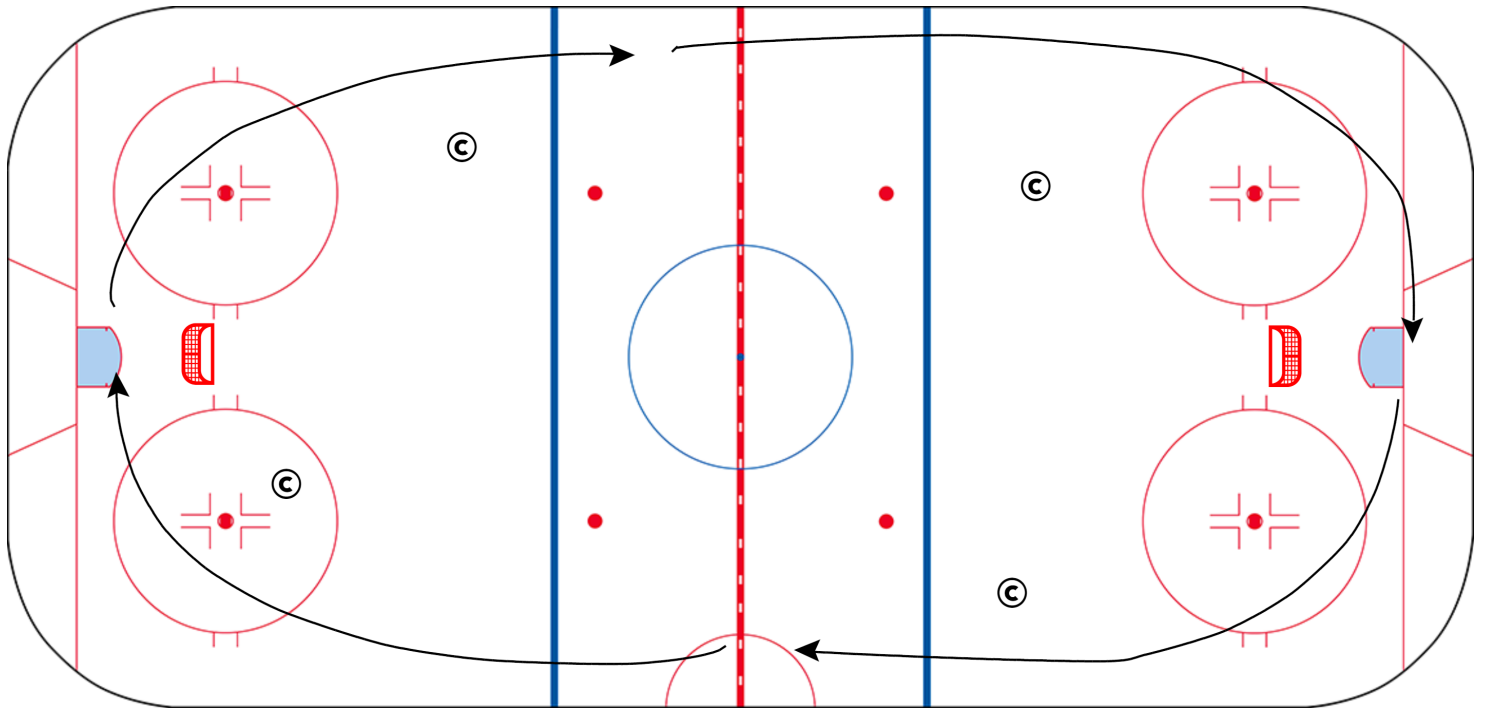




# U7 Sort 1 - Warmup Laps (10 mins)



## Description

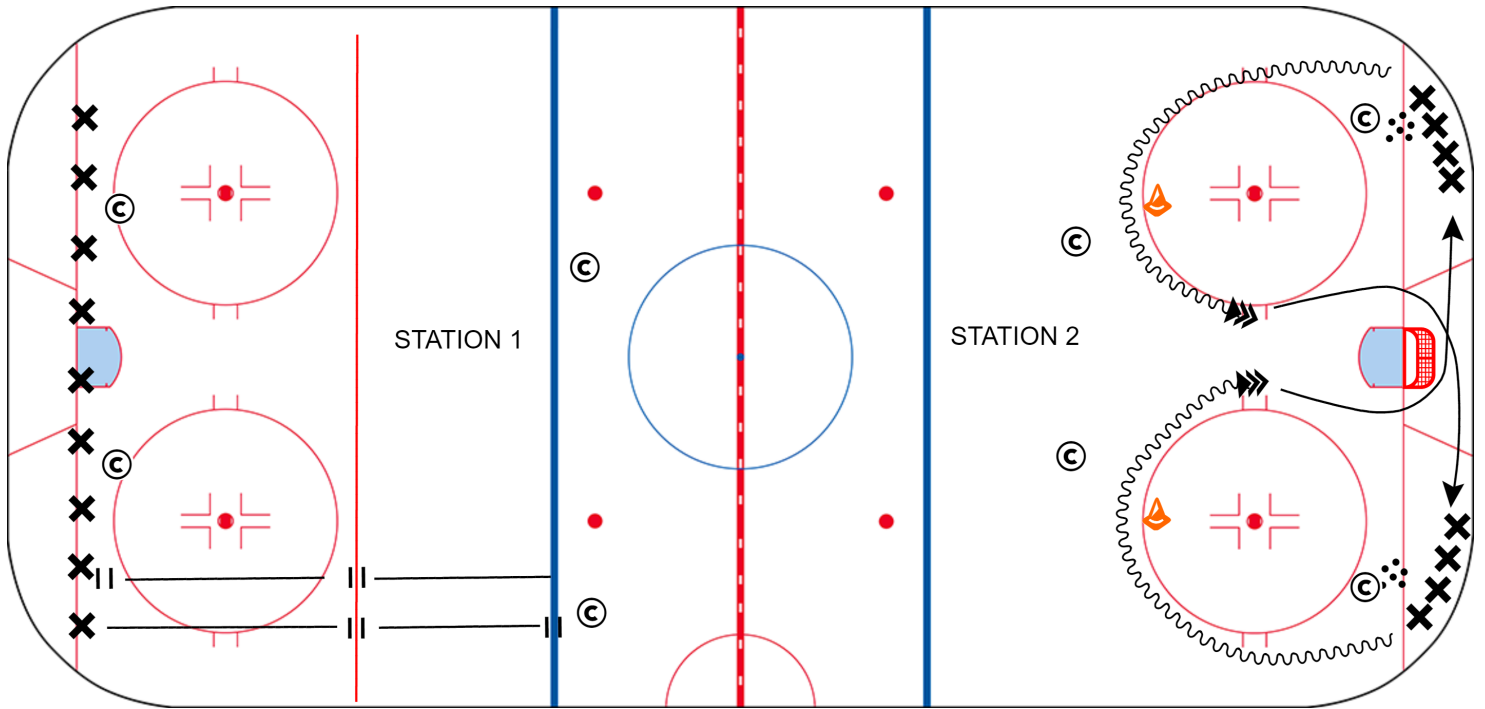
Players skate around a clockwise direction for 5 mins.  
@5 mins gather the kids quickly and have them go in the other direction.

## Key Points

- Can they skate freely and who are clearly excelling? Who is struggling?
- Do any kids need help moving along or getting up and down?
- How fast are they?
- Do they have control?



# U7 Sort 1 - Sta 1 & 2 (20min - switch at 10min)



## Description

### Station 1 - Starts, Stops etc

Line up players along the goal line. 2 groups if needed (A and B or 1 and 2)

On the whistle the players skate to the ringette line, then blue line.

Once all kids (both groups) reach the blue line. Do the same thing going back the other way.

- Stops (3x)
- Knee drops (3x)
- Superman (3x)

### Station 2 - Half Circle Shots

Line up players in the corners (run on both sides)

With a puck, player skates around the top of the circle.

Bring the puck in and shoot on goal.

