



2011-2012  
St. Jude Squirt Silver A-1  
Welcome Packet

### **Introduction:**

On behalf of the entire St. Jude organization, I would like to take this opportunity to welcome back all players to the 2011-2012 hockey season. My name is Dave Reardon and I will be one of the Coaches along with Jerry Kruzich, Dan Hach and Rick Drebing for the Squirt Silver A-1 team. Myself, and the entire coaching staff at St. Jude are extremely excited that you and your family have chosen to return to our organization for your child to develop his/her skills in what we know as the greatest game on earth.

In this welcome letter I will touch on a few topics that you and your child need to know from the start. Please review the information below. The coaching staff has already spoken to parents, and addressed any questions or concerns. The first few weeks are going to be a bit hectic. I may answer many of your questions with "I am not sure but I will find out" but that is exactly what I will do.

### **Goals and Objectives:**

- To make every possible attempt to provide everyone at all skill levels a place to play hockey.
- To provide programs that encourages fair and safe play, and teaches sportsmanship. **Respect** for not only teammates, but the game as a whole, opponents, officials, coaches and most of all parents.
- To recruit volunteers, including coaches, who demonstrate the qualities conducive to role models to the youth in our sport?
- To support programs that train and educate players, coaches, parents, officials and volunteers.
- To promote and publicize our programs so they continue to grow.

**PLEASE REMEMBER: WE ARE TEACHING SPORTSMANSHIP!**

St. Jude Hockey supports USA Hockey's Zero Tolerance Policy. Any parents/spectators violating the policy will be asked to leave the arena and related premises (parking lot) and will not be allowed to return for the remainder of the day. Please refer to attached copy.

## **Skills Progression:**

At the 10-and-Under (Squirt) level for boys and girls, players should focus on the skill progressions listed below:

### ***Knowledge***

Players should know:

#### 1. Rules

- face-offs
- off-sides
- icing
- checking from behind

#### 2. Common Infractions

- unsportsmanlike conduct
- body checking
- checking from behind
- cross checking
- charging
- elbowing
- falling on the puck
- high sticking
- holding
- hooking
- interference
- tripping

#### 3. Penalties

- minor
- major
- match

### **Goal Setting**

Players should:

1. Establish specific and measurable performance goals that are written, shared with their coaches and parents, and revised on a regular basis to promote development.

***Example:*** To develop game and rink awareness during practices and games. Be on-side for all rushing drills during practice as well as all offensive rushes during a game.

2. Divide performance goals into two categories:

- practice
- game

3. Be able to engage in evaluations of your performance at practices and games. Re-adjust game and practice goals based on those evaluations.

### **Individual Hockey Skills**

Players must learn and master:

#### 1. Skating

- edge control
- ready position
- forward start
- forward start right/left
- forward stride
- control stop
- one-foot stop
- backward skating
- backward stop
- control turn
- forward crossover
- backward crossover
- Mohawk
- lateral skating

#### 2. Puck Control

- lateral side-to-side dribble
- forward-to-backward dribble
- diagonal dribble
- attacking the triangle
- forehand shift
- backhand shift
- change of pace
- puck protection
- give and take
- accelerating with puck

#### 3. Passing and Receiving

- forehand
- backhand
- flip - saucer pass (forehand and backhand)
- receiving (stick)
- receiving (skate)
- indirect (board) pass

#### 4. Shooting

- wrist
- backhand
- flip
- screen and deflection
- rebounding

## 5. Checking

- poke check
- hook check
- lift the stick check
- covering
- gap control concept
- body positioning – angling

## 6. Goalkeeping

- basic stance
- parallel shuffle
- lateral t-glide
- forward and backward moves
- stick save
- body save
- glove save
- leg save
- stacking pads
- “V” drop
- rebounds

## **Team Play**

Players must understand and learn:

### 1. Offense

- positional offense
- offense in the defensive zone
- offense in the offensive zone
- face-offs
- one-on-one confrontations
- triangle offense
- box offense
- entering the zone

### 2. Defense

- territorial defense
- one-man forechecking
- two-man forechecking
- backchecking principles
- basic defensive zone coverage

## **Nutrition**

Players should:

1. Understand the importance of proper hydration before, during and after all practices and games.
2. For evening practices and games, eat a normal breakfast and lunch; Before the game or practice, eat a light snack; After the game or practice, eat a meal.
3. For early morning games and practices, eat lightly at breakfast. After practices or the game, eat a snack.
4. For tournaments, if you play more than one game on the same day or several games in successive days, emphasize foods that are high in carbohydrate (fruit, hot or cold cereal, pancakes, cold meats, soup, rice, pasta) while avoiding those foods with a high sugar content.

## **Fitness and Training**

Players should learn:

1. warm-up exercises
2. cool down exercises
3. stretching exercises
4. flexibility exercises
5. agility exercises
6. balance activities and exercises
7. eye-hand coordination activities
8. fun games
9. relays
10. jump rope activities

## **Injury Prevention**

Players should be introduced to:

1. Heads Up Hockey program
2. proper care of equipment
3. proper fitting of equipment
4. rink safety
5. safety precautions for practice
6. the importance of warm-up, stretching and cool-down

## **Sports Psychology**

Players should be taught to:

1. Understand the difference in being relaxed and tense.
2. Understand that making mistakes is common and part of sports.
3. Understand the benefits and the use of positive reinforcement. Realize that positive comments help reduce stress, enhance self image, enhance the team's image, and can increase the enjoyment of games and practices.

## **Character Development and Life Skills**

Players must learn to:

1. Demonstrate high levels of sportsmanship
2. To have respect for their teammates, coaches. opponents, officials and parents
3. Demonstrate an ability to balance school and outside activities
4. Be on time for games and practices
5. Understand only they can "Just Say No" to drugs and other harmful substances

In closing, we are extremely excited about the upcoming season and are looking forward to seeing the kids develop as individuals and bond as teammates. Please feel free to contact me [reardonappraisals@comcast.net](mailto:reardonappraisals@comcast.net) or our team manager Deb Schmitt [debschmitt@gmail.com](mailto:debschmitt@gmail.com) at any time with any questions or concerns. GO KNIGHTS!!!

Links:

NIHL – <http://www.nihl.info>

St. Jude Hockey- <http://www.stjudehockey.org>

Oak Lawn Ice Arena- [icearena@olparks.com](mailto:icearena@olparks.com)

USA Hockey- <http://www.usahockey.com>