

Tucker Hockey

3 on 3 Program - Set Up

Here's a more detailed breakdown for parents and players of our on ice program. What we are doing on the ice and why - to help improve players skills and enhance their success on the ice.

10 – 15 Minutes – Warm – up:

- During this time we will be warming up the goalies and players - sometimes together and sometimes separately - with skating, puck control, passing, shooting drills or with fun scrimmages (everybody plays). **Note:** We are not teaching goalie skills but they will receive lots of shots.

15 Minutes – Short Games:

- During this time, we will use 3 different on ice stations and rotate the players among the stations – approx: 5 minutes each at each station.

Station 1: 3 on 3 Cross Ice Scrimmage Play Below the Blue line with Goalies

- The objective of this scrimmage is to **“allow more puck touches for each player”** especially lower skilled players. More puck touches than during full ice 3 on 3 play. The scrimmage is in a smaller space on the ice and everyone is involved in the play. Players learn to handle the puck, make decisions in a tight area on the ice and improve their self confidence.

Station 2: 3 on 3 Play Keep Away

- The objective of this play time is to **“keep the puck away”** from the opposition's 3 players. It encourages puck support; go to open ice, good communication and lots of creative passing. Good team work will result in keeping the puck away from the other group's players. Again it allows lots of turnovers / change of possessions and puck touches for each player.

Station 3: 1 on 1 Play, 2 vs. 1 Play, Circle Drills etc.

- The objective of this play time is to help players develop their evasive skating / puck control (change direction, be shifty and unpredictable with the puck against their opponents). Keep the puck away and protect the puck from other players. To be strong on the puck, to battle and increase their **“compete level”** for the puck.

30 Minutes - 3 on 3 Full Ice:

- The objective of this play time is for the players to maintain a **“high tempo of skating, puck handling, passing and shooting.”** Rest to work ratio is 2 to 1. There's lots of room on the ice to work together, to “figure out” smart positioning - when to “pressure” the puck carrier (be more offensive minded) or use “containment” (be more defensive minded) to avoid breakaways etc.

Overall:

- Our 3 on 3 program provides a unique opportunity for players to develop their skills with lots of different types of play time. Everyone is active. Hockey and smiles is our philosophy. We strive to provide a positive fun and safe learning environment for every player. We will do our best to **“minimize any illegal stick work or body contact”** during the on ice play. All we ask is **“RESPECT”** for everyone. Any questions or concerns regarding our program please contact Christyne Kavanagh at 403 – 998 – 5035

Thank You.
Coach Rex