



TEACHING SKILLS FOR U7 HOCKEY



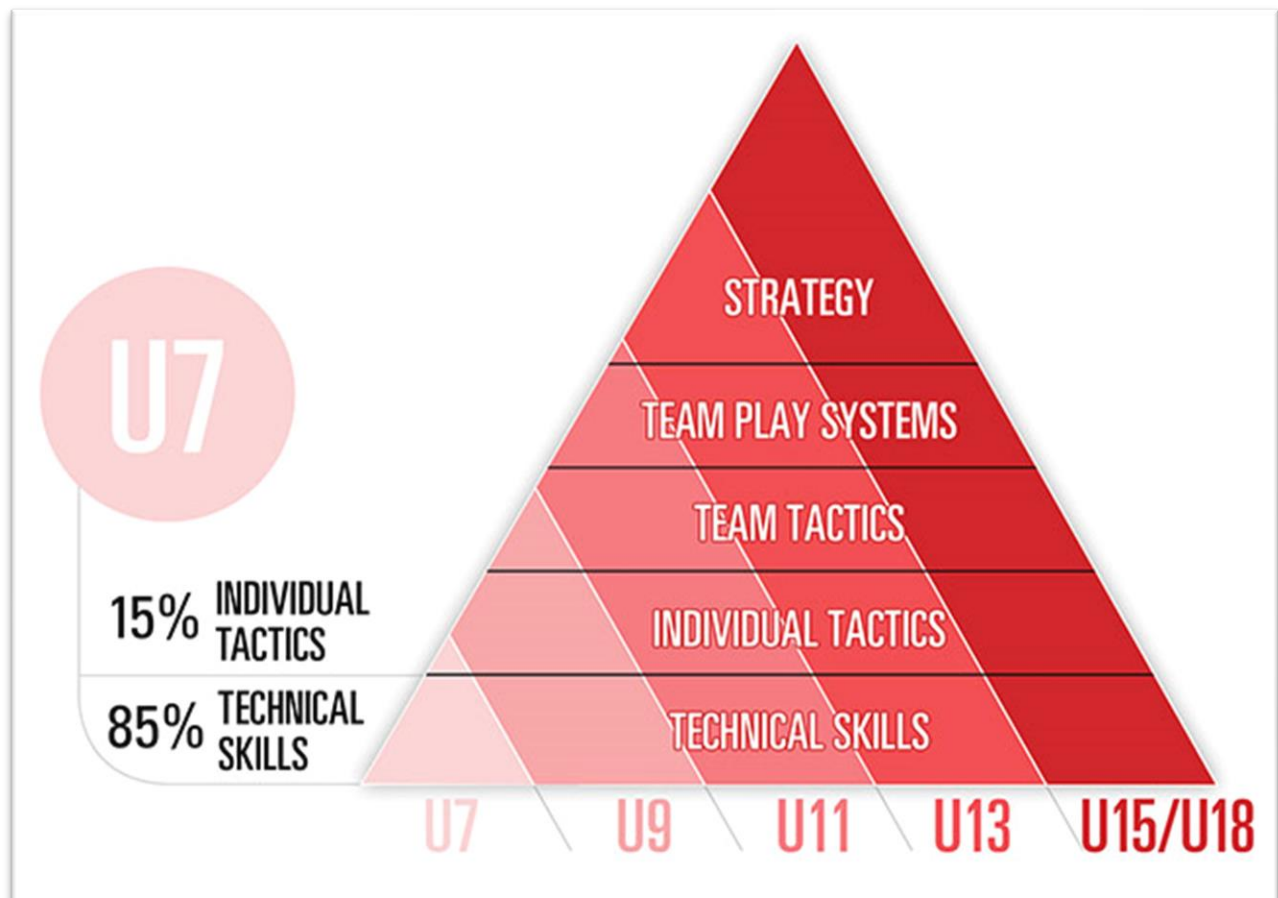
Hockey for 5- and 6-year olds is about teaching and developing the basic skills of the game

U7 Skills Matrix

The U7 skills matrix identifies the skills players must have the opportunity to develop through progressive and meaningful practice sessions.

Focus on Skill Development

- Small-area games in practice / station-based practices / skill-focused drills
- Only 15% of practice time should be spent on individual tactics, with 85% of practice time spent on skills.



U7 SKILLS – FUNDAMENTALS 1

Balance and Agility

- Basic stance
- Getting up from the ice
- Balance on one foot
- Jumping on 2 feet / 1 foot
- Gliding on two skates
- Gliding on one skate – forward and backward
- Lateral crossovers – step and plant / continuous

Edge Control

- Inside edge glide
- Figure 8's – forward – inside & outside edge
- Figure 8's – backward – inside & outside edge
- Slalom

Starting and Stopping

- T-start
- Front v-start
- Crossover start
- Backward c-cut start
- One o'clock – eleven o'clock
- Outside leg stop
- Two-foot parallel stop
- One-leg backward stop
- Two-leg backward stop

Stationary Puck Control

- Stance
- Narrow
- Wide
- Side – front – side
- Toe drag – front & side

Stationary Passing and Receiving

- Stationary forehand pass
- Stationary backhand pass
- Stationary bank pass

Shooting

- Forehand - sweep shot
- Forehand - wrist shot
- Backhand - sweep shot
- Forehand - flip shot

Forward Skating and Striding

- C-cuts – left foot / right foot
- C-cuts alternating
- T-push
- Forward striding

Backward Skating

- C-cuts – left foot / right foot
- C-cuts alternating
- Gliding on two skates – backward
- Gliding on one skate – backward

Turning and Crossovers

- Glide turns
- Tight turns
- C-cuts – around circle – outside foot – forward & backward
- Crossovers – forward & backward
- Backward on-foot stop and t-start
- Pivots – bwd to fwd & fwd to bwd
- Pivots – open & reverse

Moving Puck Control

- Narrow
- Wide
- Open ice carry – forehand & backhand
- Weaving with puck
- Toe drag – front & side

Individual Offensive Tactics

- Body fakes
- Stick fakes

Individual Defensive Tactics

- Angling

Moving Passing and Receiving

- Moving forehand pass
- Moving backhand pass