

Timbits U7 Skills Matrix

The **Long-Term Player Development Model** places Timbits U7 hockey at the Fundamentals 1 stage, with programming focused on fundamental skill development. The Timbits U7 skills matrix identifies the skills players must have the opportunity to develop through progressive and meaningful practice sessions.

Timbits U7 Skills

LTPD STAGE
FUNDAMENTALS 1

Balance & Agility	Edge Control	Starting & Stopping	Forward Skating & Striding	Backward Skating	Turning & Crossovers
Basic stance	Inside edge glide	T-start	C-cuts left foot/right foot	C-cuts left foot/right foot	Glide turns
Getting up from the ice	Figure 8's– forward–inside & outside edge	Front v-start	C-cuts alternating	C-cuts alternating	Tight turns
Balance on one foot	Figure 8's– backward–inside & outside edge	Crossover start	T-push	Gliding on two skates backward	C-cuts–around circle–outside foot– forward & backward
Jumping on two feet/one foot	Slalom	Backward c-cut start	Forward striding	Gliding on one skate backward	Crossovers– forward & backward
Gliding on two skates		One o'clock – eleven o'clock			Backward one-foot stop & t-start
Gliding on one skate–forward & backward		Outside leg stop			Pivots– backward to forward & forward to backward
Lateral crossovers– step and plant/continuous		Two-foot parallel stop			Pivots– open & reverse
		One-leg backward stop			
		Two-leg backward stop			
Stationary Puck Control	Moving Puck Control	Stationary Passing & Receiving	Moving Passing & Receiving	Shooting	
Stance	Narrow	Stationary forehand pass	Moving forehand pass	Forehand– sweep shot	
Narrow	Wide	Stationary bankhand pass	Moving bankhand pass	Forehand– wrist shot	
Wide	Open ice carry– forehand & backhand	Stationary bank pass		Backhand– sweep shot	
Side–front–side	Weaving with puck			Forehand– flip shot	
Toe drag–front & side	Toe drag–front & side				
Individual Offensive Tactics	Individual Defensive Tactics				
Body fakes	Angling				
Stick fakes					