



Good reasons to play ice hockey

It's COOL!

Ice hockey is a cool sport! Children enjoy the opportunity to play an exciting sport with a whole set of new and different skills to learn.

It is a team sport

Nothing is better than being part of a team. Ice hockey players make friends while learning about teamwork, trust and responsibility – qualities that will last a lifetime.



It's safe to play

This is not professional ice hockey – body checking isn't allowed at beginner levels and fighting is not permitted. Good protective equipment is worn, so injuries are rare.

A family culture

Ice hockey is a great sport to watch, with many opportunities to meet new people and make new friends. It is a sport which the whole family can enjoy together – be it playing or watching.



Learn more

To learn more about ice hockey please visit the IIHF Website at www.iihf.com. You will find news from around the ice hockey world, updates on the IIHF World Championships, contact details for all National Associations and the details of the 'Learn to Play Program'.

Contact us

For more information about ice hockey in your country and how to help your child start their ice hockey experience, please contact your National Association or your local ice hockey club.

Play ice hockey Have fun!



Your National Ice Hockey Association



International Ice Hockey Federation

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INTERNATIONAL
ICE HOCKEY
FEDERATION



ice hockey
is for me



What is ice hockey?

Ice hockey is the fastest team sport in the world with almost 2 million players both male and female of all ages participating

It's a sport built on teamwork, discipline and speed, and from the moment a young player steps on the ice, they will begin to learn the skills of the game – whilst having fun!

A sport that's great to watch, yet even better to play, the International Ice Hockey Federation (IIHF) welcomes you to the wonderful world of ice hockey.

The IIHF is the governing body for international ice hockey with 69 member National Associations. It is responsible for the IIHF World Championships as well as the development and promotion of the game worldwide.



What?



Why?

Why become involved?

The benefits for children are numerous; not only will they improve their agility, strength and co-ordination, but ice hockey will also develop a child's self-confidence, sportsmanship and self esteem.

Most importantly, they will have fun in a positive, healthy and safe environment.

The skills learnt at the rink will reinforce those learnt at home. Team work and sharing are important qualities in all areas of life.



How?

How do I start?

The IIHF offers a program that is ideal for introducing children to the great sport of ice hockey. The 'Learn to Play Program' teaches the basic skills of the game in a non competitive atmosphere so children can take their first steps to becoming an ice hockey player, safely.

By introducing children to the game in a positive, fun-filled manner, they will not only enjoy the experience, but they will want to come back and play again.

Fair Play and Respect are values that the IIHF promotes continually to all participants: players, game officials, team staff, parents and fans. This provides an important message, especially to children, that is beneficial in all aspects of life.

