Hockey IQ Quiz

Ever wonder how your hockey sense—or what I and others like to call hockey IQ—compares to other hockey players? While size, strength, stickhandling and shot power are all skills that are fairly easy to measure and benchmark, trying to measure your hockey IQ is a little abstract to say the least.

Step out onto the ice with other players and after a few minutes you pretty much know where you stand in terms of skill. But what about positioning? What about decision making with and without the puck? Defensive play? Offensive opportunity creation? These are all things that fall in the hockey IQ category and aren’t easily measurable.

That’s why I came up with the idea of creating the Hockey IQ Quiz that players can take in order to see how developed their hockey senses are. It’s made up of multiple choice and true or false questions created to test your knowledge of hockey—specifically your decision-making and situational play.

One thing to keep in mind is that hockey is very much an in-the-moment game. In other words, while there is one primarily right answer to all these questions in theory, in practice there’s no such thing as a clear answer. If hockey was that simple, we would all play in the big leagues!

That being said, this quiz is NOT an exact representation of your hockey IQ—I would be lying if I told you it was. It’s simply impossible to judge you as a hockey player by answering a few multiple choice questions.

Hockey is a read-and-react game, not a robotic process where every decision is made regardless of the situation you’re in.

What this quiz IS however, is a very good exercise to give you an idea of the level of hockey sense and hockey knowledge you possess. From there, you’ll be able to better determine whether or not your hockey IQ can use some improving (regardless of your results, it can always be improved).

The most benefit you’ll get from this quiz will actually be the answers and explanations to the questions that you’ll get in a separate email. I’ll go over the scenarios and walk you through the right thing to do in each situation and why.

Last but not least, remember to have fun with it! It’s a self-assessment tool that you can use to work on your weaknesses and improve your game.

Now that that’s out of the way, let’s get started with the BuiltForHockey.com Hockey IQ Quiz.
The instructions are simple. Read each question carefully as if you yourself were playing hockey. Then, simply answer by choosing the option which most resembles what YOU would likely do in the given situation. For true or false questions, simply choose whether you believe the statement is true or false.

After you’ve completed the quiz, compare your answers with the answer key that you’ll receive in a separate email (you should get it a few minutes after you get the quiz—I don’t want anyone cheating!).

True or False (15 Questions)

1) When screening the opposing goalie as a forward, it’s best to be behind the opposing defenseman (ie: in between the opposing defenseman and the goalie).

2) The most effective way to backcheck is by the boards (outside) rather than by the middle (inside).

3) As a defenseman on the offensive blueline trying to keep the play alive, your most important cue to follow through with a pinch along the boards is if you’re sure you can play the body and eliminate the winger from jumping up on the rush.

4) As a center, you should always be the first man out of your zone to start the attack.

5) The quickest way to regain confidence in your skills when you’re in a scoring slump is to try and complete a nice move against your opponent at some point during the game to get your confidence back.

6) On a breakaway, you notice the goalie is deep in his crease. Your best chance at scoring a goal is to deke.
7) On a breakaway, you notice the goalie is high up in his crease. Your best chance at scoring a goal is to deke. □ True □ False

8) As a center in both the defensive and offensive zones, your initial job directly after the face-off remains the same. □ True □ False

9) As a center in the defensive zone, your initial job directly after the face-off changes depending on if you won or lost the draw. □ True □ False

10) When trying to score with a lot of traffic in front of the opposing net (both teammates and opponents), it’s best to shoot top glove or high blocker to assure that your shot gets through to the net and doesn’t hit any sticks or skates in the way. □ True □ False

11) When you’re on the powerplay (5-on-4) and the opposing team gets another penalty while in your own zone, it’s best to keep the puck and setup your breakout so you can head down the ice 6-on-4 after your goalie gets to the bench and an extra attacker jumps on. □ True □ False

12) When you’re on the powerplay (5-on-4) and the opposing team gets another penalty while you’re in their zone attacking, it’s best to give the puck away to the opposing team so the play can stop and you can have more 5-on-3 time. □ True □ False

13) One of worst ways to beat a defenseman in a one-on-one situation is to make him cross over because he gains speed. □ True □ False

14) When killing a penalty in your own zone, it’s important to always keep your speed and momentum by turning rather than stopping and starting again so you don’t get tired and waste energy. □ True □ False

