

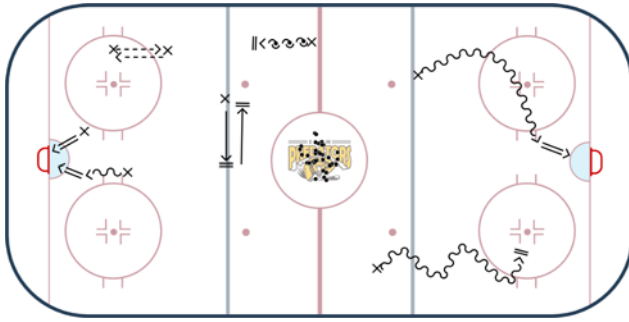
U7 PREP SKATES - SKILL STATIONS PRACTICE PLAN

Practice Date: Saturday, August 28, 2021

PRACTICE NOTES:

- All SPMHA Prep Skate Practice Plans have been designed to ensure the drills/stations used during Player Evaluation are also used during the Prep Skate, so no player is having to try & figure out what a drill is when they're being evaluated for team placement. Coaching & direction is provided during Prep Skates, but not during Player Evaluation.
- Of note, U7 Player Evaluation involves Skills Stations, but does not involve Scrimmages (simply because the skill station data provides enough of a differentiation to accurately evaluate players for U7 tiered/skill stratified teams). Mini-Games/Scrimmages are the ending part of each of our 4 U7 Prep Skates purely for the enjoyment of our players. Mini-Games will not take place during the U7 Evaluation Skates.
- While there is a heavy focus on enjoyment as the #1 deliverable for any U7 hockey program, and while these Prep Skates will reflect this, the Prep Skate Practice Plan also supports our evaluators in determining the level of a U7 player's core hockey skills.
(<https://cdn.hockeycanada.ca/hockey-canada/Hockey-Programs/Players/Downloads/2020/u7-core-skills-e.pdf>)

WARM-UP - U7 - 5MINS

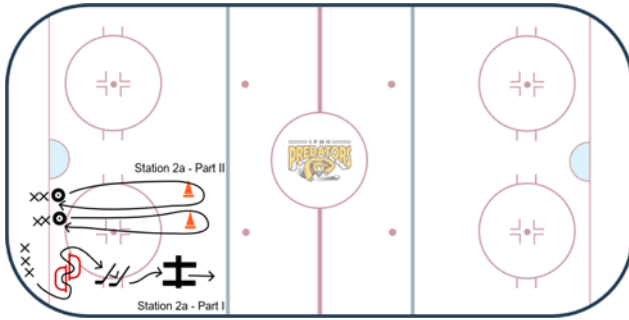


MY DRILL NOTES

- Skill levels of our U7s may vary widely. While several "technical hockey" warm-ups are diagramed above, we may have a number of players who have never previously skated.
- Getting players to move their bodies is the biggest part of a U7 warm-up, whether this involves skating, stopping, passing or shooting (again, all while recognizing that some of our U7 players may never have skated before - even being able to stand up could be a big deal!)
- While one corner of the rink (SE) will be used to support our "new-to-skating" players, it's likely best to not bring out the "toys" we'll have these "new-to-skating" players using during the warm-up, as it will likely distract the rest of our U7 skaters.
- LC should use this warm-up time to identify "new-to-skating" players who would be best suited to stay together in this SE corner with extra AC assistance as well as various fun "toys" (soccer balls, pool noodles, tennis balls, blow-up animals, ringgetter rings, buckets/skater helpers for pushing ...)

