



The Benefits of 3-on-3 Play On The Small Ice Surface:

- 3-on-3 is a "skills" based game, played in tight spaces at a fast pace. Players quickly improve your "skills" to adapt to this fast pace.
- 3-on-3 hockey is best described as "organized pond hockey", where kids can develop their skills in a spring/summer league that emphasizes fun over winning.
- Sport science has long told us that to develop any high-level skill thousands of "repetitions" are required. These reps just don't present themselves in winter hockey due to the restrictions of the competitive game (# of players on the ice, roles expected etc.).
- Less space = less time = quicker decisions!
- 3-on-3 hockey increases puck handling; team play; transition from offense to defense/defense to offense; positioning; time on the ice, plus many more benefits.
- Goalies are always in the play, more shots, and more movement which helps conditioning, awareness and positioning.
- Players that are not "goal scorers" get the opportunity to touch the puck more and gain confidence.
- Players used to playing offense get to play and appreciate the defensive side of the game and defensive players get to be more creative on the offensive side of the game.
- A great way to get ready for the upcoming season!

But... The single biggest benefit of 3-on-3 play: "It is the most fun you will have playing hockey while working hard to improve your overall game!"