



Why Decision Training?

- It creates a coaching environment essential to the successful development of today's athlete
- It lets the athlete develop attention, anticipation, problem-solving and other mental skills needed to perform at a higher level.
- It occurs every moment of every practice and game. It must be introduced as soon as possible in an athlete's development. (Novice is NOT too early to start!)





Why Decision Training?

- We have a responsibility to develop the decision making skills in order to hand the ownership of the game over to the athlete.
- We MUST not remove creativity by running robotic practices. We MUST develop intelligent, creative and highly skilled players to play today's game.

(Neither skill nor intelligence alone is enough; it must be a mixture of the two.)





Why use Small Area Games (SAGs) to teach Decision Training?

By reducing the playing space, we increase the speed of the decision-making process.

We have to develop the players' thinking with and without the puck.

*BUT, if we allow SAGs without specific rules or decision-making requirements, we will only produce “**SHINNY**” players.*





Get Creative...

Make up your own rules to get creative and teach the game:

- **Create 3 new rules you could apply and explain what they will teach**

Keep them age & level specific.

1. _____
2. _____
3. _____

