



7 Pre-Game Habits of Pro Hockey Players

Brett Henning

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What separates a Jr. Player from a Minor League Player? A Minor League Player from a NHL Player? An average NHL Player from a 15-year Veteran? It's Mental Preparation. At these levels, players are very similar in physical strength. They receive similar coaching-both on and off the ice. And believe me, they all want it-badly. This step-by-step guide to pre-game preparation teaches: --How to create visualizations (mini-movies) to instill more confidence before stepping on the ice. --Why your pre-game stretching routine may be making you physically weaker before the game even begins. --How to control your emotions immediately with an anchor. --How to use a breathing pattern to eliminate anxiety before a penalty shot. --What to eat/drink before, during, and after a game for optimal performance. --How a routine dials in your focus and gets rid of distractions. --What to eat when the bus stops at fast food restaurants, so your game performance is not affected. EVERYONE-from Squirts to the NHL-will learn specific techniques that will raise their game to the NEXT LEVEL. Be Prepared for EVERY Game, Pre-season to Game 7! They say good players are great off and on. But Great Players are great every time they step on the ice. They don't take nights off. And a big reason for this is their preparation techniques. It took them years to obtain these skills but you can start implementing them tonight.

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