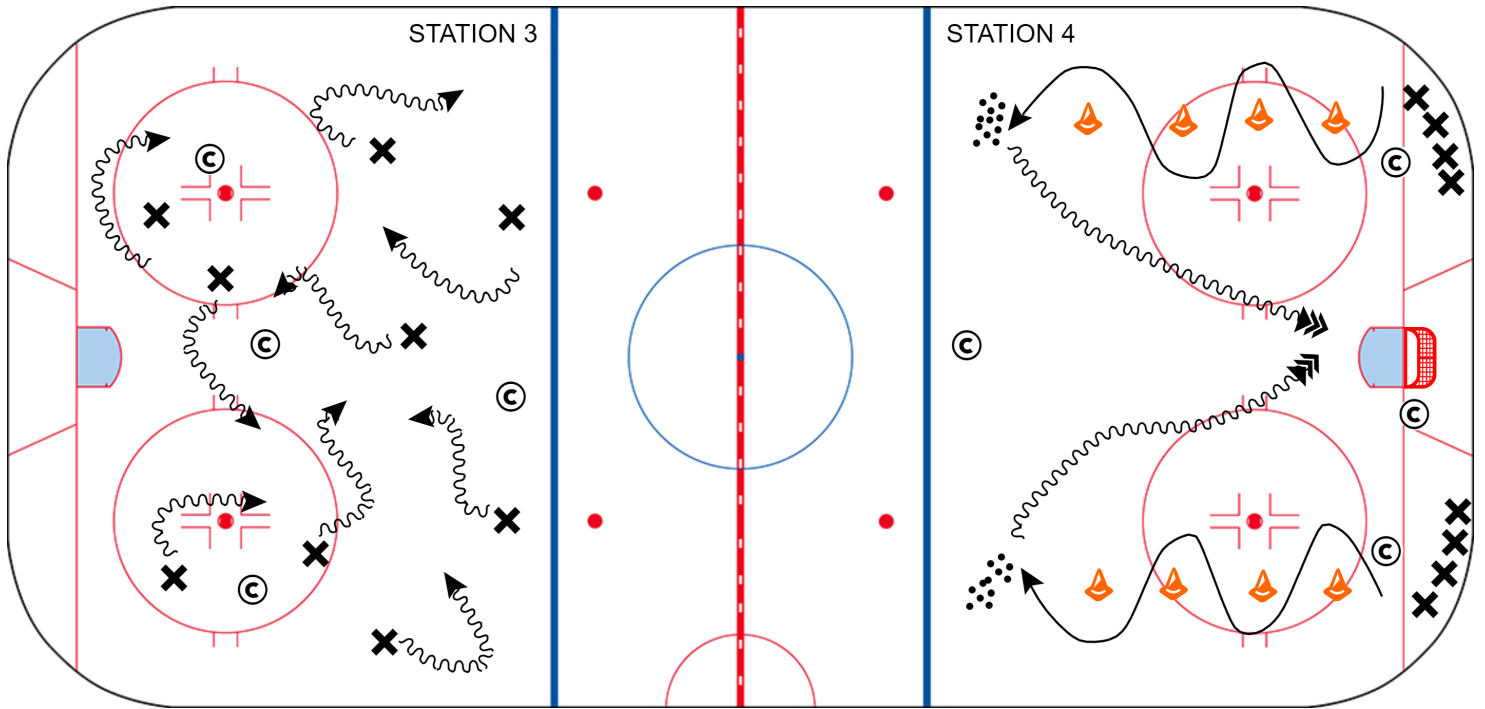
\*place a pylon at the top of the circle so the kids go all the way to the top.

## Key Points

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- 
-



# U7 Sort 1 - Sta 3 & 4 (20min - switch at 10min)



## Description

### Station 3 - Keepaway

All players start with a puck.

Players skate and stick handle with their puck trying to keep the puck away from the coaches who are passively pursuing.  
Stay inside the blueline.

### Station 4 - Pylons and Shooting

Players start with no puck.

Skate through the pylons (start on the inside).

Pick up a puck at the end, skate in and take a shot on goal.

