

Introduction to Hockey U7 Information

Program Outline

The U7 program is the first step in a player's hockey career with an emphasis on the fundamentals of the game stressing the importance of FUN and does not focus on winning. The Indus Minor Hockey Association Intro to Hockey programs have the following objectives:

- Provide a positive environment for learning the fundamental skills of hockey
- Stimulate interest and desire to continue playing the game of hockey
- Develop the basic skills of hockey
- Improve utilization of ice time
- Increase opportunities for players to touch and handle the puck
- To provide an intermediary program between the Initiation program and the Novice program
- Develop self-esteem through the sense of achievement
- Teach the basic rules of hockey

Program Format

The Indus Minor Hockey Association Intro to Hockey program will follow the following guidelines:

- Teams will consist of primarily 5 and 6 year olds however there may be some 4 year olds.
- As we did last year, in order to more effectively use our limited ice time, we will attempt to split the U7 teams based on skill & hockey experience such that all teams have approximately the same skill level, doing so should result in more 'games' being played between IMHA teams during the regularly scheduled ice times at Indus.
- Given our current format (as noted above), requests for players to play with friends in U7 may not be considered—siblings will be given special consideration, however if you wish to put in a special request it must be submitted to the Director of Intro to Hockey email (introtohockey@indusminorhockey.ca) prior to August 31st. Players will NOT be moved after the teams are made
- All practices and informal games are to be cross-ice, half ice or stations
- The use of the IMHA rink dividers is encouraged
- The IMHA will use the standard blue Intro to Hockey puck

Practice Format

Practices will be upbeat, high energy and most of all fun!

- Practice structure example
 - 10 minutes of fun warm up (games/tag/keep away etc.)
 - 40 minutes individual skill development (3-4 skill sets a practice)
 - 10 minutes of pond hockey or cross ice games (informal games)

Game Format

The following philosophies will be followed when playing games within the IMHA U7 Program:

- No formal games until after December 1st
- Full ice games are NOT permitted as per Hockey Alberta mandates
- No goalie equipment will be used for formal games
- Referees are permitted at the discretion of teams however the cost is NOT covered by IMHA
- Games will be at the discretion of teams Coaches and Managers under direction from the IMHA

Full Equipment Required

No IMHA players will be allowed on the ice without adequate protective equipment. Full equipment includes a helmet & face mask, neck protector, gloves, jersey, shoulder pads, pants, socks, shin pads, athletic supporters and can and a mouth guard. For more information please see the [IMHA Equipment Checklist](#).

Season Information

The U7 season will begin around the last week of September and run through to the end of March. The U7 coaches will be selected in the weeks prior to season start up. Are you interested in coaching? Please fill out our Coaching Application. U7 players will participate in 'Evaluation' ice times during the last week of September, at which time balanced teams will be created. Team coaches will then contact players/parents individually to inform them what team they've been placed on and players will then be notified when their first practice will be.

Practices will be consistently on Saturdays and Sundays at either 6:45am or 7:45am and ice times will be shared between at least two teams. Game time ice slots will not be made available to the U7 managers until after all team required ice in U9 through U18 has been scheduled (usually last week of November). For the most part, ice time for formal games and tournaments will be in addition to weekly practices. The costs incurred for any tournaments and/or games are also in addition to regular registration fees; you will be invoiced for these ice times as they occur throughout the season. Please note that these additional ice times are not mandatory and you will only be charged for the ice times your child(ren) attends. We will be holding an U7 Parent meeting mid-September in the Meeting Room at the rink. Any questions you may have with regard to the program, the association, equipment, etc. can & will be addressed at this meeting although it is not mandatory, please make an effort to attend.

Respect in Sport

As per Hockey Alberta it is mandatory that all player families complete the 'Respect in Sport' program and IMHA requires the program be completed before September 15. To take the program, go to <https://hockeyalbertaparent.respectgroupinc.com/>. The cost of the program is \$12, only 1 parent per family is required to take the course & the course is required to be recertified every 4 years. If you have any questions or concerns about the program please contact the IMHA Registrar (registrar@indusminorhockey.ca).

If you have any questions or concerns about the U7 program please contact the IMHA Director of Intro to Hockey: introtohockey@indusminorhockey.ca.

PLEASE ALSO REFER TO THIS SEASON'S GENERAL REGISTRATION INFORMATION SHEET FOR OTHER USEFUL ASSOCIATION INFORMATION.