

WHAT THIS PROGRAM IS ABOUT

This program builds the part of the game most often left to chance — how your player thinks.

The Hockey IQ Program helps your player think the game, not just skate and shoot. Through short video lessons, it teaches them to make smarter decisions on the ice — where to be, when to shoot, and how to read the play. It's the “head” side of hockey, and the good news is that it can be taught and improved, just like skating or stickhandling.

3 WAYS TO SUPPORT YOUR PLAYER

1 Help them set a goal — and learn their “why.”

A goal that comes from within drives them. Knowing whether they're in it for fun or chasing college hockey helps you cheer them on in the way that fits them best.

2 Praise the smart play, not just the scoreboard.

Hockey IQ shows up in good decisions that don't always end in points. Noticing those keeps your player motivated to keep thinking the game.

3 Keep it positive — “you can't fail, only learn.”

Protect a little time each week for the lessons, let them lead, and stay calm and encouraging. A growth-minded home is where development actually happens.

IF THEY'RE HAVING A TOUGH STRETCH — THAT'S OKAY

Development is never a straight line. If your player gets frustrated or stuck, remind them that every great player improves by making mistakes and learning from them. A little better each week is the whole goal — and your encouragement matters more than any single game.