



How This Program Works

You can't train what you can't see — this program makes Hockey IQ visible through mental models.

3 KEY TALKING POINTS SPEAK THE SAME LANGUAGE

- **“Hockey’s 4 H’s.”**
Head, heart, hands, high-level skating — train the head too.
- **“Cannot fail, only learn.”**
A growth mindset turns mistakes into a to-do list.
- **“Create a goal from within.”**
A goal you can see, hear and feel carries you through setbacks.

KEY TAKEAWAYS WHY HOCKEY IQ MATTERS

- Hockey IQ = game understanding + ice awareness + pattern recognition + problem solving.
- We teach decisions as mental models — thinking tools that turn guessing into reading.
- Goal: move players out of Stage 1 (doing it wrong, unaware) into Stages 2–3; reps finish the job.
- Self-evaluation and watching hockey “with a purpose” speed up the learning.

DRILL TEACH IT ON THE ICE

- **Name-the-Pattern Film Clip**
Show a 20-second game clip, pause before the play resolves, and have players predict what happens next. Builds pattern recognition.

CONSTRAINT / SMALL-AREA GAME YOUR PICK THIS WEEK

This week:
