

HOCKEY IQ TRAINING AT HOME

The Brain Behind the Game

What is Hockey IQ Training?

Hockey IQ is the ability to see the game, not just play it. It's how players anticipate what's next, make smart reads, and execute better decisions under pressure.

Through tools like NHL Sense Arena, players and goalies can sharpen the mental and perceptual skills that make great hockey instinct possible.

The Parent's role:

Provide Structure: Post checklist and set reminders

Facilitate Conversations: Ask guiding questions instead of giving answers

Balance & Routine: Keep sessions short and enjoyable

Celebrate Effort: Praise thinking and decisions, not outcomes like just goals or saves

Keep Learning: Be a student of the game alongside your child

You don't have to be a hockey expert. Just consistent and curious.

Weekly Activities Overview

Frequency	Focus Area	Duration	Example activities
3x per week	NHL Sense Arena VR Drills	15-20 min	Game awareness, scanning, decision making, tracking drills
1x per week	Watch & Talk Hockey	20-30 min	Analyze clips, pause, discuss options, reads, and positioning
2x per week	Off-Ice Cognitive Work	10-15 min	Brain puzzles, chess, pattern recognition, visualization
Daily	Reaction/Reflex Micro-Drills	5-10 min	DanglePro, ball drops, ping pong, quick reflex games
After games	Reflection	5 min	Short review: smart plays, decisions, focus for next week

Signs of Improving Hockey IQ:

- Makes quicker, calmer decisions under pressure
- Scans and anticipates plays instead of reacting late
- Communicates more on the ice
- Learns from mistakes without frustration
- Starts explaining plays back to you

The Goal:

- Recognize patterns and pressure earlier
- Improve decision-making under stress
- Anticipate the next play with confidence
- Build consistency, focus, & calm in all situations

Off-ice IQ training helps athletes:

- Build pattern recognition & spatial awareness
- Strengthen reaction time & scanning habits
- Connect visual information to play quickly
- Reinforce confidence through repetition

TRAIN SMARTER, PLAY FASTER.

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HOCKEY IQ TRAINING WEEKLY GUIDE FOR GOALIES AND PARENTS

Train your eyes, release reads, and reaction times to better anticipate shots.



This plan helps goalies sharpen play-reading, pre-shot recognition, and decision control. Each week targets cognitive and visual reads that make you anticipate, not just react.

1. NHL Sense Arena VR Training (3 sessions / week)

Day	Focus Area	Duration	Key Habit
MON	Tracking & Reading Release Drills	12-15 min	Focus on puck tracking, reading shooters' releases, and improving visual timing
WED	Screens, Tips & Rebounds	12-15 min	Train reaction time and positioning under visual traffic, control second chances
FRI or SAT (before a game)	Goalie Warm-Up, Cognitive Drills	15-20 min	Warm up with different shots to visualize success; cognitive exercises will prep the brain and reflexes
(Optional) Free Time	Game Flow or NHL Mix of Shots	12-15 min	Continuous shot sequences simulate in-game rhythm and shot variety, building stamina
(Optional) Free Time	Goalie Advancement Program (G.A.P.)	12-15 min	Build foundational skills around angles, screens and release reads to match your level

2. Watch & Talk Hockey (1x / week, 20-30 min)

- Watch goalie-focused clips (e.g. highlight saves breakdowns)
- Ask guiding questions:

“Where did the goalie’s eyes go before the shot?”

“How did they track the puck through traffic?”

“What decision did they make after the rebound?”

