

## **EHMHA U7 Program Policy**

**Purpose** - To help ensure that the EHMHA has an appropriate level of development for all players within the EHMHA U7 Program.

**Scope** – All registered players in the EHMHA U7 Program (ages 4 – 6)

**Effective date:** August 2014, *Amended Feb, 2022*

The East Hants Minor Hockey Association strives to provide all players within the U7 Program with a positive learning environment that includes the opportunity to learn the basic skills of hockey, having fun, and developing self-confidence. Our goal is to teach participants the basic skills including skating, shooting, and puck handling while providing a positive experience for players fostering continued participation in the sport of hockey.

Since 2011-12, Hockey Nova Scotia has allowed 4 year olds to register for U7, increasing the permitted group to 4 – 6 years of age. To ensure the development is appropriate based on skill level while maintaining a fun environment, the players in the U7-2 group will now be divided into small teams based on like skill level. All players will do the same stations during practice, but depending on the group, the activity may be changed to an advanced level activity to reflect higher skills. When the mini-games are played, groups will compete mainly against similar skill levels. We believe this will further improve our U7 program while focusing on development based on individual skill levels. The weekly ice assigned to the U7 groups is below:

- U7-1 – 2 hours of full ice per week
- U7-2 – 2 hours of full ice per week
- 

Any player registering for hockey as a 4 year old is expected to spend 3 seasons in the U7 Program within the EHMHA.



EAST HANTS MINOR HOCKEY ASSOCIATION