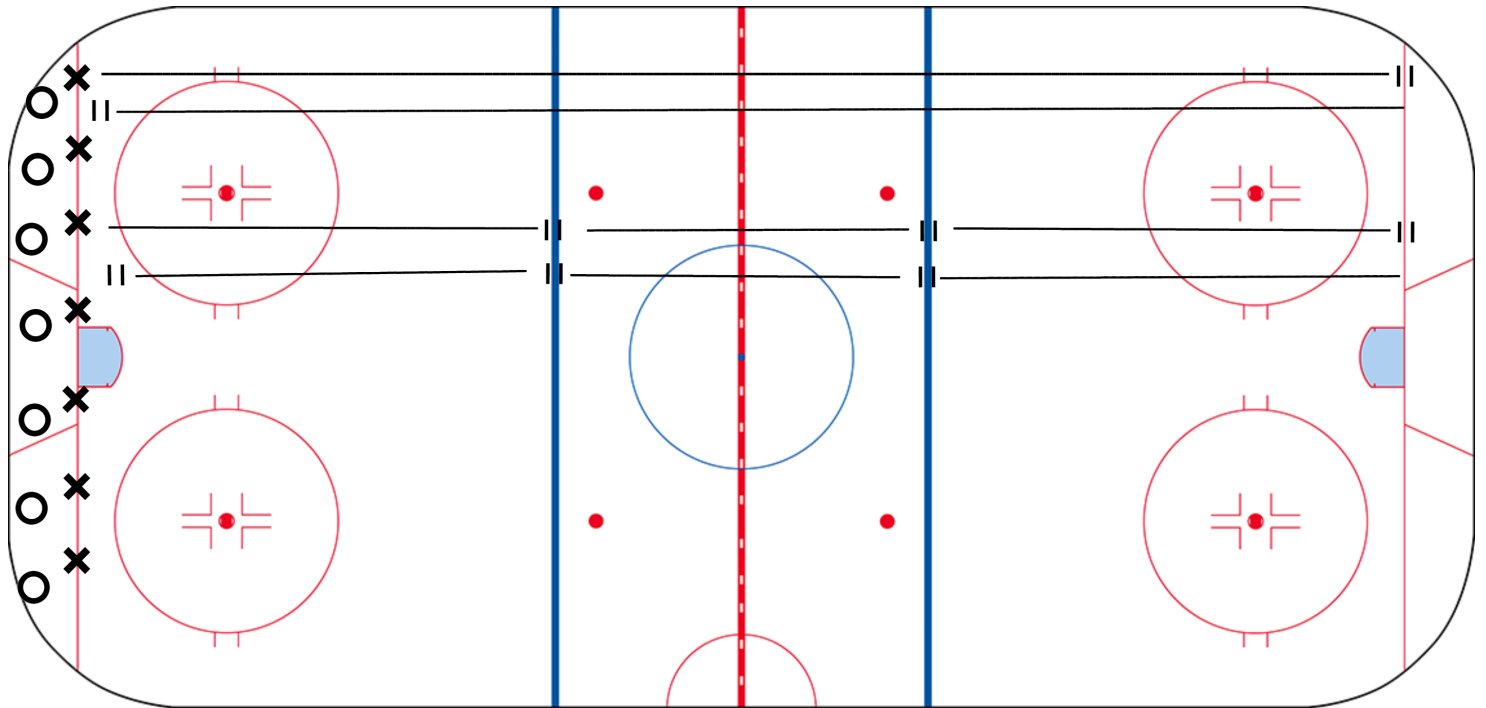
Switch lines after each rep.

## Key Points

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# U7 Sort 2 - Long Skate (10 mins)



## Description

Line up players along the goal line. 2 lines if need (group A and B or 1 and 2)

First, have the players skate all the way down to the other end as quickly as they can.

Regroup at the other end and go back the other way. Repeat so they do the long skate 4x

Next, have them perform various skills at the blue lines only.

Stops (2x)

Knee Drops (2x)

Superman (2x)

## Key Points

Can they skate freely and who are clearly excelling? Who is struggling?

Do any kids need help moving along or getting up and down?