15) When attacking on a 2-on-1 situation and you are the puck carrier, making an early pass (before the top of the in-zone face-off circle) is a good play. □ True □ False
Multiple Choice (10 Questions)

16) You are a winger in the defensive zone (your zone) getting ready for a breakout pass near the half-wall and you've just fallen down. The pass from your defenseman goes by you and up to the opposing defenseman at the blue line. You know the opposing defenseman is going to try and shoot, as he has a good shot. The best way to make it out and block that shot when you've just fallen and are out of position is to:

A. Skate directly towards the opposing defenseman in a straight line
B. Slide on your knees into his shooting lane
C. Collapse back to the front net and forget about trying to block his shot
D. Skate towards the middle of the ice until you're in his shooting lane, then skate up towards him
E. Switch positions with your center and have him block the shot while you cover his man for him

17) When backchecking towards your zone when the opposing team is on an odd-man rush, it's most important to stay aware of...

A. The closest opponent's body
B. The closest opponent's stick
C. The puck
D. The winger if you're a winger, and the center if you're a center
E. Nothing. Just get to the front of the net as quickly as possible and figure it out from there

18) As a centerman, where should you position yourself for the highest chance of carrying out a successful breakout?

A. Slightly lower than your half-wall winger to be an option for everyone
B. Slightly higher than your half-wall winger so you're ready to take off down the middle quickly when you receive a pass
C. Right at the top of the crease so you're already in front of the net if there's a turnover
D. Low in the corner so you can gain speed
19) As a defenseman playing a 1-on-1, your best bet in order to not get beat to the net is to focus on the opposing player's...

A. Head  
B. Stick  
C. Chest  
D. Puck  
E. Feet

20) The most important thing to do before receiving a pass is to

A. Call for it  
B. Give a target with your stick blade  
C. Take in information  
D. Make sure you’re on your forehand to increase your odds of catching the pass  
E. Put your stick on the ice

21) As a defenseman defending against a 3-on-2, your main objective should be to:

A. Hold the dot lines and keep the attackers near the boards as much as possible  
B. Deny the pass to the 3rd open man because he’s usually the most dangerous  
C. Play man-to-man and leave the 3rd man open so your backchecker can pick him up  
D. Match the puck carrier’s speed then look to lie down and block the shot or pass once he’s in close to the net  
E. Press the puck carrier and let your defense partner play the 2-on-1
22) One of the worst things to do on a 1on-2 or more situation as the attacker is to:

A. Dump the puck in the zone  
B. Try to stickhandle your way through  
C. Turn back and wait for help  
D. Take a low-quality shot on net from far out

23) When dumping the puck into the opposing zone in order to get a line change in, it’s best to:

A. Take a shot on net hoping to score  
B. Rim the puck hard so it goes all the way around the boards  
C. Lob it to the goalie hoping he fumbles the puck  
D. Place it so it dies in the corner  
E. Place it so it dies behind the net

24) If you’re a winger on the half-wall and are given a pass by your defense man for a breakout but you have instant pressure (you have 1 second to react) from the opposing team, your best play is to:

A. Let the pass go by you and then play defensive  
B. Skate down towards your own defense man and away from the pressure to give you more time  
C. Try and flip it in the air or chip it off the glass to get it out of the zone  
D. Throw the puck to the middle for your center to break out with it  
E. Take the hit/Protect the puck with your body
25) If you're rushing up the ice in a 2-on-2 situation as the puck carrier with a supporting teammate, what should you do if the defenseman on your side decides to close the gap on you (denies the blue line)? Choose the most effective option:

A. Turn back and wait for support
B. Chip the puck into the zone for you or your teammate to recuperate
C. Lob the puck at the net for a scoring chance
D. Dump the puck hard around the boards for your teammate
E. Cut towards the middle of the ice and cross the blue line in the middle of the two defenders
This marks the end of the quiz! Check your email for the answer key and the reasoning behind the right answers. I'll also share with you the common mistakes people make, so you'll know how you match up against other hockey players.

Want to see how your Hockey IQ compares to that of your friends?

Share the link below with them and ask them to take the quiz:
builtforhockey.com/hockey-iq-quiz

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Talk soon,

Ben Levesque

PS - Check out BuiltforHockey.com for weekly blog posts & podcasts with tons of tips & tricks to help you improve your game!