



St. Jude Knights Hockey Club

Learn-to-Skate Program

As part of developing young hockey players to be, the St. Jude Knights Hockey Club's Learn-to-Skate (LTS) program has established a list of some of the basic skills/goals that your child will be able to accomplish as they progress through the various stages of the LTS program.

At the first LTS session, your child will be evaluated by various USA Hockey certified instructors and placed into a group based on their ability. The instructors will place a colored dot on their helmet, which will correlate to their respective group as listed below.

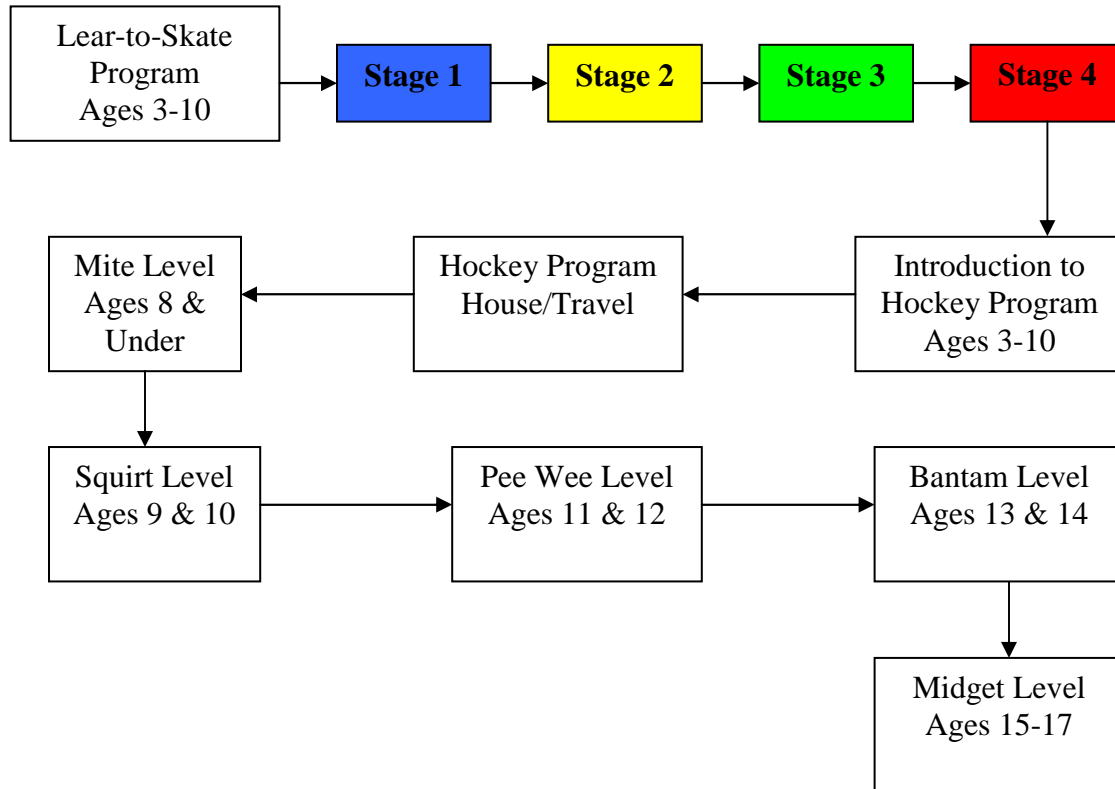
During each LTS session, the ice will be split into four sections representing each of the following stages. Players will work on various items during the sessions working toward completion of some basic goals listed below. As players attain the basic skills, they will be advanced to the next stage/section.

Stage	Basic Skills/Goals
1	<ul style="list-style-type: none"> ▪ Movement without the use of any type of aids such as a chair. ▪ Be able to get up from the ice. ▪ Balance – Be able to stand and walk over sticks or other types of objects. ▪ Movement/Walk – Glide ▪ Proper Ready Position ▪ Proper way of holding stick
2	<ul style="list-style-type: none"> ▪ Basic stride, proper skating posture ▪ Able to push off using 1 foot, then the other. ▪ Balance – Be able to walk over sticks, weave cones, etc. ▪ Turns – Left/Right ▪ T-Starts
3	<ul style="list-style-type: none"> ▪ Continuous strides ▪ Push and coast on one foot ▪ Snow plow stops ▪ Turns Left/Right
4	<ul style="list-style-type: none"> ▪ Hockey Stops ▪ Cross Overs ▪ Backwards skating ▪ Forward to Backward Transitions



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To help develop player skills, the St. Jude Knights Hockey Club is also committed to providing various clinics throughout the year. These clinics can be used to provide players with the opportunity to develop various skills through power skating, offensive skills, stick handling, shooting, passing, checking classes helping players to improve their game.

For additional information, please contact us at:

Learn-to-Skate/Hockey 101 Contact:
St. Jude Hockey Club (708) 371-3037 or Joe Keneipp 312-607-3740
www.stjudehockey.org

Rink Location:
Southwest Ice Arena (SIA)
5505 West 127th Street
Crestwood, IL 60445
(708) 371-3037