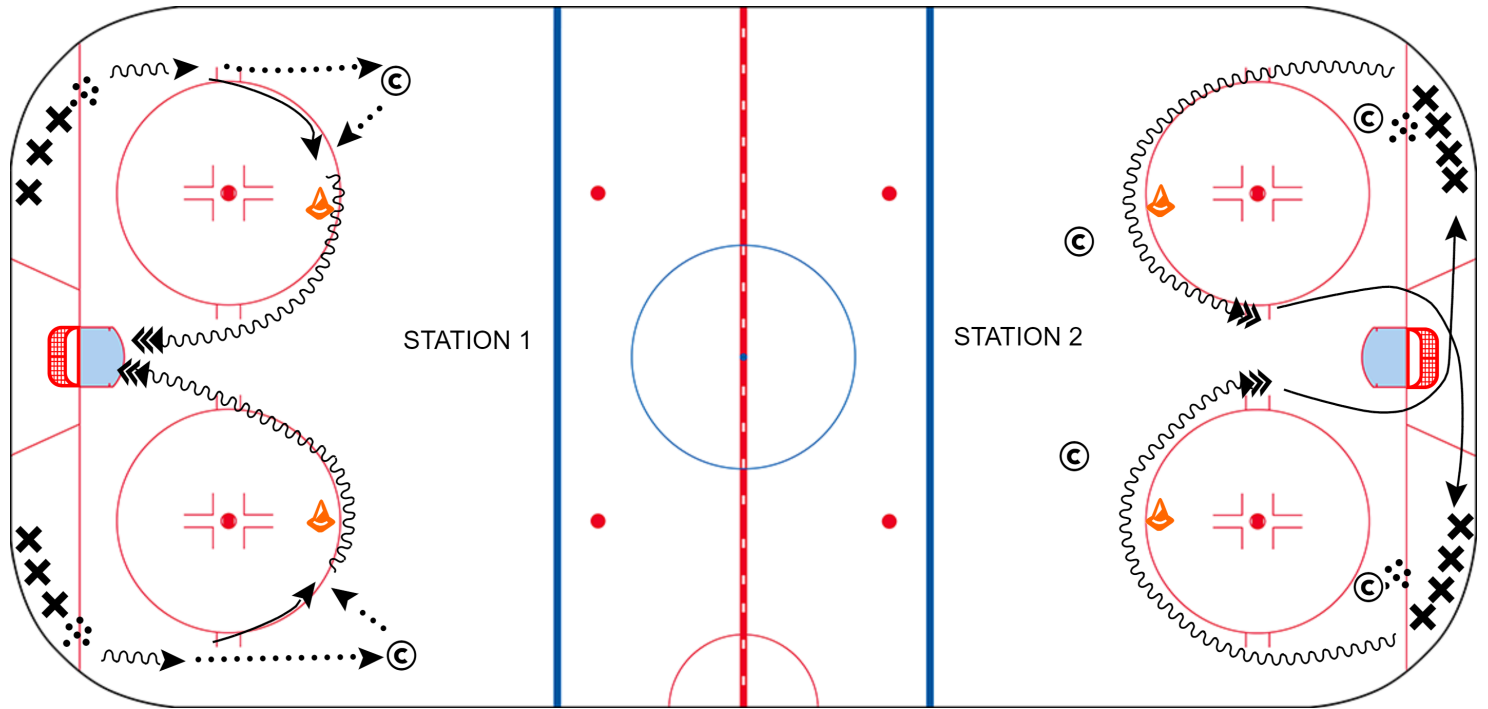
How fast are they?

Do they have control?

Can they perform the stops, knee drops and supermans?



# U7 Sort 2 - Sta 1 & 2 (20min - switch at 10min)



## Description

### Station 1 - Half Circle Shots with Coach Pass

Line up players in the corner.

Player leaves the corner with a puck and passes it to the coach.

Player continues around circle and takes a pass back from the coach,

Continues around the circle and takes the puck in for a shot on goal.

\*Player to switch sides after every rep.