STATION NUMBER: 1

FOUR ROTATING GROUP STATIONS - OBSTACLE COURSE (4MINS) & BUCKET RACE (4MINS)

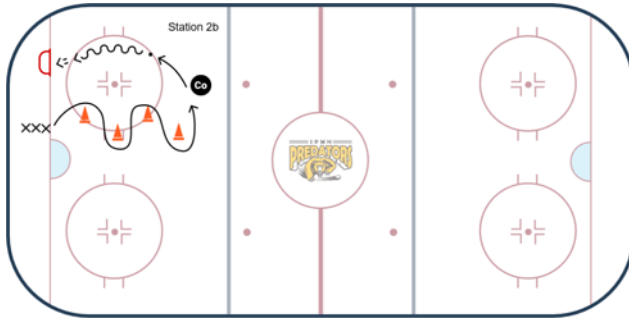


MY DRILL NOTES

- Four Rotating Group Stations are all run concurrently in the physical space diagramed. Depending on the number of first time skaters, our four groups could have between 5-8 skaters in each group. ACs can determine day-of if they'd like to run both drills in a station (may also depend on how many ACs we have), and if they feel it's appropriate to progress the station based on the skill of the players.
- Station 2a - Part I: Obstacle Course - AC sets up small nets to face each other & significantly overlap (I've heard it called a "Bear Trap"), so small players have to wiggle their way into the side of one net & out of the other side of the other net. Players then attempt a 2 ft jump over a stick; 2 sticks on the ice, so this is repeated twice. Finally, if players can skate well enough to build some speed, they skate quickly towards a tunnel of black foam dividers (two dividers are separated on the ice & one divider perpendicular overhead to create a tunnel; try to use the longer side of the on-ice dividers vertically to create the greatest height). With some speed, players can slide on their bellies underneath the propped-up black foam divider. Players then return to the back of the line. Repeat pattern.
- Station 2a - Part II: Bucket Races - Players are divided into 2 lines. Each player pushes an upside down bucket along the ice (no stick) around the far pylon & back. If appropriate to the player's skill level, players can be instructed to alternate which direction they tight turn around the pylon. Players then return to the back of the line. Repeat pattern.

STATION NUMBER: 2a

FOUR ROTATING GROUP STATIONS - SKATE THROUGH PYLONS & PUCK CONTROL/SHOOT A PUCK; 8MINS

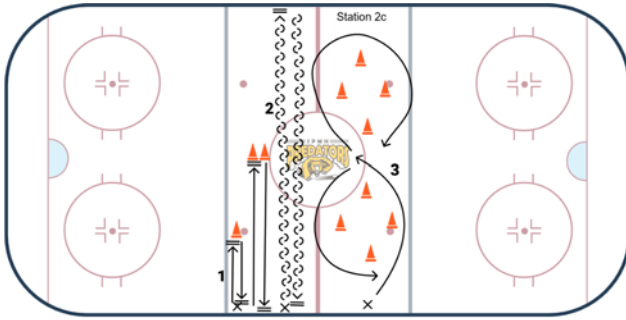


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- Four Rotating Group Stations are all run concurrently in the physical space diagramed. Depending on the number of first time skaters, our four groups could have between 5-8 skaters in each group. ACs can determine day-of if they'd like to run both drills in a station (may also depend on how many ACs we have), and if they feel it's appropriate to progress the station based on the skill of the players.
- Station 2b:
 - Base Level: Skate Through Pylons without puck, Fist-Bump AC, Pick Up Puck (AC has placed it around top of circle in advance), Skate Towards Net & Shoot. Player returns to the back of the line. Pattern repeats.
 - Progressed Level (not diagramed): Skate through pylons doing tight turns with puck, pass to AC after last pylon, receive pass back from AC, stickhandle in on net & shoot. (No puck placed at top of circle by AC in advance in Progressed Level). Player returns to the back of the line. Pattern repeats.

