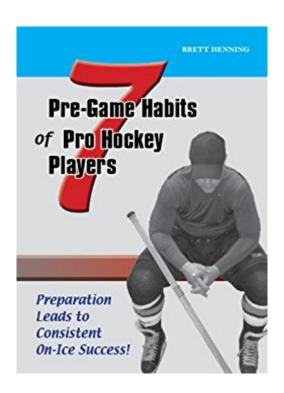
The book was found

7 Pre-Game Habits Of Pro Hockey Players





Synopsis

Hockey players and parents will spend thousands of dollars this year developingphysical skills to improve their performance on the ice. Players will spend countlesshours of hard work shooting pucks in the backyard, playing shinny on the pond, orstickhandling in the basement to improve their performance on the ice. Yet many parents, players, and coaches fail to take the mental aspect of hockey into account.7 Pre-Game Habits of Pro Hockey Players by author Brett Henning expands on specifictechniques and exercises that pros use to prepare themselves for games.

Henningâ ™sunique insights come from a place close to the game. Before an injury forced Henning toretire, he played collegiately at Notre Dame, as well as for the USA National Team in the Under 20 World Championships, the most prestigious amateur hockey tournament in theworld. Heâ ™s also the son of former Islanders great Lorne Henning, who has spent 40years in professional hockey and won four Stanley Cups as a player and coach. Thebook is a passion project that Brett wrote as he looked for a way to pass on hisknowledge to people serious about the game.â œPeople are right to focus on their physical skillset, but NHL players and coaches believethat 80 percent of the game is mental, â • Henning said. â œAt every level players battle themental elements of hockey, either playing down to a weaker opponent or getting nervousand tight in big games. This book is about helping people play up to their potential. Different players have different personalities, and this book was designed to helpeverybody. There are over 50 techniques to help players find the right mindset for theirpersonality and help them unlock their untapped potential.â •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!

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Customer Reviews

For hockey players at any level, this is a great book for the mental preparation of the game.

Pre-game Habits provides a lot of insight into how to get ready to play the greatest game going! A must read for any player and coach from Pee Wees to pros.

This is a must for serious hockey players from high school on up. It is a similar read as Hockey Tough. However this is a much easier read. Having coached for the last twenty years from youth to Junior this is invaluable information.

My son plays for an ISHL team and the first time he applied some of the habits (Dont' ask me) he did much better. Now he is going to get into these habits.

Wish we would have had this year's ago with our older children who play hockey. Great STUFF! We loved the section on visualization and breathing.

I only play beer league now and this book had tons of great ideas that have delivered results when only partially implemented making the game more fun. I play for the pure enjoyment and having better more consistent performances makes the game even more addicting. Nice straightforward read with great antidotal stories to explain various concepts which can be applied to not only hockey

but other sports and life. I wish I had this book 30 years ago.

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