HOCKEY · AGES 7 TO 10

# Ages 7 to 10: three calm weeks before tryouts.

## Short sessions at home are enough to arrive ready.

3 sessions a week of 15 minutes, from SSTracker's at-home hockey plans for 7 to 10 year olds. Two weeks build up, the third eases off, and the day before tryouts is a rest day.[1]

| WEEKS | SESSIONS A WEEK | MINUTES A SESSION[2] |
|---|---|---|
| 3 | 3, at most | 15 |

### Two weeks build up, then the last week eases off.

| | |
|---|---|
| **Week 1** | Learn the sessions, one day at a time. Do sessions 1, 2 and 3, with a rest day between. Write your self-check number in session 1. |
| **Week 2** | The same sessions again, a little smoother. Repeat sessions 1, 2 and 3. Let your child lead the one they like most. |
| **Week 3** | Lighter, so your child arrives fresh. Sessions 1 and 2 early in the week, with the self-check again in session 1. Rest the day before tryouts. |

With two weeks to go, start at week 2. With four weeks, do week 1 twice. Pick days that fit your week, with a rest day between sessions.

This packet online, with links to every drill: sstracker.app/tryout-prep/hockey

1. Sessions: SSTracker's at-home hockey plans for 7 to 10 year olds. Every drill here is open at ages 7 to 10 in the app.
2. Session limits: SSTracker's own rule for age 7, at most 3 days a week and 30 minutes a session.

## Every area coaches watch at tryouts is something that grows.

Many tryouts look at a few areas like these. SSTracker's own tryout notes use these five, a coach notes only what they saw, and there is no overall grade.[1]

| | |
|---|---|
| **Pace** | Quick first steps grow with practice and with rest. Arriving fresh helps more than one extra hard day. |
| **Technique** | Clean touches grow with many short, calm tries. The sessions here give your child lots of them. |
| **Reading the game** | Looking up and choosing well grow by playing. After a game, ask about one good choice they made. |
| **Physical** | Balance, landing and core strength are part of every warm-up here. Every body grows at its own pace. |
| **Attitude** | Trying again after a mistake, listening and cheering a teammate are things every player can bring. |

Skills these sessions train: Passing, Skating, Shooting.

## Your child compares only with their own earlier number.

**The test: Soft Catch Receiving: your own number.**

**Week 1, first session** _____

**Week 3, first session** _____

**What feels easier now?** _____

Compare only with your own week 1 number. Any number is fine: it shows where you are today, not who you are.

1. Tryout areas: the five areas in SSTracker's own tryout notes for coaches.

## Every session starts with the same moving warm-up.

Hockey Warm-Up, Ages 7 to 10[1]

1. Jog easy for 1 minute, then skip for 30 seconds.
2. Moving warm-up over about 10 yards and back, once each: high knees, heel flicks, side shuffles facing both ways, and grapevine steps.
3. Leg swings holding a fence, wall or partner's shoulder: 8 forward and back, then 8 side to side, each leg.
4. Walking lunges with a reach to the sky, 5 each leg, then 5 slow squats.
5. Balance on one leg for 15 seconds each side, then again while you circle your arms slowly.
6. Jump and land: 5 two-footed jumps forward, landing softly with knees over toes; freeze each landing for a count of 2.
7. Sport moves off the ice: stickhandle a ball side to side and front to back for 1 minute, then 10 easy passes to a partner or a wall.

**In these sessions the warm-up is the short version, 4 minutes: steps 1, 6 and 7. The full routine takes 8 minutes.**

A flat, clear space with room to run. Stop if anything hurts: a warm-up should leave you ready, not tired.

## Every session ends with a few minutes of gentle stretches.

Hockey Cool-Down Stretches, Ages 7 to 10: each stretch held a slow count of 10, never to pain.

