



PROGRAM [U6]

This is our entry level program for most of our members. VMHA wants U6 to be a fun immersive movement experience where players fall in love with the game.

PROGRAM FORMAT:

Practices are run by VMHA instructors with the help from family volunteers. This approach gives our youngest learners more access to the VMHA instructors and gives the volunteer coaches more experience to get comfortable before fully taking over teams in future years.

SKILL DEVELOPMENT:

Skill development is the primary focus as players move throughout the year. Practices are focused on fundamental hockey skills and have a lot of competitive and fun elements to keep the young learners engaged. Practices are run by VMHA instructors with the help from family volunteers.

GAME PLAY:

Time is allocated every week for structured small area game play. Games are played cross-ice, with balanced teams. All players should be given the opportunity to play goal on a rotating basis. Limited opportunity for game play against other association happens through jamborees periodically throughout the year.

KEY SKILLS:

Players should leave the program with being exposed to the following hockey skills:

- Hockey stance
- Stride
- Inside edges
- Turns
- Stops
- Narrow puck handling

RESOURCES

[HOCKEY CANADA U7 CORE SKILLS](#) | [RAY FERRARO - HOW TO BUILD UP YOUNG HOCKEY PLAYERS](#) | [JIM VITALE - CREATING EFFECTIVE SKATERS](#) | [HOCKEY CANADA INITIATION DEVELOPMENT GUIDE](#)