STATION NUMBER: 2b

FOUR ROTATING GROUP STATIONS - SKATING, STOPPING & EDGE CONTROL (8MINS)

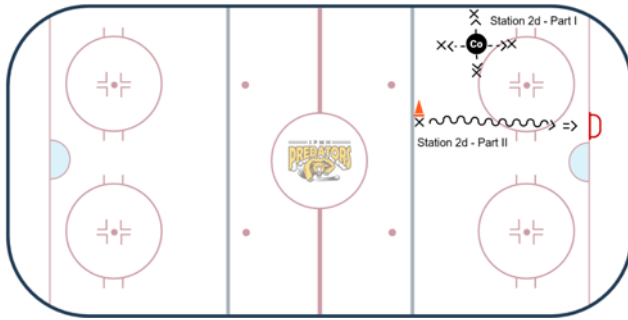


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- Four Rotating Group Stations are all run concurrently in the physical space diagramed. Depending on the number of first time skaters, our four groups could have between 5-8 skaters in each group. ACs can determine day-of if they'd like to run both drills in a station (may also depend on how many ACs we have), and if they feel it's appropriate to progress the station based on the skill of the players.
- 1: Forward Skating with 2 Ft Stops (ideally facing the same direction) - Players start against the boards & all skate at the same time out to the first pylon, 2 ft stop, forward skate back to the wall, 2 ft stop, forward skate to the 2 pylons, 2 ft stop, forward skate back to the wall, 2 ft stop. Repeat twice.
- 2: Backward Skating with 2 Ft Stops - Players start against the boards & all skate backwards at the same time across the rink, 2 ft stop just before boards. Players backward skate from other side of rink back to starting point, 2 ft stop just before the wall.
- 3: Edge Control/Figure 8s - Players can forward skate through the figure 8 sequentially with the next player started by the AC when the first player reaches the middle part of the figure 8. If a player catches up to another player, the faster player should pass the not-as-fast player on the outside. Having completed the figure 8 once, players may join the end of the line. Repeat pattern time permitting.

STATION NUMBER: 2c

FOUR ROTATING GROUP STATIONS - PASSING, PUCK CONTROL & SHOOTING (8MINS)

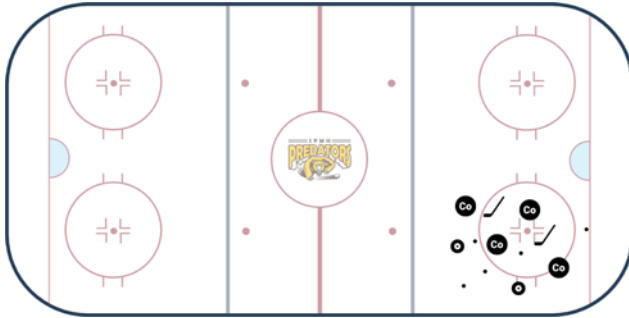


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- Four Rotating Group Stations are all run concurrently in the physical space diagramed. Depending on the number of first time skaters, our four groups could have between 5-8 skaters in each group. ACs can determine day-of if they'd like to run both drills in a station (may also depend on how many ACs we have), and if they feel it's appropriate to progress the station based on the skill of the players.
- Station 2d - Part I: Stationary Passing - AC stands in the middle of 4-6 players surrounding the AC in a circle. The AC makes & receives passes to & from players around the circle.
 - Base Level: Forehand to forehand passes.
 - Progressed Level: Backhand to backhand passes; players tape-to-tape pass to other players around the circle
- Station 2d - Part II: Puck Control, Passing & Shooting
 - Base Level: Single player skates in from the pylon with puck & shoots on net
 - Progressed Level: Two players spaced 5 ft apart, skate forward in parallel toward the net, passing the puck between them in motion until the middle lane player (closest to the stands) takes a shot on net. Players return to the back of the opposite line (middle lane player moves to the back of the far lane player line). Repeat pattern.

