



Shinny Game Ideas and Fun Formats:

These are ways that any FunTeam volunteer can think outside the box of “traditional” hockey to plan an authentic FunTeam experience. Focus on implementing games as opposed to drills to maximize participation while still developing a hockey skill set. The best part? It’s always going to be FUN.

3-on-3 Hockey

1. Make use of your full ice rental by breaking up your group into teams of 3: more touches, more ice time, and less structure means less sitting on the bench.
2. Use small nets if there are no goalies.
3. Use a pylon if you don’t have enough nets.
4. See the attached graphic from Hockey Alberta on the benefits of 3-on-3 hockey.



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!”

Games that Require No Goalies

The goalie position is challenging for new players; there is a high up-front cost for equipment, and all players must learn the basic hockey fundamentals before jumping into a different position.

LINK: <https://www.icehockeysystems.com/blog/coaching-tips/10-hockey-games-play-no-goalies>

Hockey Canada Skills Development – Fun and Games

There is an extensive document prepared by Hockey Canada that provides many different game ideas that also tie into developing specific skills.

Click [HERE](#) to download the document.



Small Area Games

1. Small-area games are designed to help coaches teach aspects of the sport in a fun and challenging atmosphere.
2. These activities will allow the coach to incorporate a variety of hockey concepts in the form of a game.
3. Small-area games represent an efficient use of valuable ice time and will help maximize the development of players while dramatically increasing the competitive level of practice.

USA Hockey has an extensive library of resources complemented with videos for you to include in your next session.

LINK: <https://www.usahockey.com/smallareagames>

Hockey Races

The **5 Puck Shootout Race** is a fun game that changes up the normal shootout routine and requires a player to score a goal. If they score, the next player on their team goes. If they do not score, they must pick up their puck and skate it back to the next player in line on their team.

Team Relay Races - break your players up into even teams. You can have a standard race where players simply skate for speed around cones and tag the next teammate in line, or you can add in obstacles that they must navigate during each lap.

Obstacle Course Races - Be creative! Make a course that players need to stickhandle and skate around before they come back and tag their next teammate in line.

Tic Tac Toe - A hockey spin on a classic game. Race to set up a line of three X's or O's before the other team does!

Fill The Bucket! - Coaches divide up the players into two groups. On the far side, a coach has a handful of pucks (or balls). When the whistle blows, a player from each team races to get a puck (or ball) from the pile and races back to put the ball or puck in the designated area. Then they tag the next player in line! The goal is to fill the bucket or get all of the items back to your side before the other team does.

Other Races - <https://www.icehockeysystems.com/blog/coaching-tips/12-fun-hockey-drills>

Active for Life

Active for Life also provides many articles and resources that outline a measured approach to enjoying hockey and making the experience beneficial for parents and players on and off the ice.

20 pucks - <https://activeforlife.com/how-coaches-can-make-practices-more-fun/>