

THE RELAXED ATHLETE

My Pregame Hockey Routine

Phase	Strategy	Your Mental Game Tasks	Sports-Specific Tasks
Travelling to the rink	Expel pressure-packed expectations	<ul style="list-style-type: none"> ☑ Identify your expectations about competition two to three hours prior to the game ☑ Replace your expectations with process goals for upcoming competition 	<ul style="list-style-type: none"> ☑ Review goals for the week and how you performed during practice ☑ Review process goals that are working well
Stretching/ warming up before getting dressed	Calm your inner chatter	<ul style="list-style-type: none"> ☑ Recognize when you are engaging in inner chatter quickly ☑ Refocus your mind on the pregame warm up 	<ul style="list-style-type: none"> ☑ Laugh and smile during off-ice stretching and warm-up. ☑ Laugh with your teammates ☑ Talk is on non-hockey related items
Getting dressed in the locker room	Take control of your confidence	<ul style="list-style-type: none"> ☑ Review your confidence resume one hour prior to competition ☑ Shoot down any last minute doubts you may have about the game 	<ul style="list-style-type: none"> ☑ Review your strengths and what you bring to your line ☑ Review your positive progress in practice this week on the areas you are improving in
After the coach talks and before leaving locker room	Rehearse your performance	<ul style="list-style-type: none"> ☑ Use mental imagery to review your game plan or strategy for the day. ☑ Use mental imagery to rehearse the situations you will see in the game 	<ul style="list-style-type: none"> ☑ Deep breaths, quiet mind ☑ Visualize your line-mates and their positioning and play ☑ Visualize winning the battles and skating away with the puck
Stepping on the ice	Focus on the process	<ul style="list-style-type: none"> ☑ Keep your mind on preparation during your warm up ☑ Know what cues to stay focused on during the game ☑ Set one or two process goals for today's competition 	<ul style="list-style-type: none"> ☑ Review your process goals for the game ☑ See yourself flying on the ice – checking bodies and making plays
Pre-Game warm-up	Prepare your mind to win ugly	<ul style="list-style-type: none"> ☑ Forget about proper technique during the warm up ☑ Do not assess the quality of your warm up ☑ Remind yourself to perform with a functional mindset – win ugly 	<ul style="list-style-type: none"> ☑ Feel the ice under your skates – feel solid on your skates ☑ Feel the puck on your stick – hard, quick shots on net ☑ See the net bulge as you take shots on net
On the bench before the face-off	Embrace the pregame butterflies	<ul style="list-style-type: none"> ☑ Interpret excitement as a sign you are ready to compete ☑ Embrace the pregame butterflies as helpful to your performance ☑ Use the added intensity to help you focus better 	<ul style="list-style-type: none"> ☑ Deep breath right before the drop of the puck ☑ Watch your player for the shift change ☑ Charge out on the ice on your shift