

LAKES REGION YOUTH HOCKEY ASSOCIATION
HOUSE LEAGUE LEVELS I & II
Mite/Squirt and Pee Wee/Bantam/Midget
2007-2008

PROGRAM DESCRIPTION:

House League Level 1 (Mite/Squirt) and Level 2 (Peewee/Bantam/Midget). This program is targeted at promoting interest for the 7 through 15 year old child. (16 years old if circumstances dictate). It is intended to be an instructional/recreational program with set criteria targeted for completion.

REGISTRATION:

Limit: 32 Players at each level. Additional applications can be taken without money for placement on a waiting list. (Only the main registration form is required for this, properly noting the date and time the application was received).

Forms: Online Registration at usahockey.com plus LRYHA In-House registration packet

Cost: \$275 (if register before August 1st) plus a mandatory \$50 fundraiser (Players may opt out of the fundraiser for the season by paying an additional \$40 at the time of registration). After August 1st, registration increases to \$300.

TIME:

This program will meet twice a week, beginning the first week of November, through the end of February. The twice weekly meetings will consist of 1 hour and 30-45 minutes of ice time, broken down as follows: 20-25 minutes skill development and a 3 period running time game using the balance of the ice time.

EQUIPMENT:

- ✓ Skates with nylon laces
- ✓ Helmet – HECC approved helmet and face mask with side and chin straps
- ✓ Shin pads with Velcro shin pad fasteners
- ✓ Hockey pants
- ✓ Protective supporter
- ✓ Shoulder pads
- ✓ Elbow pads
- ✓ Hockey gloves
- ✓ Hockey stick and tape

OPERATING GUIDELINES:

- ✓ Non-check league.
- ✓ 20 – 25 minute period running time warm up and skill development.
- ✓ Game – three 12-15 minute periods, running time.
- ✓ Stop time in the last 2 minutes of a game when score is a tie or within 1 goal.
- ✓ A shoot-out will settle all tie games.
- ✓ All rules of USA Hockey will apply except as noted. Any player involved in a 2nd fight is ineligible until reviewed by the LRYHA Board of Directors.

DEVELOPMENT CRITERIA:

Mite/Squirt

Skating	Puck Control	Passing & Receiving	Shooting	Checking	Goaltending
Edge control, Ready position, Forward stride, Control stop, Backward skating, Backward stop, Control turn, Forward crossunder, Crossover start, V start	Lateral dribble, Forward-to-backward dribble, Attacking the triangle, Forehand shift, Backhand shift, Change of pace, Puck off boards	Forehand, Backhand, Receiving (stick), Receiving (skate), Receiving (hand), Saucer pass	Wrist shot, Backhand, Flip, Snap	Poke check, Lift the stick check, Angling, Covering	Parallel shuffle, Lateral t-glide, Forward/backward moves, Stick saves, Body saves, Glove saves, Leg saves, Stacking pads, “V” drop, Rebounds, Playing angles, Basic Stance

PeeWee/Bantam/Midget

Skating	Puck Control	Passing & Receiving	Shooting	Checking	Goaltending
Edge control, Ready position, Forward stride, Control stop, Backward skating, Backward stop, Forward stop, Control turn, Forward crossunder, Crossover start,	Attacking the triangle, Change of pace, Slip through, Slip across, Fake shot, Spin around, Double shift, Stop and go, Grandstand	Receiving (skate), Receiving (hand), Saucer pass, Snap, Flip, Change of pace	Wrist shot, Backhand, Flip, Snap, Slap, One timing	Poke check, Lift the stick check, Angling, Covering	Skate saves, Stacking pads, “V” drop, Rebounds, Situations, Handling and passing the puck

STAFF:

- ✓ Head Coach & Assistant Coach of record
- ✓ Current on staff Coach Volunteers *
- ✓ Player Volunteers age 15 and up *

*With approval of and to be scheduled through the Head Coach.