



PROGRAM [U7]

This program is tied to our U6 program as many of the learners in U7 are new to the sport.

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.

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. Teams are formed and scheduled game play vs. other associations begins after the holiday break. Opportunity for tournament play is available for teams that are interested.

KEY SKILLS:

In addition to the skills from U6 players should leave the program with being exposed to the following hockey skills:

- Outside edges
- Crossovers
- Side puck handle
- Wide puck handle
- Backwards stride
- Passing

RESOURCES

[HOCKEY CANADA U7 CORE SKILLS](#) | [HOCKEY CANADA PUCK CONTROL/STICK HANDLING](#) | [DAVE STARMAN - DESIGNING AGE APPROPRIATE PRACTICES](#) | [HOCKEY CANADA HALF ICE BEST PRACTICES](#)