



*“You can do more with less if you make up your mind to do so”*

## **ALL ZONES - MENTAL TOUGHNESS**

Most times the skill differences between two teams are not very great and little things decide the outcome of a game, especially in the playoffs.

Little things can be “physical” skills related to natural talent, like better or faster skating or more accurate shooting or passing, or simply “mental” skills related to things like desire, trying harder and intensity.

We all have limited “physical” ability and work with what we have to play better.

But you can help your game tremendously by “mentally” deciding to be better than the other players on the other team. Many teams have won championships with players who were not the most talented, but instead had some or all of the following “mental” skills:

### **The Mentally Tough Player Model**

- Never gives up, whether he is winning or losing
- Tries, and skates as hard as he can all the time
- Has great desire to win the puck
- Anticipates where the puck is going
- Doesn't miss passes because he is about to get checked
- Concentrates and stays 100% focused all the time
- Talks with his teammates on the ice when needed
- Listens to his teammates on and off the ice
- Is unselfish with the puck, passes to the open player – an assist or a great defensive play is as good as a goal
- Disciplines himself to play his position and follow the team's systems and tactics
- Plays physical but doesn't take penalties
- Plays with no fear of contact but protects himself
- No matter how physical the game he is never intimidated or afraid
- Cuts in on net with or without the puck in traffic
- Stands in front of their goalie in heavy traffic taking the contact from their defenceman, refusing to be moved
- Gets the puck out of our end as he's getting hit
- Doesn't poke or sweep check in our end, takes the body and sticks his nose in there
- Doesn't lose his cool and take stupid penalties
- Doesn't hesitate to force the player on the other team to pass the puck faster than he wants to
- Tries harder when he makes mistakes
- Doesn't blame or complain to the referee



- Decides his check on the other team is not going to score
- Decides their player when coming up the ice on his side is not going to get by him
- Thinks all the time what he's supposed to do under pressure
- Decides he is going to win the puck in the corner or along the boards
- Comes ready to play every game and prepares himself physically and mentally to do so
- Is willing to learn and change to improve and to take the time to do it