



Ice Hockey is for ME!



Colouring Book

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Welcome to the great sport of Ice Hockey!!!!

Ice Hockey is a really cool!! It is the world's fastest team sport with almost 2 million players both boys and girls, of all ages, playing.

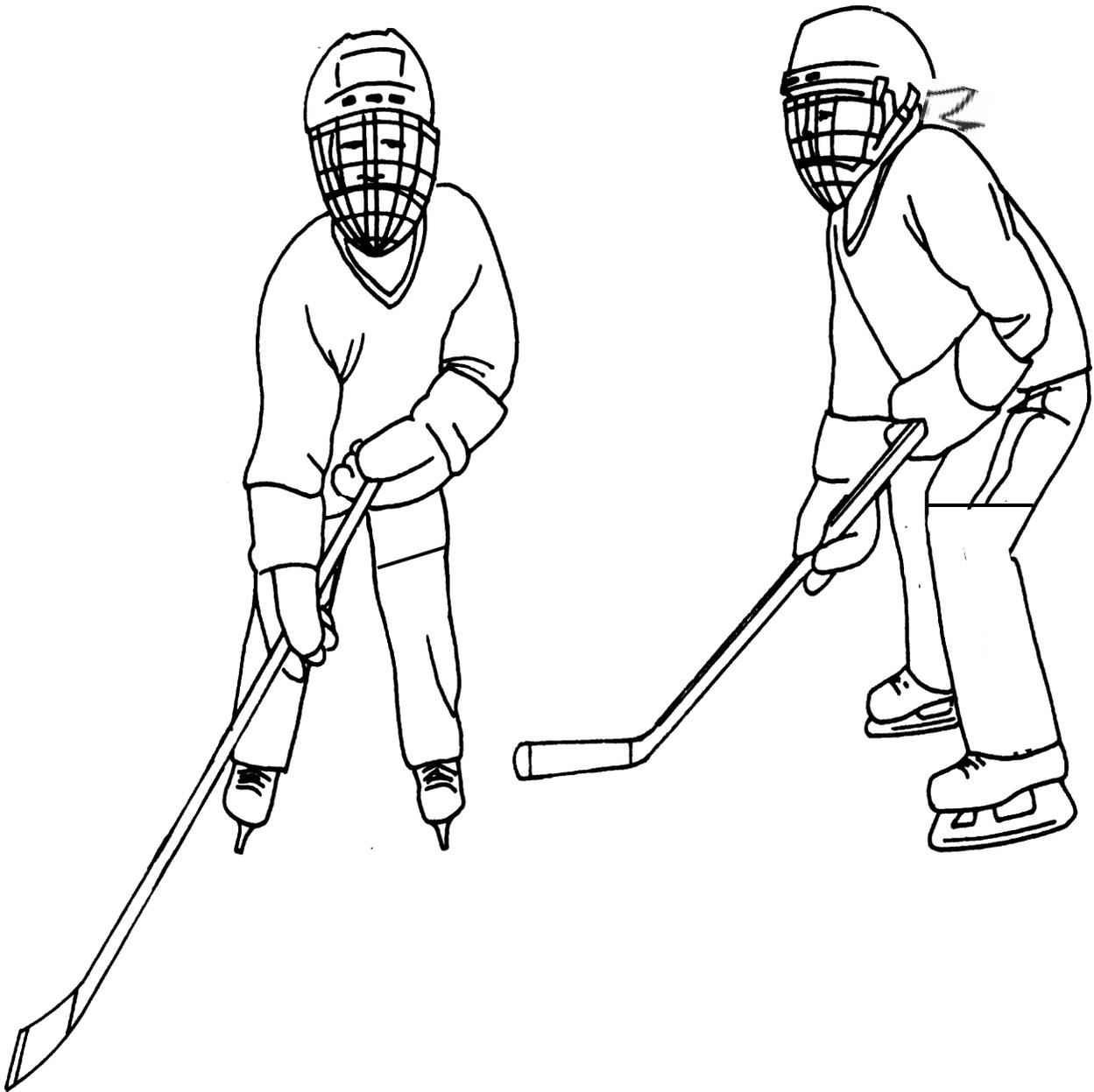
It's fast and exciting to play and you will learn many new skills to help you to have fun in the game.

Nothing is better than being part of a team and there will be many chances to make new friends.



We hope that you have fun with this colouring book and enjoy learning a little bit more about Ice Hockey.

