



APMHA U7 Program

U7 (Initiation Program)

About Hockey Canada's Initiation Program

What Is It ?

- The U7 (Initiation Program) is a progressive, learn to play teaching curriculum. Children learn through participating in practice drills and informal and modified games (such as shinny, freeze tag, and obstacle courses).
- It consists of 4 Phases of instruction, designed for the beginning hockey players. Each phase consists of 8 lesson plans that follow a defined path of progressions.
- The skills of skating, puck control, passing and shooting are introduced and refined in a progressive one step at a time manner.
- Although the emphasis is on fun and fundamental skill development, the Initiation Program also allows the youngsters to experience fitness, fair play and cooperation.-

Program Philosophy

- The U7 (Initiation Program) is Canada's premiere "Learn to Play" program for beginning hockey players.
- The Canadian Hockey Association developed the program to ensure that the child's first contact with hockey is a safe and positive experience.
- It enables participants to become contributing members of a team effort, develop self-confidence, and experience a sense of personal achievement.

Program Goals

- To have fun while playing hockey and engaging in physical activity.
 - To learn the fundamental skills required to play the game of hockey.
 - To create and refine basic motor patterns.
- To be introduced to the concepts of cooperation and fair play.

U7 (INITIATION PROGRAM) FAQ's:

WHEN DOES THE PROGRAM START AND WHO IS THE INITIATION PROGRAM FOR?

The U7 (IP) program in the Almonte Pakenham Minor Hockey Association runs from October until the end of March and is for boys and girls who are 4 - 6 years old. The U7 (IP) program groups will have two 1-hour ice times per week.

WILL JERSEYS BE PROVIDED OR DO THE PLAYERS HAVE TO WEAR THEIR OWN?

All players are provided with a set of Tim Bits jerseys and socks to wear for the season.

DO U7 PLAYERS WEAR GOALIE EQUIPMENT?

Goalie equipment is available for 2nd and 3rd year players. As per the LCMHL Rules & Regulations, 1st year U7 players are not allowed to wear goalie gear.

A bag of goalie equipment will be provided to each 2nd and 3rd year teams to be rotated through the players.

DO U7 TEAMS PLAY EXHIBITION GAMES?

The U7 teams participate in exhibition games, however as per the LCMHL's Rules & Regulations, games



APMHA U7 Program

begin after December 1st, they may begin later if the coaching staff feels the players require more development.

DO U7 TEAMS PARTICIPATE IN TOURNAMENTS?

The younger U7 (IP) teams participate in Initiation level “Fun Days” and have an opportunity to host their own “Fun Day” during the season.

Scores are not posted, and all participants receive a medal or trophy. Participation in Fun Days is not covered by the registration fee, they are also not mandatory.

WILL MY CHILD BE PRACTICING AT THE SAME TIME EACH WEEK?

The U7 Program is given two consistent ice times per week.