

U7 Skills Matrix



CANADA

Balance & Agility	Edge Control	Starting & Stopping	Forward Skating & Striding	Backward Skating	Turning & Crossovers
Basic stance	Inside edge glide	T-start	C-cuts left foot/right foot	C-cuts left foot/right foot	Glide turns
Getting up from the ice	Figure 8's- forward- inside & outside edge	Front v-start	C-cuts alternating	C-cuts alternating	Tight turns
Balance on one foot	Figure 8's- backward- inside & outside edge	Crossover start	T-push	Gliding on two skates backward	C-cuts-around circle- outside foot- forward & backward
Jumping on two feet/ one foot	Slalom	Backward c-cut start	Forward striding	Gliding on one skate backward	Crossovers- forward & backward
Gliding on two skates		One o'clock - eleven o'clock			Backward one-foot stop & t-start
Gliding on one skate- forward & backward		Outside leg stop			Pivots- backward to forward & forward to backward
Lateral crossovers- step and plant/continuous		Two-foot parallel stop			Pivots- open & reverse
		One-leg backward stop			
		Two-leg backward stop			

Stationary Puck Control	Moving Puck Control	Stationary Passing & Receiving	Moving Passing & Receiving	Shooting
Stance	Narrow	Stationary forehand pass	Moving forehand pass	Forehand- sweep shot
Narrow	Wide	Stationary bankhand pass	Moving bankhand pass	Forehand- wrist shot
Wide	Open ice carry- forehand & backhand	Stationary bank pass		Backhand- sweep shot
Side-front-side	Weaving with puck			Forehand- flip shot
Toe drag-front & side	Toe drag-front & side			

Individual Offensive Tactics	Individual Defensive Tactics
Body fakes	Angling
Stick fakes	

Balance & Agility

Basic stance

Balance on one foot

Gliding on two skates

Gliding on one skate—forward & backward

Lateral crossovers

Edge Control

Figure 8's— forward—inside & outside edge

Figure 8's— backward—inside & outside edge

Heel to heel (Mohawk)

One-leg weaving—forward/backward

Starting & Stopping

Front v-start

Crossover start

Backward c-cut start

One o'clock – eleven o'clock

Outside leg stop

Two-foot parallel stop

One-leg backward stop

Two-leg backward stop

Forward Skating & Striding

C-cuts left foot/right foot/alternating

Crossunders

T-push

Forward striding

Backward Skating

C-cuts left foot/right foot

Gliding on two skates backward

Gliding on one skate backward

Backward striding
1 crossover/reach

Turning & Crossovers

Glide turns/tight turns

C-cuts—around circle—outside foot— forward & backward

Crossovers— forward & backward

Pivots— backward to forward & forward to backward

Pivots— open & reverse

Stationary Puck Control

Stance

Narrow/Wide

Side—front—side

Toe drag—front & side

Attack the triangle

Moving Puck Control

Narrow/Wide

Open ice carry— forehand & backhand

Weaving with puck

Toe drag—front & side

Attack the triangle

Stationary Passing & Receiving

Stationary forehand pass

Stationary bankhand pass

Stationary bank pass

Moving Passing & Receiving

Moving forehand pass

Moving bankhand pass

Pass & follow

Shooting

Forehand— wrist shot

Backhand— sweep shot

Forehand /backhand shots in motion

Forehand— flip shot

Backhand— flip shot

Individual Offensive Tactics

Body fakes

Stick fakes

Dekes

Moves in combination

Net drives

Individual Defensive Tactics

Angling

Basic 1-on-1

Escape moves

Puck retrievals

Team Play

Basic positioning—all players should play all positions

U9 Skills Matrix