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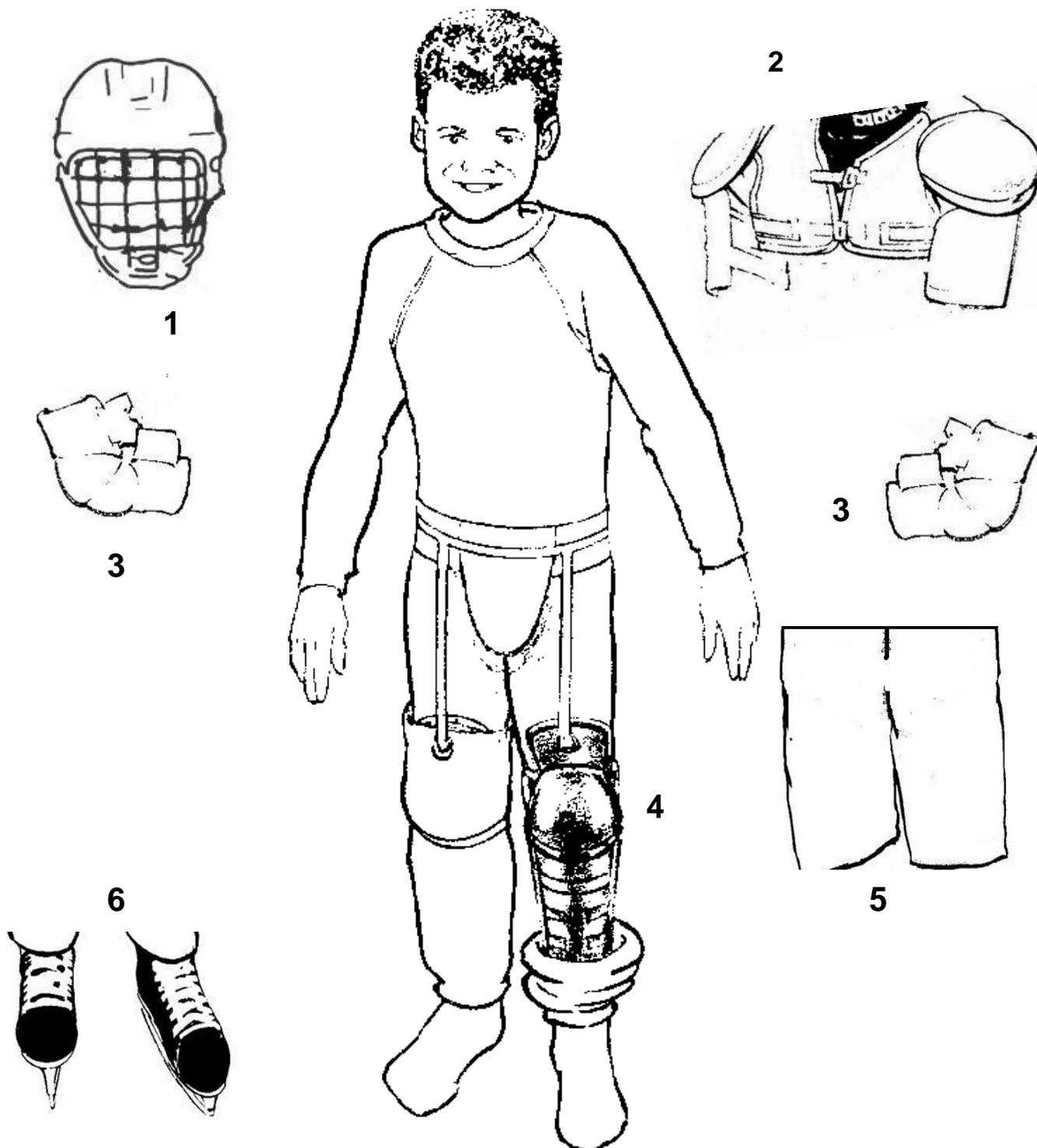
The Ready Position or Proper Stance gives the player a solid base with good knee bend, feet shoulder width apart. Both hands on the stick and head up looking forward. The Ready Position is also used when executing all of the basic skills such as passing, shooting, and puck handling.

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Stick handling lets you carry the puck down the ice and to move around the other team to try to score goals. Stick handling is one of the most exciting parts of ice hockey to watch and the more skilled a player becomes at this the more involved in the game they are.

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Before you go on the ice to play a game you must put on your equipment to protect you. Do you know what each piece of equipment is called?
(Look on the back cover to find the answers)

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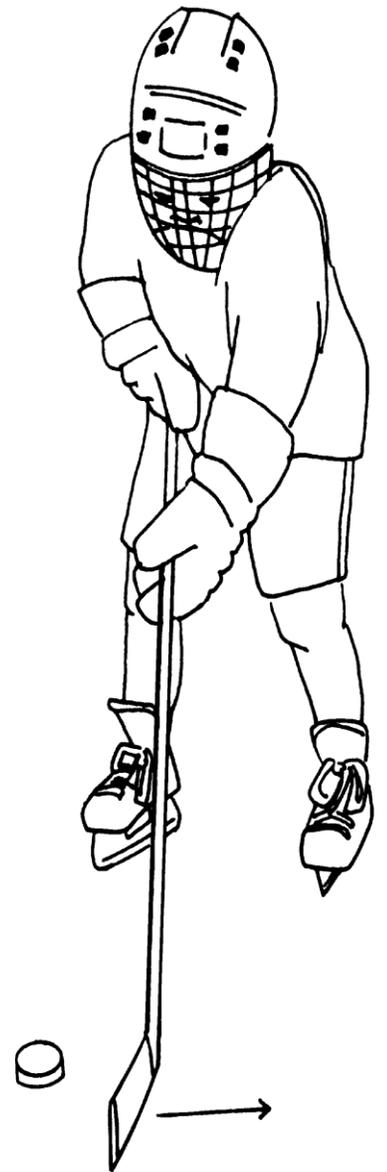
The Hockey Stop is the stop you will use the most during the game. It lets you stop in a position to face the play and so you move in any direction.

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The Goalkeeper is a very special position, an individual player in a team sport and there are many different skills that only the goalkeeper uses.

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Passing is what makes ice hockey a team sport and gets everyone involved in the action-. Working together with your teammates is what the game is all about.. Remember an assist is worth as much as a goal.

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The Wrist Shot is the first shot and most important shot that you should learn. The advantages of the wrist shot are speed and accuracy.

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The Half Butterfly the puck is stopped with the glove in front of the pad, not just with the pad to reduce the amount of the rebounds.

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Puck Protection: A player should **protect the puck** anytime they need to make time to find a teammate. They must use their body and stick as a wall or shield to protect the puck from the players on the other team.



Answers to Page 5:

1. Helmet and facemask
2. Shoulder Pads and Throat Protector
3. Elbow Pads
4. Shin Pads
5. Pants
6. Skates

