



*“The winning edge often has nothing to do with who is the better team when the talent levels are close”*

## **OFF ICE - THE PRE GAME ROUTINE**

### **Before You Arrive at The Arena – Prepare to be mentally ready**

- On game day, a few hours before the game think about how you are going to play and what you are going to do
- Check some of Mark’s Tips at [hockeyplayerdeveloper.com](http://hockeyplayerdeveloper.com) and refresh your memory
- Know your plus/minus and determine to how to improve it
- Stay loose and don’t over analyze
- Do some stretching

### **At the Arena – Be mentally ready**

- Arrive at arena 1 hour prior to game time
- Talk to your line mates and defensive partners about tactics on the ice
- At the systems refresher sessions, listen, ask questions, suggest improvements
- When coaches announce any last minute lineup changes, think about the style of play of these players if they are playing with you, talk with them about on ice plans
- Get dressed so you will have 10 minutes left for pre game talk and stretching
- Stretch in the dressing room so the short warm up time on the ice is spent skating and shooting
- When the coaches give their pre game talk, listen, it’s time to focus hard on the game and doing your best

### **On the Ice – Get Loose and Focused**

- The whole team will skate 2 times hard around the net clockwise and counterclockwise
- The 3 starting forwards will warm up the goalie with short shots from about 10 feet out not trying to score
- Watch their goalie’s warm up and also in the game when you’re on the bench to see
  - does he flop or butterfly (shoot high)
  - is he a leftie or a rightie (which side is blocker, shoot low under blocker)
  - does he come way out to block the angles (stickhandle or pass off to winger at side of net)
  - does he move well side to side ( if no, along the ice either side)
  - is he big and immobile( if yes, along the ice either side)
  - is he small (if yes, along the ice either side or high over his shoulder when he butterflies)
- Then corners passing shooting drill alternating passes from both sides – no high shots on goalie

