

# COLOURING CORNER

## ICE HOCKEY FACT FILE

If you're an ice hockey super fan, you'll already know that the 2026 IIHF Ice Hockey World Championship began yesterday (15 May) in Switzerland. This competition will see 16 of the world's best ice hockey teams (including a British team) battling to come out on top – ice hockey fans are in for a treat!

However, if you're not an ice hockey fan, then fear not! We're here to tell you everything you need to know about this incredible sport.

### SUPER SKATERS

Ice hockey players are brilliant skaters! That's because ice hockey is played on an ice rink, and all the players have to wear skates. Two teams of players will compete against each other on a rink, and they'll use hockey sticks to try to hit a puck into the other team's net!

### THE FIRST GAME

Ice hockey is a very old game. People have been playing it on frozen lakes and ponds in Canada for hundreds of years. The first game played indoors was all the way back in 1875. This was played at the Victoria Skating Rink in Montreal, Canada.

### BRILLIANT BATTLES

Ice hockey is a full-contact sport, so players are allowed to make physical contact with one another! This means that ice hockey is a very tiring sport to play. In fact, ice hockey is such a workout that some players can lose up to eight pounds of weight in one game!

### LEGENDARY LEAGUES

In the USA and Canada, 32 teams are part of a very popular competition called the National Hockey League (NHL). These teams compete to win the Stanley Cup, which is the oldest sports trophy in North America. In the UK, teams play in the Elite Ice Hockey League (EIHL). To discover a team near you, check out [eliteleague.co.uk](http://eliteleague.co.uk).

You can watch some of the 2026 IIHF Ice Hockey World Championship at [iihf.tv](http://iihf.tv)

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