**In these sessions the cool-down is the short version, 3 minutes: steps 1 to 4 only. The full routine takes 5 minutes.**

## Have these ready before the first session.

FOR THE SESSIONS AT HOME

- Ball
- 2 cones
- A parent or partner
- Hockey stick
- Floor space
- Bucket or box

1. Warm-up and cool-down: SSTracker's routines for this age, with the research at sstracker.app/warm-ups-and-stretches.

# Week 1: learn the sessions, one day at a time.

Do sessions 1, 2 and 3, with a rest day between. Write your self-check number in session 1.

## Session 1: Passing: Soft Catch Receiving — 15 min ◯

1. Warm-up, short version: steps 1, 6 and 7 — 4 min
2. Soft Catch Receiving — 4 min
3. Off-Ice Stride Holds — 4 min
4. Cool-down, short version: steps 1 to 4 only — 3 min

Drills: Soft Catch Receiving, Off-Ice Stride Holds

## Session 2: Passing: Pass Through the Gate — 15 min ◯

1. Warm-up, short version: steps 1, 6 and 7 — 4 min
2. Pass Through the Gate — 4 min
3. Sweep Shots at a Bucket — 4 min
4. Cool-down, short version: steps 1 to 4 only — 3 min

Drills: Pass Through the Gate, Sweep Shots at a Bucket

## Session 3: Skating: Off-Ice Stride Holds — 15 min ◯

1. Warm-up, short version: steps 1, 6 and 7 — 4 min
2. Off-Ice Stride Holds — 4 min
3. Sweep Shots at a Bucket — 4 min
4. Cool-down, short version: steps 1 to 4 only — 3 min

Drills: Off-Ice Stride Holds, Sweep Shots at a Bucket

## Week 2: the same sessions again, a little smoother.

Repeat sessions 1, 2 and 3. Let your child lead the one they like most.

| DAY | WHAT | MINUTES | DONE |
|---|---|---|---|
| Day 1 | Session 1 | 15 | ◯ |
| Day 3 | Session 2 | 15 | ◯ |
| Day 5 | Session 3 | 15 | ◯ |

## Week 3: lighter, so your child arrives fresh.

Sessions 1 and 2 early in the week, with the self-check again in session 1. Rest the day before tryouts.

| DAY | WHAT | MINUTES | DONE |
|---|---|---|---|
| Day 1 | Session 1 + self-check | 15 | ◯ |
| Day 3 | Session 2 | 15 | ◯ |
| The day before | Rest. Pack the bag together. | · | ◯ |

## Pack the bag together the day before.

ON TRYOUT DAY

- What the program asks for: read its sign-up together.
- A full water bottle.
- The shoes and gear your child trains in, already worn in.
- Any safety gear the program asks for.
- A snack and a warm layer for after.

## The night before, calm matters more than practice.

- No new drills tonight. The work is already done.
- Pack the bag together, then set it by the door.
- A normal dinner, some water and the usual bedtime.
- Tell your child one thing you saw them grow at in these weeks.
- Nerves are normal. Say so, and that you feel them too sometimes.
- Whatever happens tomorrow, your love and pride stay the same.

AFTER TRYOUTS

- Ask what was fun, and what they want to practice next.
- Talk about their own growth, never about other children.

**When to stop**

- Stop if anything hurts, knees and heels too.
- Stop if landings get noisy or wobbly, or form breaks down. Rest, then try again easier.
- Thunder: go inside. Heat signs (dizzy, headache, feeling sick, confused, unusually tired): stop, rest in the shade and drink water.

**After a knock to the head**[1]

- Stop right away. No more play today. See a doctor before playing again.
- Call 911 for danger signs: throwing up again and again, a seizure, can't stay awake, a headache that gets worse, slurred speech, or one pupil bigger than the other.

## Whatever happens at tryouts, your child is enough.

**Practice makes progress, because there is no such thing as perfect.**

More free drills, warm-ups and weekly plans: sstracker.app/drills. No account needed.

1. After a knock to the head: the CDC's HEADS UP guidance (same words as every SSTracker stop card).