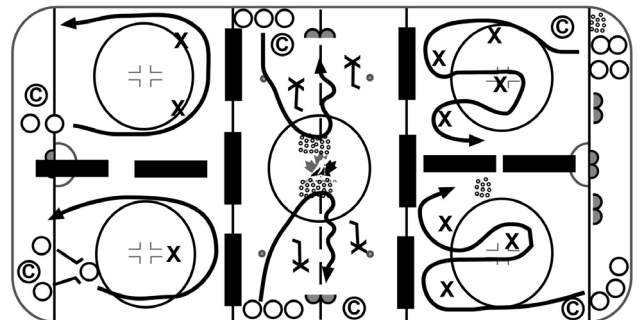
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Drill Name & Description
5 mins - Free Skate
Free skate - coaches should skate among players talking to as many as possible - make them feel comfortable, help as needed. Give parents time to get kids on ice for first time.



Drill Name & Description
45 mins - 5 Station Skills Set up – 9 mins per station
-Divide the players into 5 groups and perform the drills listed below. -Players can spend about 10 minutes at each station then rotate
1. Indy 500 2. Puck Control Obstacles 3. Skating Puck Control - Weave 4. Skating Puck Control - Combo 5. Chuckwagon Races



Play 4 on 4 Cross Ice Hockey if time left over