

REASONS FOR PLAYING HOCKEY

Getting involved in a team sport such as ice hockey will support the overall development of a child physically, mentally and emotionally.

Ice hockey shares the benefits of any other team sport for the development of a child, but adds the additional skill of skating to the repertoire.

Through ice hockey, hand-eye coordination, strength, speed, endurance, coordination, agility as well as power are developed and improved.

However, ice hockey does not only develop physical skills but also mental and emotional skills. Children learn values, how to deal with winning and losing, respect, cooperation, trust, responsibility and sportpersonship. Additionally, ice hockey promotes self-esteem, decision-making, concentration and motivation.

VALUES

Through participation in organized sport, for example playing ice hockey in the local club or participating in programs like Learn to Skate and Learn to Play, children learn values such as cooperation, friendship, support, commitment, responsibility, respect, teamwork and many more. They learn about locker room discipline, organization, personal hygiene, taking care of their own and the club's equipment among other team related values and behaviors. These important values and behaviors learned at this developmental stage accompanies the child through the rest of their lives and guides them throughout to make right decisions and act appropriately.

The beginner stage of player development is focusing on the fundamentals. This means enjoyment, development of fundamental skills and physical literacy.

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REASONS WHY CHILDREN LIKE PLAYING ICE HOCKEY:

- Enjoyment
- Feeling of competence
- Learning new skills
- Being with friends and making new friends
- Creating great memories
- Gaining experiences

The IIHF emphasizes individual skill development and performance, with a focus on developing fundamental movement skills and physical literacy, and late specialization in ice hockey!

The IIHF recommends that scoreboards, results, specific game tactics, away-games, high-level competition are for the late intermediate and the advanced stages of player development. Early specialization and a focus on competition can lead to long-term failure, burnout, injuries and hindering athletic development.

THERE ARE SEVERAL REASONS WHY PLAYERS QUIT ICE HOCKEY:

- Too much emphasize on performance
- They don't feel confident and competent
- Too serious
- Main focus is on winning
- Coaches have favourites
- Parents and coaches are pushy and demanding

*Let's change the way our children
play ice hockey!*