Six of the 7 pieces are formed from 4 unit size cubes and the last piece is formed from 3 unit size cubes; the goal is to assemble them into a 3x3x3 cube. This is a relatively easy puzzle with many solutions. Stewart Coffin credits the invention of this puzzle to Piet Hein in 1936.

Further reading:

Lagoon Solution, from: http://www.give-me-a-clue.com