

Rivers Minor Hockey is pleased to offer 3 on 3 development sessions for pre-season training. Ice times are confirmed starting Sunday Sept 25th to October 7th. The following age groups will be offered: U9 boys/girls (2014-2015), U11 boys (2012-2013), U11/U13 girls (2010-2013), U13 boys (2010-2011), U15 Girls (2008-2009), U15 (2008-2009) Boys.

Each age group will take a maximum 18 skaters and 2 goalies on a first come first serve basis. If the minimum requirement is not met the age group will be cancelled.

Each ice time will be played on ¾ ice. Teams/lines will be posted outside dressing rooms before each skate. Volunteer coaches will be on the bench. Buzzer rings every minute, when lines change and play begins where last play ended. After a goal is scored, the team that scored must exit the zone and give 30 ft to allow team to set up on offence.

Each registration will consist of 6-1 hr ice times (3 ice times a week). Ice times will consist of 15 minutes of stretch/warmup and 45 minutes of 3 on 3 game action. Games will consist of 2-20 minute periods with a 5 minute break between periods.

3 on 3 is the ultimate form of training. It forces players to do everything at a higher rate of speed than in a normal game, from skating to stickhandling; passing, shooting and making decisions. 3 on 3 hockey, as a result of the reduced time and space available to each player, pushes the player out of their comfort zone , thus making them a better player

We feel this will be a great way for players to get a head start on being ready for the upcoming season.

Cost is $150 per player ($25 per session). Payment will be required with registration to secure spot.

Full refunds will be available if unable to run the sessions due to covid restrictions.

Open to RMH players till June 15. If sessions not full we will open to other associations.

---Internal Use---



Player Name_____

Player year of birth_____

Home Hockey Association_____

Male/Female_____

Position_____

Parent/guardian contact info_____

Phone and email_____

Please email registration forms to leppgerald@gmail.com and at the same time email payment to: treasurerriversminorhockey@gmail.com