### Station 2 - Half Circle Shots

Line up players in the corners (run on both sides)

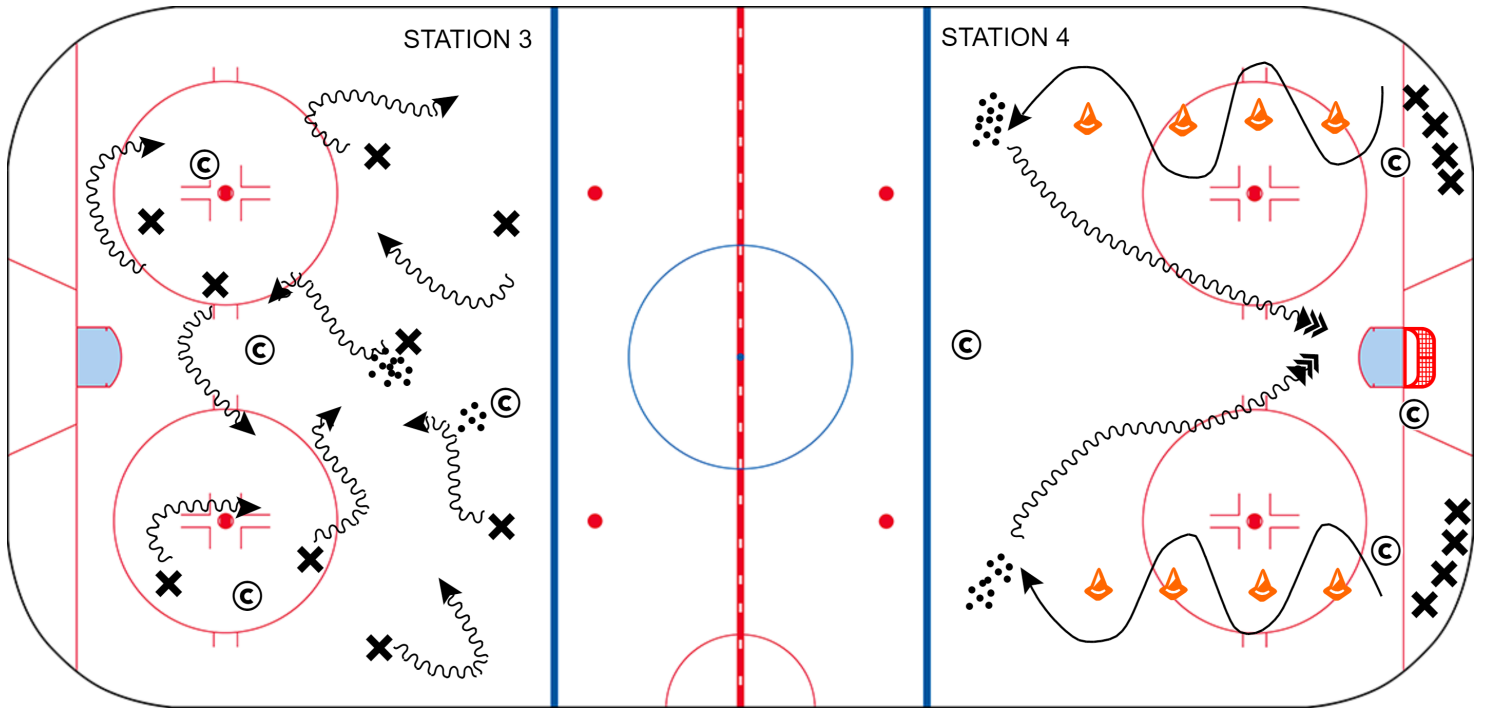
With a puck, player skates around the top of the circle.

Bring the puck in and shoot on goal.

\*place a pylon at the top of the circle so the kids go all the way to the top.



# U7 Sort 2 - Sta 3 & 4 (20min - switch at 10min)



## Description

### Station 3 - Keepaway

All players start with a puck.

Players skate and stick handle with their puck trying to keep the puck away from the coaches who are passively pursuing.  
Stay inside the blueline.

### Station 4 - Pylons and Shooting

Players start with no puck.

Skate through the pylons (start on the inside).

Pick up a puck at the end, skate in and take a shot on goal.

Switch lines after each rep.