STATION NUMBER: 2d

"NEW-TO-SKATING" PLAYERS STATION (NOT PART OF THE FOUR ROTATING GROUP STATIONS - PLAYERS ON THE ICE IN THIS SE AREA STAY IN THIS AREA UNTIL THE END-OF-PRACTICE MINI-GAMES)

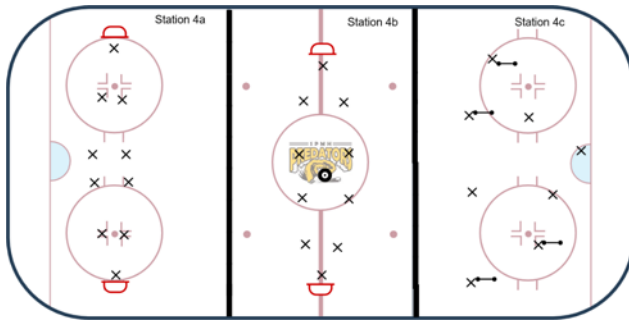


MY DRILL NOTES

- This station is only for "new-to-skating" players; these players stay in this station until the end-of-practice mini-games; other U7 players do not rotate through this station. Of note, the LC may move new skaters to & from this station as the LC sees fit during the Prep Skates but not during the Evaluation Skates.
- While the diagram is not able to depict most of fun toys available for "new-to-skating" players in this area (buckets, tennis balls, soccer balls, pool noodles ...), supports for new skaters will be made available (Skate Helpers & upside down buckets to push). Extra ACs are needed to support players in this area - a 1:3 AC:player ratio is likely a reasonable ratio of support. On-ice ACs will direct activity in this space as the ACs feel is appropriate.
- The focus of this area is fully for the enjoyment of our "new-to-skating" players.

STATION NUMBER: 3

END-OF-PRACTICE - THREE GROUPS OF CROSS-ICE MINI-GAMES (15MINS)



MY DRILL NOTES

- While scrimmages are not used at a U7 level in Player Evaluations (simply because the skill station data provides enough of a differentiation to accurately evaluate players for U7 tiered/skill stratified teams), ending a practice with a mini-game is always very enjoyable at a U7 level.
- LC divides up U7 players into 3 groups - "new-to-skating" players in one group (likely the same players as have been in SE corner for this prep skate); "not-as-strong" players in another group; and "stronger" players in a final group. This is being done like all LCs do in a typical hockey camp - players of similar skill sets are grouped together to enable more enable games for all players involved. If parents ask, feel free to share that there will not be any scrimmages in our U7 Player Evaluations & that our coaches do not have any input into U7 Player Evaluations. In other words, how mini-game teams are chosen here day-of (& the groups may change significantly over the 4 U7 Prep Skates) does not influence in any way, shape or form where a U7 player is placed in our U7 Player Evaluations.
- Noting that we'll have some "new-to-skating" players, it will likely be easiest to keep each of the 3 groups in their third of the ice & bring the equipment to them. LC to ask "not-as-strong" and "stronger" groups if they'd like to play a Hockey 4-On-4 with Goalies Cross-Ice Mini-Game or another game like soccer or pool noodle tag; LC to go with what most players in a group want. "New-to-skating" players can join the "not-as-strong" group, or more likely, stay on their own & continue playing; LC makes the decision.
- The "not-as-strong" and "stronger" player groups should then be divided into 2 relatively equal strength teams; pinnies are available to be used at the LC's discretion to assist players in identifying their teammates. LC to ask 1-2 ACs to look after each of the "not-as-strong" & "stronger" groups, as each team may require some substitutions depending on group numbers.
- Groups can switch the type of game they're playing after 5-10mins, or they can play one game for the whole 15mins.
- Station 4a: U7 Cross-Ice Hockey Mini-Game (5mins) - 4-On-4 with Goalies (no goalie equipment; usual U7 rules of play)
- Station 4b: Soccer Cross-Ice Mini-Game (5mins) - 4-On-4 with Goalies, no sticks & 1-2 soccer balls
- Station 4c: Pool Noodle Tag - Half the players have pool noodles & they skate around trying to tap a player without a pool noodle. If tapped, the player must stop skating & raise their arms out straight to their sides. If another player without a pool noodle skates under their outstretched arm, the player "is freed" & resumes the tag game again.

STATION NUMBER: 4