- Find, follow, and tag hockey social media profiles: watch and discuss with your goalie



“The best saves start before the shot is released”

3. Off-Ice Cognitive Work (2x /week, 10-15 min)

Category	Frequency	Benefits	Examples
Cognitive drills (NHL Sense Arena)	2x per week, 10-15 min	Improves color & pattern recognition, peripheral vision, selective reflex, proprioception, and memory.	NHL Sense Arena drills
Hand-Eye Drills	As part of sessions	Improves tracking, reaction time, and fine motor control	Juggling, small-ball tracking, wall ball, catch
Mental Activity Puzzles	As part of sessions	Strengthens focus, decision-making, and pattern recognition	Logic puzzles, pattern-matching tasks
Visualization	2-3 min per session	Enhances anticipation, composure, and situational awareness	Imagine breakaway saves, penalty kills, and traffic in front

4. Reaction & Reflex Training (daily micro-drills 5-10 min)

- Tennis ball drops with a partner, or against a wall
- Quick glove reactions: partner points left/right, and the goalie reacts instantly
- DanglePro drills to help with stickhandling and reflexes
- NHL Sense Arena cognitive drills focused on matching and catching objects

5. Reflection (5 min, after games/practices)

- **Important: if your child doesn't want to talk about a game immediately afterwards, don't force it!** Let them bring up the game in conversation (unless you want to commend effort, attitude or play). Keep it curious and reflective, not critical or judgmental. These conversations should be focused on wins, gains, improvement, development, and progress, and should continue positive reinforcement resulting from **effort, commitment, and practice reps.**
- Sample questions to write or talk through:

“What’s one read I made correctly?”

“One situation I misread, and what I’ll try next time instead”

“What I want to focus on next week”

“What drills or practice reps would help me improve this week”

GOALIE WEEKLY HOCKEY IQ TRACKER

Designed to help your goalie develop Hockey IQ off the ice.

Use this checklist to stay organized, track progress, and celebrate steady improvement throughout the season.

NHL Sense Arena (3x/wk, 15-20 min)	Concentrate on Tracking, Angles, and Game Flow Focus	<input checked="" type="checkbox"/>
Watch & Discuss Game (1x/wk, 20-30 min)	Pause and ask questions like, "How did they track the puck?", "Where did the goalie's eyes go before the shot?", "How did the goalie's positioning help make that save?" (or not), "How did the goalie anticipate the play?", "What could they have done differently?" (after a goal)	<input type="checkbox"/>
Off-Ice Drills (2x/wk, 10-15 min)	Include wall-ball, hand-eye coordination, and visualization exercises	<input type="checkbox"/>
Daily Quick Reflex (5-10 min)	Practice with tennis ball drops and glove reactions. Practice stickhandling and reflexes using DanglePro in NHL Sense Arena using your goalie stick.	<input type="checkbox"/>
Reflection (after games/practice 5 min)	Identify good reads, misreads to improve, focus areas, and resetting	<input type="checkbox"/>
Pre-Game warm-up (10-20 min)	Find an appropriate and safe stretching routine. Build and use warm-up drills in NHL Sense Arena (find drills that work for you including warm up drills, shots in traffic). Use DanglePro warm up for stickhandling prep. Do visualization exercises alone or in headset using Goalie Mindset Training.	<input type="checkbox"/>

PARENTS' ROLE

- **Provide structure:** Post this checklist weekly for visibility
- **Guide Discussions:** Use question to facilitate understanding, rather than providing answers
- **Keep Sessions Short, Fun, and Consistent:** Maintain engagement and enjoyment
- **Celebrate Effort and Smart Plays:** Recognize and reward intelligent decisions, hard work, and attitude, not just saves.

WEEKLY NOTES

What I learned	Focus for nex week
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HOCKEY IQ TRAINING: WEEKLY GUIDE FOR PARENTS AND PLAYERS

Take these simple steps to help sharpen your awareness, anticipate better, and play smarter.



Players build Hockey IQ by practicing reads, anticipation, and decision-making under pressure. This plan combines NHL Sense Arena drills, game study, and quick mental exercises to help players think the game faster and react smarter.

1. NHL Sense Arena VR Training (3 sessions / week)

Day	Focus Area	Duration	Key Habit
MON	Pre-Scan & Decision-making	12-15 min	Focus on scanning before receiving the puck
WED	Puck Retrieval & Passing Options	12-15 min	Read forecheckers, make breakout decisions
FRI or SAT (before a game)	Small-Ice Drills	15-20 min	Work on quick decisions and reflexes
(Optional) Free Time	DanglePro drills for hands warm-up	15-20 min	Advanced players: add scanning and awareness to quick hand drills
(Optional) Free Time	Player Advancement Series (P.A.S.)	15-20 min	Build core skills for pre-scanning, puck retrievals and player reads to match your level

2. Watch & Talk Hockey (1x / week, 20-30 min)

- Choose 1 NHL or college game clip (YouTube works fine)
- Watch 5-10 min of game footage, pausing to ask:

“What options did this player have?”

