



PAMHA U7 Season Structure for 2022-23

23 weeks

Our Season Structure is built around the Timbits U7 Canadian Player Pathway from Hockey Canada. The season runs from October to March and consists of 4 Phases:

- 1. Preparation/Evaluation (4 weeks)**
- 2. Development (8 weeks)**
- 3. Regular Season (9 weeks)**
- 4. End-of-Season (2 weeks)**



1. Preparation/Evaluation Phase

4 weeks

- Phase 1 runs from Wed Oct 5 to Sat Nov 7
- Players are grouped with like-ability players for maximum growth
 - Mite Division - Mostly players born 2018 or first year in U7
 - Tyke Division - Mostly players born 2016 or previously played U7
- Includes 8 practices
- Emphasis on forming balanced teams & accommodating requests to play with friends



2. Development Phase

8 weeks

- Phase 2 runs from Wed Nov 9 to Wed Dec 21
- Includes 8 practices, 5 games and 1 Picture Day
- Seasonal Break of 6 days from Thu Nov 17 to Tue Nov 22
- No Events on Christmas Eve (Saturday)
- Focus on Skill Development

Mite:

- Fundamental Movement Skills: Starting & Stopping, Forward Skating & Striding, Turning & Crossovers
- Manipulation Skills: Shooting & Scoring, Puck Control
- Motor Skills: Balance and Agility, Edge Control

Tyke:

- Fundamental Movement Skills: Starting & Stopping, Backward Striding, Forward Skating & Striding, Turning & Crossovers
- Manipulation Skills: Passing & Receiving, Shooting & Scoring, Puck Control
- Motor Skills: Balance and Agility



3. Regular Season Phase

9 weeks

- Phase 3 runs from Wed Dec 28 to Sat Feb 25
- Includes 8 practices, 7 games
- There is 1 Jamboree (Robin's Jamboree)
- Seasonal Break of 6 days from Thu Jan 12 to Tue Jan 17
- No Events on New Year's Eve (Saturday)



4. End-of-Season Phase

2 weeks

- Phase 4 On-Ice runs from Wed Mar 1 to Sat Mar 11
- Includes 2 practices and 1 game
- There is 1 Jamboree/Festival
- Wind-up Event on Sat Apr 1
 - Medals awarded to each player



PAMHA U7 Seasonal Structure

Phase –	Preparation/Evaluation	Development	Regular Season	End of Season
Duration –	4 weeks	8 weeks	9 weeks	2 weeks
Ice Setup	4 to 6 Skill Stations	Half-Ice Games	4 to 6 Stations	4 to 6 Stations
Balance –	17% of the Season	35% of the Season	40% of the Season	9% of the Season
Practices	8 Practices	8 Practices	8 Practices	2 Practices
Games –	No Games	5 Games	7 Games	1 Games
Jamboree	No Jamborees	No Jamborees	1 Jamboree	1 Jamboree/Festival