



PAMHA U7 Season Structure for 2023-24

Our Season Structure is based on the Timbits U7 Principles found in the Canadian Player Pathway from Hockey Canada. Our Program Goals are:

- Have Fun, Get Active
- Learn Fundamental Hockey Skills
- Develop & Refind Basic Motor Patterns
- Practice Cooperation & Fair Play

The timeline and number of sessions outlined may vary slightly depending on the total number of players registered at the beginning of the season.



PAMHA U7 Season Structure for 2023-24

24 weeks

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 to 3 weeks)**



1. Preparation/Evaluation Phase

4 weeks

- Phase 1 runs from Wed Oct 4 to Sat Oct 29
- Players are grouped with like-ability players for maximum growth
 - Mite Division - Mostly players born 2019 or first year in U7
 - Tyke Division - Mostly players born 2017 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 1 to Sat Dec 23
- Includes 8 practices, 6 scrimmages/games and 1 Picture Day
- Seasonal Break of 6 days from Thu Nov 15 to Tue Nov 21
- 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 27 to Sat Feb 24
- Includes 8 practices, 8 scrimmages/games
- There is 1 Jamboree (Robin's Jamboree)
- Seasonal Break of 6 days from Thu Jan 11 to Tue Jan 16



4. End-of-Season Phase

2-3 weeks

- Phase 4 On-Ice runs from Wed Feb 28 to Sat Mar 9
- Includes 2 practices and 1 game
- There is a Year-End Festival to end the PAMHA Season
- There is usually 1 Jamboree after March Break to complete the Season
- Wind-up Event scheduled for a Saturday afternoon in early April
 - Medals awarded to each player at the Wind-up



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	33% of the Season	38% of the Season	13% of the Season
Practices –	8 Practices	8 Practices	8 Practices	2 Practices
Games –	No Scrimmages/Games	6 Scrimmages/Games	8 /Scrimmages/Games	1 Scrimmage/Game
Jamboree	No Jamborees	No Jamborees	1 Jamboree	1 Festival & 1 Jamboree