

Hockey For Life

Enter at any Age



The objective is to enjoy life long physical activity in hockey through participation and recreation.

In this stage child participants are encouraged to:

- Enjoy the sport and have the opportunity to learn the basic skills of the game
- Participate for the FUN of the game
- Experience the benefits of being part of a team, making friends while playing the coolest game on earth
- Kids should have the opportunity to move into the competitive track, if in time, they decide to

In this stage adult participants are encouraged to:

- Make the transition from competitive to recreational hockey
- Participate in age group competitions such as 30+, 40+, 50+ tournaments
- Enter sports related careers such as coaching, officiating, sports administration
- Give back to the sport through volunteering

A positive experience through sport is the key to retaining athletes after they leave the competitive stream.

USA Hockey offers recreational programs for all ages and ability levels:

- Youth recreational leagues at all levels up to 18 & Under (Midgets)
- Adult leagues
- USA Hockey Adult Recreational Tournaments
- Adult National Championships
- Pond Hockey Tournaments / Alternative Playing Opportunities
- Adult Skills Clinics

Components of the Hockey for Life Stage

Physical Development:

- Keep active through participation in hockey
- Continue training to maintain endurance, strength and flexibility

Psychological Development:

- Re-adjust to less competitive environment
- Relaxation
- Involvement for fun, fitness and challenge

Training and Competitive Environment:

- Maintain ongoing active participation in sport 30 minutes per day or 60 minutes three times per week as recommended by guidelines for physical activity
- Enter tournaments that are of appropriate skill level
- Opportunities to continue skill development

Equipment and Facilities:

- Equipment should be properly fitted and matched to the athletes' ability level, goals and to provide adequate safety

Technical Development:

- Retain skills or develop new skills
- No injuries
- Still having fun

Tactical Skills:

- Continued involvement at the recreational level in hockey and other sports
- More focus on development of hockey for others (volunteer, coach, official, administrator)

Ancillary Skills:

- Ensure new participants receive instruction about the benefits of regular physical activity, proper warm-up, cool down, safety, nutrition and hydration

Life Style:

- Pursue family and personal goals
- Continue education about our sport
- Continue involvement as volunteer, coach, official, administrator
- Re-set goals, apply the skills and lessons developed through sport into life (leadership, problem solving, critical thinking)