

# EARN YOUR HOCKEY IQ DEGREE

## ELITE CAMPUS PREP OFFSEASON TRAINING CHECKLIST



Train like the **top Prep, Junior, and NCAA players** this summer.

- READS
- REACTIONS
- PRE-SCANNING HABITS
- OFFENSIVE AWARENESS
- DECISION MAKING UNDER PRESSURE

### COMPLETE ALL 10 TRAINING PLANS

✓	TRAINING PLAN	FOCUS
<input type="checkbox"/>	NCAA Top Trained Cognitive Drills	Anticipation and Hand-eye skills
<input type="checkbox"/>	DanglePro Stickhandling: Quick Hands, Big Vision DP	Head up scanning with quick mitts
<input type="checkbox"/>	Boston University: Scoring Area Drills	Strategic positioning in scoring areas
<input type="checkbox"/>	NCAA Top Trained Drills for FWs	Most trained drills by our D1 Teams
<input type="checkbox"/>	Boston College - D-ZONE Reads	Pre-Scanning and Awareness skills
<input type="checkbox"/>	DanglePro Stickhandling: Progressive Flow DP	Progressive challenges handling the biscuit
<input type="checkbox"/>	Dartmouth College: Pregame Primer	Get dialed in - read and react with speed
<input type="checkbox"/>	Quinnipiac University: Top Drills for Forwards	Top trained drills by the Team's Forwards
<input type="checkbox"/>	Bowling Green: Top Defensive Drills	Refine good habits in all 3 zones
<input type="checkbox"/>	Bowling Green: Top Offensive Drills	Speed and execution of game scenario drills

**YOUR PROGRESS**



**10 PLANS = CHALLENGE COMPLETED**

FINISHED ALL

**10**

TRAINING PLANS?

**KEEP TRAINING. EARN A BONUS ENTRY.**

Continue with our 6-Day Pre-Scanning P.A.S. Training Plan and earn extra entries for a chance to win a hockey stick!



## YOUR OFFSEASON STARTS HERE

Earn your hockey IQ degree this month in our Elite Campus Prep training pack.

This month's checklist features drills and training plans inspired by top Prep School, Junior, and NCAA programs, and are designed to sharpen your reads, reactions, and game-speed decision making.

Complete each task throughout the month and **prepare your game—and your mind**—for the offseason grind.

### THIS MONTH'S FOCUS AREAS



**PRE-SCANNING**

Learn to gather information before receiving the puck.



**OFFENSIVE AWARENESS**

Recognize opportunities sooner and make smarter plays.



**QUICK DECISIONS**

Reduce hesitation and increase confidence under pressure.



**D-ZONE READS**

Identify threats faster and improve defensive positioning.

**TRAIN SMARTER, PLAY FASTER.**

brought by **SENSE ARENA**