

ADULT ICE HOCKEY SCHOOL

Are you looking for a fun, social, and suitably challenging fitness activity? Ice hockey allows you to enjoy exercise and experience a sense of community with others. If you have never played ice hockey before or if it has been a long time since you last played, you can start or rekindle your hobby through the adult hockey school!

For whom?

Everyone is welcome! Does your child or grandchild play ice hockey, but you don't? Are you a fan of a club team or the national team, but haven't played yourself? Did you play ice hockey as a junior in a club or spend time on outdoor rinks? Do you want to learn the basics and rules of the sport?



What?

An adult hockey school where you will learn to skate in different directions, use your skate edges, handle the puck, and shoot, all while practicing together with others. Additionally, you will play and learn the rules and understanding of the game.

How?

A low-threshold activity. You can participate with full equipment or "pond hockey" gear (skates, helmet, gloves, and possibly knee pads). Sometimes, it may be possible to borrow equipment from a club for a trial session.

When?

The adult hockey school can last for 10-15 sessions (fall or spring season), a weekend, or an intensive one-week course.



Pathway for hobbyists

There is a pathway for adult hockey enthusiasts as well:

Adult hockey school → **Adult recreational team**

Adult hockey school → **Assistant coach/team staff for a junior team**

Adult hockey school → **Club referee**

Lisätiedot

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