“Why was that a good/bad decision?”

“What did they do before getting the puck?”

- Find, follow, and tag hockey social media profiles: watch and discuss with your player



“Players who see the ice better make faster, smarter plays”

3. Off-Ice Cognitive Work (2x /week, 10-15 min)

Category	Frequency	Benefits	Examples
Cognitive drills (NHL Sense Arena)	2x per week, 10-15 min	Improves color & pattern recognition, peripheral vision, selective reflex, proprioception, and memory.	NHL Sense Arena drills
Brain Games	As part of sessions	Enhances pattern recognition, memory, and strategic thinking.	Chess, Lumosity, Sudoku, pattern-matching apps
Hockey IQ Puzzles	As part of sessions	Develops game understanding and decision-making.	Draw offensive/defensive setups and talk through best options
Visualization	2-3 min per session	Builds anticipation, confidence, and situational awareness.	Imagine breakouts, off-puck movement, passing lanes, shot selection

4. Reaction & Reflex Training (daily micro-drills 5-10 min)

- DanglePro drills help with stickhandling, full ice awareness with the puck, and quick reflexes.
- Ball drops, quick hand claps, ping pong off a wall, or NHL Sense Arena cognitive drills focus on matching and catching objects, hand-eye coordination.
- Try NHL Sense Arena in Goalie mode to help with reading and understanding shot releases and to gain a different perspective on the ice.
- NHL Sense Arena cognitive drills focused quick processing, reaction speed, and coordination.

5. Reflection (5 min, after games/practices)

- **Important: if your child doesn't want to talk about a game immediately afterwards, don't force it!** Let them bring up the game in conversation (unless you want to commend effort, attitude or play). Keep it curious and reflective, not critical or judgmental. These conversations should be focused on wins, gains, improvement, development, and progress, and should continue positive reinforcement resulting from **effort, commitment, and practice reps.**
- Sample questions to write or talk through:

“One smart play I made today”

“One decision I could have differently”

“How I helped my teammates succeed today”

“One thing I will focus next time”

“Drills or practice techniques I can employ this week to improve”

PLAYER WEEKLY HOCKEY IQ TRACKER

Designed to help your player develop Hockey IQ off the ice.

Use this checklist to stay organized, track progress, and celebrate steady improvement throughout the season.

NHL Sense Arena (3x/wk, 15-20 min)	Focus on Pre-Scan, Puck Retrieval, and Heads-up Stickhandling	<input checked="" type="checkbox"/>
Watch & Discuss Game (1x/wk, 20-30 min)	Pause and ask questions like, "What were their options?", "Why was that a good/bad pass?", "What did they do before getting the puck?", "Was there a better option there?", "How did their movement without the puck influence the play?", "What's one thing I noticed about that play that you I practice to help my performance?"	<input type="checkbox"/>
Off-Ice Cognitive Drills (2x/wk, 10-15 min)	Engage in puzzles, chess, and pattern recognition. (Try cognitive drills in NHL Sense Arena)	<input type="checkbox"/>
Daily Quick Reflex (5-10 min)	Practice with ball drops, ping pong, or VR deflection or tip saves. Practice stickhandling and reflexes using DanglePro in NHL Sense Arena.	<input type="checkbox"/>
Reflection (after games/practice 5 min)	Consider smart plays, decision to improve, and the next focus.	<input type="checkbox"/>
Pre-Game warm-up (10-20 min)	Find an appropriate and safe stretching routine. Build and use warm-up drills in NHL Sense Arena (find drills that work for you including scanning, reaction, mindset, cognitive, and passing). Do visualization exercises alone or in headset. Use DanglePro to prepare hands and reflexes.	<input type="checkbox"/>

PARENTS' ROLE

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