Let the Hockey IQ Program be your VIRTUAL HOCKEY IQ COACH! Cost: \$150

This program with weekly online lessons was created for <u>Individual Players</u> to learn OFF-the-ice, then use Concepts, Tips & Tactics ON-the-ice.

TEAM OPTIONS AVAILABLE

MONTHS	January				February				
Sign up for "2024 Winter Session" on hockeyiqprogram.com	How 2 Score More goals	Main Objectives of Game, Offense & Defense	4 Roles in Hockey	Hockey Chess Board	Creating Better Passing Angles + Getting to Openings with Good Timing	Thought Process for each of 4 Roles	Master the Defensive Zone Priority Areas	Playing FAST Together + Master The Game Mental Model	
Video Length	32 min	33 min	45 min	37 min	39 min	32 min	30 min	41 min	
Complete by:	Jan 9th	Jan 16th	Jan 23rd	Jan 30th	Feb 6th	Feb 13th	Feb 20th	Feb 27th	
Hky IQ Program	January			February					
On-Demand Video Summary	1	2	3	4	5	6	7	8	
ZOOM - Best Practice Reviews			X			X		X	
Additional Learning Options	January 23rd		February 13th			February 27th			
3 Zoom Calls where we will review the lessons and answer questions you might have along the way.	Zoom #1 8:30PM EST Videos 1-3 Review and Q&A			Zoom ‡	# 2 8:30P Videos 4-6 view and Q	M EST &A	8:30P I Video	Zoom#3 8:30PM EST Videos 7-8 eview and Q&A	
Self-Evaluation Sheets									
Score More Goals	X								
Outcome Priority Sheet				X					
The IMPACT Sheet								X	

Hockey IQ Program On-Demand Video Summaries - Topics Covered:												
Video Summary #1 How 2 gain Advantage over goa			alie Green, Yellow & Re		ed shots	7 Types of Green Shots						
How 2 Score More Goals		WHEN 2 shoot?	N 2 shoot? When close 2 goalie?		When U R 2? Self-		Evaluation Sheet		Practice Tips			
Video Summ	Video Summary #2		Building a Hky Mental Model			Good Hockey Play?			M.O. of Offense			
M.O. of Game, Offe	nse & Defense	Creating Chaos	M.O. of	Defense	Being T2PA examples		mples	Practice Tips		Practice Tips		ctice Tips
Video Summary #3		M.O. for Puck Carrier		M.O. for Off. Player w/o Puck		How 2 G	Get Open? M.O. for I		O. for D @ the Puck			
4 Roles in Hockey		M.O. for D AWAY fron	n Puck	Puck Importance		ce of Role switching Prop		er Body Positioning		Proper Stick Positioning		
Video Summ	Video Summary #4		Win Ice Space S		afely	Defensive Priori		ities	Role changes & Transitions			
Hockey Ches	s Board	Transition tips for PC	Tips for Role #2		Start Thinking Like a Coach		Outcome Priority Self-Evaluation Sheet					
Video Summ	nary #5	Creating Better Passing Angles Getting 2		g 2 Openings w/ Good Timing		Tips 4 Puck Carrier						
Passing Angles	& Timing	Draw N' Dish	Tips f	for Pass Red	ceiver Tips for TEAM		Offensive Mental Model		Offensive Mental Model		Mental Model	
Video Summ	nary #6	Review of M.O.s for Each Role		READs for Each Role		4 Options for the Puck Carrier						
Thought Process t	for Each Role	Game Mgmt Decisions 5 Fa		5 Fad	ctors for Effective D @ Puck		5 Factors for D AWAY from Puck					
Video Summ	nary #7	Defensive Zone Priority Areas Ar		Areas m	eas most critical to cover		How to	low to defend in each area		Defending 1x2s		
Master the	DZPA	Problem solving situations w/ What2Dos			Mastering the DZPA Mental Model			Model	How 2 be a goalie's best friend			
Video Summ	nary #8	How 2 Play FAST!	The Spee	d Ladder Why Passii		hy Passing	ssing is so effective!		Playing S.O.F.T.			
Playing FAST & Th	ne Game M.M	Making 1x1 Moves & \	When?	Where	Where 2 pass the Puck IMPACT Sheet Start Playing \		Playing With a Purpose					