

HOCKEY FOR LIFE/RECREATIONAL HOCKEY

Any player or person can enter the less-competitive or non-competitive Hockey for Life/Recreational Hockey stage at any time during their life.

This stage gives players already engaged in ice hockey the opportunity to be physically active, meet friends, lead an energetic lifestyle and still develop their skills. It gives the same opportunities to players new to ice hockey as well as learning how to proficiently skate on the ice and other ice hockey related on- and off-ice skills.

Hockey for Life/Recreational Hockey teams can be found for all ability and commitment levels. Depending on the developmental stage of the players entering the Hockey for Life/Recreational stage, it is recommended that coaching is based on the guidelines as formulated in the IIHF PDG.

Players joining ice hockey in the active for life stage do so for the enjoyment of it, they want to continue to create social connections to enhance their life, find the joy from having an active lifestyle and seek new ways to enhance their sport and recreational experience.

Also in this stage the values of fair play, respect, anti-doping, integrity, cooperation, honesty, ethical choices, obeying the rules, commitment and non-violence are continuously promoted. Other reasons for joining ice hockey in the hockey for life stage are to find a positive work-life-play balance, profit from the health benefits of being physically active, and use ice hockey as a stress reducer.

Another possibility to contribute to the sport of ice hockey is to become a volunteer, as a coach, referee, administrator, or in another position within the club structure or at ice hockey events.