

EARN YOUR GOALIE IQ DEGREE

ELITE CAMPUS PREP OFFSEASON TRAINING CHECKLIST



Puck tracking, reads, and reaction training with elite prep school, junior, and NCAA goalies.

READS
 TRACKING
 POSITIONING
 REACTION TIME
 DECISION CONTROL

COMPLETE ALL 10 TRAINING PLANS

✓	TRAINING PLAN	FOCUS
<input type="checkbox"/>	NCAA Top Trained Cognitive Drills	Anticipation and hand-eye skills
<input type="checkbox"/>	NCAA Top Trained Goalie Drills	Most trained drills by our D1 partner schools
<input type="checkbox"/>	Boston College - Shot Prediction	Identifying cues and release reading
<input type="checkbox"/>	Quinnipiac University - Reading the Play	Soft reads and identifying scoring threats
<input type="checkbox"/>	Boston University - Goalie Game Flow	Real game-play reps with in-zone action
<input type="checkbox"/>	Dartmouth College Pregame Primer	Drills for a game-ready mindset
<input type="checkbox"/>	Bowling Green State Top Drills	Top performed drills by starting goalie
<input type="checkbox"/>	Quinnipiac University - Reading the Release	Video drills to identify shooting cues
<input type="checkbox"/>	SHU Coach Abbie Ives - Screens and Traffic	Finding pucks through screens and net front traffic
<input type="checkbox"/>	UConn Goalie Game Flow	Intense rush and in-zone game play - video drills

YOUR PROGRESS



10 PLANS = CHALLENGE COMPLETED

FINISHED ALL

10

TRAINING PLANS?

KEEP TRAINING. EARN EXTRA ENTRY.

Continue with our 8-Day Angles Mastery Course in the G.A.P. 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 AREA



SHOT PREDICTION

Improve anticipating the shot location based on shooting cues.



READING RELEASES

Learn to identify player's shooting cues for different types of shots.



SCREENS & TRAFFIC

Track the puck and shooters through congestion.



GAME FLOW READS

Anticipate plays and react to in-game situations.

TRAIN SMARTER, PLAY FASTER.

brought by SENSE ARENA