

Hockey IQ Program On-Demand Video Summaries - Topics Covered:

Video Summary #1	How 2 gain Advantage over goalie	Green, Yellow & Red shots	7 Types of Green Shots
How 2 Score More Goals	WHEN 2 shoot?	When close 2 goalie?	When U R 2?
			Self-Evaluation Sheet
			Practice Tips
Video Summary #2	Building a Hky Mental Model	Good Hockey Play?	M.O. of Offense
M.O. of Game, Offense & Defense	Creating Chaos	M.O. of Defense	Being T2PA examples
			Practice Tips
Video Summary #3	M.O. for Puck Carrier	M.O. for Off. Player w/o Puck	How 2 Get Open?
4 Roles in Hockey	M.O. for D AWAY from Puck	Importance of Role switching	Proper Body Positioning
			Proper Stick Positioning
Video Summary #4	Offensive Priorities	Win Ice Space Safely	Defensive Priorities
Hockey Chess Board	Transition tips for PC	Tips for Role #2	Start Thinking Like a Coach
			Outcome Priority Self-Evaluation Sheet
Video Summary #5	Creating Better Passing Angles	Getting 2 Openings w/ Good Timing	Tips 4 Puck Carrier
Passing Angles & Timing	Draw N' Dish	Tips for Pass Receiver	Tips for TEAM
			Offensive Mental Model
Video Summary #6	Review of M.O.s for Each Role	READs for Each Role	4 Options for the Puck Carrier
Thought Process for Each Role	Game Mgmt Decisions	5 Factors for Effective D @ Puck	5 Factors for D AWAY from Puck
Video Summary #7	Defensive Zone Priority Areas	Areas most critical to cover	How to defend in each area
Master the DZPA	Problem solving situations w/ What2Dos	Mastering the DZPA Mental Model	How 2 be a goalie's best friend
Video Summary #8	How 2 Play FAST!	The Speed Ladder	Why Passing is so effective!
Playing FAST & The Game M.M	Making 1x1 Moves & When?	Where 2 pass the Puck	IMPACT Sheet
			Start Playing With a Purpose