



A NEW BREED OF HOCKEY!

NORTHERN VIRGINIA ICE DOGS

2003 YOUTH SPRING HOCKEY PROGRAM

Why the 3 on 3 format?

- Increased puck touches for each participant therefore they gain better stick skills!
- More shots on net for both the players and goalies therefore they gain better shooting and goalie skills!
- More emphasis on TEAM offense and TEAM defense, less emphasis on skill hampering positional play!
- More emphasis on fun and the pure sport of hockey, allows the kids to learn hockey on their own!
- Harder work in a shorter time frame to increase individual participation and skating skills!

How Will The Teams Be Organized?

- Teams will be a mix of house and travel kids.
- Teams are organized evenly with designated A, B, C level lines.
We will split the best players between two or more teams to make them compete at the highest level.
- Coaches are encouraged to compete A v A, B v B, and C v C.
This format will encourage all skill levels to participate and put each level kid in an optimum competitive and developmental situation.
- In this 3 v 3 format, the coaches should have no desire to win.
- Thus, the first weekend will be some practice games for the players to get used to the format and to create even teams. The following week the show begins!

How Do You Play 3 on 3?

- 9 players + 1 goalie per team
- Game starts with a face-off
- No Icing, No Checking, & No "Cherry Picking!"
- Offside (Center Red Line) results in the offending team turning over the puck.
- When a goal is scored, scoring team retreats immediately to the red line and the team that was scored upon digs the puck out of the net and instantaneously attacks back!
- All penalties result in an immediate penalty shot with the offending player chasing the penalty shooter and the other players stand ready at the blue line for a rebound. Once the shot is taken, goal or no goal, the game continues!
- Change on the fly and change frequently.
- Also, the nets can be moved week from week so the attack will be different.

As you can probably tell from this description, the 3 on 3 game flies! The tempo is always extremely high as the game rarely stops for a moment. It's all out, end-to-end action that will leave everyone feeling like they are really playing the game of hockey the way it was meant to be played!