

SRIYHA In House Hockey Program

SRIYHA operates an in-season hockey development program at the University of Rhode Island- Boss Arena, that consists of on ice instruction for children 4 years and older. This program consists of an assessment and placement system that allows children to be with similar skills during each session. The program concentrates on the fundamentals of skating, athleticism, balance, and always on fun. The program uses station-based instruction, which is part of the USA Hockey ADM model and is geared towards hockey based activities in small groups with players of similar skills. Movement of players to an appropriate skill level will occur as the skills of the child progresses.

Learn to Skate: Level 1- Crating Rams

Description: Introduction to skating for children under age of 7 that have never skated. Skills include forward skating, balance, and movement with concentration on fun and independence on the ice. Skating tools such as milk crates and parents are used to encourage the kids success.

Requirements: Seven years old or younger, exceptions can be made by Director. Hockey skates, helmet, shin pads, elbow pads.

Prerequisites: None

Abilities gained: Skating forward, gaining independence from parents and wearing all hockey equipment.

Location/ Time: Conducted in appropriately designated area; 50 minutes Saturday and 50 minutes Sunday.

Instructional: Level 2- Mini Rams

Description: Continued introduction to skating. Intended for children that have the ability to move in a forward direction and are ready to progress to stopping, introduction to backwards skating.

Requirements: Complete hockey equipment; hockey skates, helmet with face mask, shoulder pads, hockey pants, shin pads, elbow pads, gloves and hockey stick.

Prerequisites: Ability to skate forward and take direction from coaches without parents.

Abilities gained: Skating forward on one foot, snow plow stop, turning while chasing others, one foot balance, jumping and holding the hockey stick properly.

Location/ Time: Conducted with Instructional Level 3; 50 minutes Saturday and 50 minutes Sunday.

Instructional: Level 3- Minor Rams

Description: Continued introduction to skating. Intended for children that have the ability to move in a forward direction, skate on one foot and are ready to progress to stopping on one foot, turning using inside and outside edges, and advancement of backwards skating.

Requirements: Complete hockey equipment; hockey skates, helmet with face mask, shoulder pads, neck guard, hockey pants, shin pads, elbow pads, gloves and hockey stick.

Prerequisites: Completion of Instructional: Level 2.

Abilities gained: Turning on one foot, two foot stop, forward cross-overs in both directions, basic backwards skating, holding the hockey stick properly, skating with the puck and working within a team.

Location/ Time: Conducted with Instructional Level 2; 50 minutes Saturday and 50 minutes Sunday.

Mite House League: Level 4- Mighty Rams

Description: Continued advancement for instruction of skating. Intended for children that have the ability to move forward, backwards, turn using inside and outside edges, and have begun to skate with the puck. This level includes station based instruction with emphasis on skating, puck handling and shooting, plus this level has dedicated time that operates the USA Hockey ADM Model of 3 on 3 cross-ice hockey with the introduction of goaltending.

Requirements: Complete hockey equipment; hockey skates, helmet with face mask and mouth guard, shoulder pads, neck guard, hockey pants, shin pads, elbow pads, gloves and hockey stick.

Prerequisites: Completion of Instructional: Level 3 (exceptions can be made by Director).

Abilities gained: Turning on one foot, one foot stop, one foot jump, forward crossovers with speed, backwards skating with crossovers, skating with puck and one hand, passing, receiving and shooting the puck.

Location/ Time: Conducted in session designed for Level 4 using a full ice sheet; 50 minutes Saturday and 50 minutes Sunday.

Equipment:

Partner with 2nd Time Around to allow parents to purchase equipment packs from SRI and then they are picked up at the Arena Pro Shop. Coordinate start date with 2nd Time Around. Working on specific cost, but expectation is SRI makes 10-20% from equipment sales.

Level 5 and Level 6

Squirt 5 on 5: Level 5- Junior Rams

Description: This level is for the advancement of players into the team based game of hockey. Players will be evaluated and placed onto a team. The teams will be assigned a Head Coach and will participate in league operated station based practices. Emphasis of all sessions will be on skating, puck handling and shooting. The teams will then participate in a schedule of games with referees that will follow the rules of hockey. Emphasis will be made on the fundamentals of hockey to include camaraderie, teamwork and preparedness for competitive hockey.

Requirements: Considered a Squirt (U-10) player by USA hockey (exceptions can be made by Director). Complete hockey equipment; hockey skates, helmet with face mask and mouth guard, shoulder pads, neck guard, hockey pants, shin pads, elbow pads, gloves and hockey stick.

Prerequisites: At least a Squirt level (U-10) age player (exceptions can be made by Director).

Abilities gained: Skating with speed, turning on one foot, one foot stop, one foot jump, forward crossovers with speed, backwards skating with crossovers, skating with puck and one hand, passing, receiving and shooting the puck.

Location/ Time: Practices conducted with multiple teams and is station based; 50 minutes per week. Games scheduled based on availability with each team playing one game weekly; 50 minutes per week.

Pee Wee 5 on 5: Level 6- Major Rams

Description: This level is for the advancement of players into the team based game of hockey. Players will be evaluated and placed onto a team. The teams will be assigned a Head Coach and will participate in league operated station based practices. Emphasis of all sessions will be on skating, puck handling and shooting. The teams will then participate in a schedule of games with referees that will follow the rules of hockey. Emphasis will be made on the fundamentals of hockey to include camaraderie, teamwork and preparedness for competitive hockey.

Requirements: Considered a Pee-Wee (U-12) player by USA hockey (exceptions can be made by Director). Complete hockey equipment; hockey skates, helmet with face mask and mouth guard, shoulder pads, neck guard, hockey pants, shin pads, elbow pads, gloves and hockey stick.

Prerequisites: At least a Pee-Wee (U-12) age player (exceptions can be made by Director).

Abilities gained: Skating with speed, turning on one foot, one foot stop, one foot jump, forward crossovers with speed, backwards skating with crossovers, skating with puck and one hand, passing, receiving and shooting the puck.

Location/ Time: Practices conducted with multiple teams and is station based; 50 minutes per week. Games scheduled based on availability with each team playing one game weekly; 50 minutes per week.