

New Video Quantifies Cross-Ice Advantages

USA Hockey has been encouraging hockey organizations and coaches to use a new development model. Both Canada and USA have been stuck in the Full Ice is best mind set. Other parts of the hockey world, especially countries in Europe use Cross Ice Games at all levels and youth hockey play their leagues game Cross Ice.

A cutting-edge NHL analytics team put the test to youth hockey for the first time ever, comparing cross-ice hockey to full-ice hockey. Watch this video and see what you think.

http://www.usahockey.com/news_article/show/472676?referrer_id=753608

These games develop skill, encourage creativity, add competition to practice and use the ice much more efficiently than the 7-11 minutes per hour of activity that other research has shown happen in drill practices.

10 (+) Great Cross Ice Games

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6858&topic=7134#7134>

Small Area Games (SAG's) are not restricted to Cross Ice but can be played in one zone, one section or one half of the ice using either one or two nets. Here are many examples of One Net Games.

10 Great One Net Games

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6858&topic=7138#7138>

10 Great One Net Games with Extra Players

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6858&topic=7139#7139>

10 + 40 Great Transition Games Using Only One Net

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6858&topic=7142#7142>