



U7 PRACTICE PLANS



Easy-to-follow U7 practice plans for your on-ice sessions.

U7 hockey players (six years old and younger) need to progress through these practices to ensure they are exposed to age-appropriate drills and activities that will develop their confidence.

The goal is to support the development of a sound skill base so young players will experience success playing the game. Use complete plans or choose your favourite drills to build a practice for your U7 team.



**START BY DOWNLOADING AN OFFICIAL HOCKEY CANADA
PRACTICE PLAN FOR FREE**

click links below

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