



# THE HOCKEY IQ STARTER GUIDE

**A FREE RESOURCE FROM COACHCHIC.COM**

## 3 THINGS EVERY HOCKEY PLAYER SHOULD MASTER BEFORE ANYTHING ELSE

### Why This Guide Matters

Most players work hard. Very few work smart. The difference isn't talent — it's **Hockey IQ**.

This mini-guide gives you the three foundational skills that separate average players from confident, adaptable, game-ready athletes. These are the same principles Dennis has taught for decades to players, parents, and coaches around the world.

Master these, and everything else becomes easier.

### 1. The Balance Advantage

The #1 Skating Skill Most Players Skip

Most kids jump straight into speed drills, edge work, or fancy footwork — but without true balance, they're building on sand.

*What "good balance" actually means:*

- *The player can move without upper-body wobble*
- *Their hips stay level through transitions*
- *They can absorb contact without losing posture*
- *They can accelerate without "falling forward"*

## Try this at home:

- Stand on one foot for 20 seconds
- Add a slight knee bend
- Add a stick in hand
- Add a head turn

If they wobble at any stage, that's the weak link.

## Why it matters:

Better balance = better edges, better speed, better puck control, better everything.

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## 2. The Scan Habit

The simple skill that instantly boosts Hockey Sense

Players who don't scan the ice are always late. Players who scan early look like geniuses.

Teach your player to scan:

- Before receiving a pass
- Before entering a battle
- Before crossing the blue line
- Before shooting
- Before retrieving a puck

## The rule:

*Scan twice before you touch the puck.*

## What scanning does:

- Reduces panic
- Improves decision-making
- Helps players anticipate instead of react
- Makes them look "naturally smart" on the ice

This is the fastest way to improve Hockey IQ — and it works at every age.

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## 3. The Emotional Reset

The mindset tool that stops spirals before they start

Kids get frustrated.  
Parents get frustrated.  
Coaches get frustrated.

The difference between a confident player and a shaky one is their ability to **reset quickly**.

### **Teach this 5-second reset:**

1. Exhale
2. Shoulders down
3. One deep breath
4. Say: "Next play"
5. Skate

### **Why it works:**

It interrupts the emotional spiral and brings the brain back to problem-solving mode.

*Players who can reset become:*

- *More confident*
- *More consistent*
- *More coachable*
- *More resilient*

*This is the secret weapon most coaches never teach.*

**THANK YOU, COACH CHIC**