

Female Ball Hockey

There's More To
Hockey Than Just Ice



How To Register?

For more information on ball hockey you can go to the West Coast Minor Ball Hockey Association of BC website @ www.wcmbh.com and register in your local area.



WEST COAST MINOR BALL
HOCKEY ASSOCIATION OF BC
www.wcmbh.com

BALL HOCKEY PROGRAM FOR FEMALES



We Canadians love our hockey, but that passion doesn't have to end just because winter is over. Get fit and have fun this spring by joining a ball hockey team!



WHAT IS BALL HOCKEY?

Ball Hockey IS NOT floor hockey, it is not played in some local gym with plastic sticks and puck; Ball Hockey is played 5 on 5 in hockey area's (ice removed) with almost identical rules to that of ice hockey. Imagine a combination of ice hockey and road hockey organized to the extreme: Full sized ice hockey arenas, registered officials, rep teams, tournaments and much more!

BENEFITS:

- Improved hand-eye coordination
- Improved stick handling skills
- Improved conditioning
- Promotes quickness and agility
- Minimal contact: promotes skills development and leads to less chance of off season injury
- Great coaching tool for positioning, drills, and strategy
- Promotes creativity
- Team building



PROGRAM DEVELOPMENT FOR FEMALE PLAYERS

Our local minor ball hockey associations are working together to develop a female ball hockey program for the upcoming 2020 season. What an exciting time to try the sport of ball hockey!

We hope to have:

- Different divisions to match up with a players skill and experience levels (beginner to advanced)
- Female only skill development opportunities
- Exhibition games throughout the season
- Fun events, such as a Female Jamboree
- Opportunities for high level players to participate at the Western Challenge Cup 2020
- Female teams represented at the Canadian Juniors Nationals in Manitoba