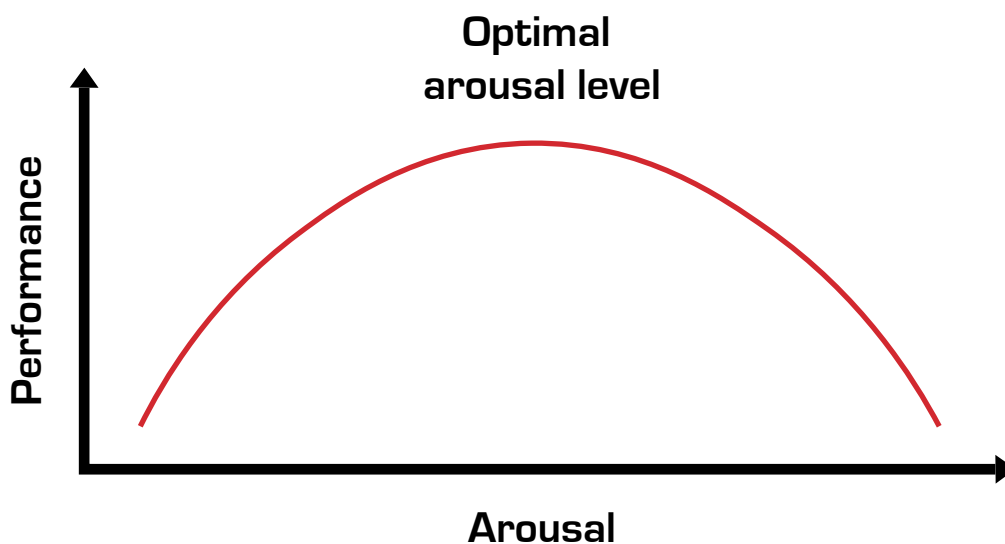
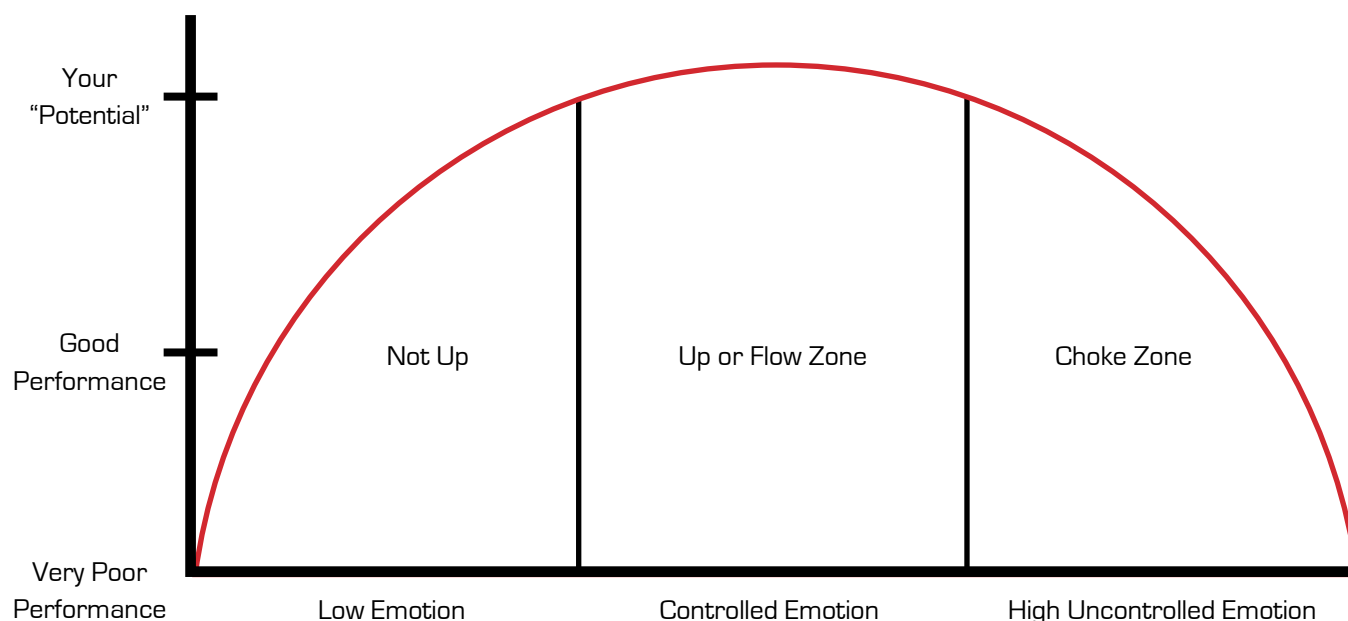


KNOW YOUR NUMBERS: INTENSITY/EMOTIONAL AND PHYSICAL



Low Intensity: Poor Performance Weak Channel	Ideal Intensity: Performance Excellence Power Channel	Too High Intensity: Poor Performance (Red/H.O.T.) Weak Channel
Indifferent	Dialed in, confident, in the moment.	Tense, nervous, stressed, worried.
Disinterested	Feel sharp, read and react, on your toes.	Miss cues, run around.
Not into it	Quick reactions	Trying too hard and nothing working.
Lack drive, effort, energy	Great anticipation	Forcing plays, making mistakes, choking, gripping the stick too tightly
Flat, behind the play, chasing the game, losing races and battles	On top of your game	Tire quickly, tough to recover between shifts, knocked off balance more easily than normal.

The figure below provides an illustration of how performance is related to emotion. Low emotion and uncontrolled emotion result in poor performance. Managed emotion can result in the right zone. When you are in this zone emotionally you can play your best hockey. Our team refers to this as our Power Channel.



Why is the right emotion/feel and right intensity important for performance

Managed emotion and intensity prepares my body for a best effort by:

- Increasing heart rate, blood pressure, and sweating
- Improves sharpening of vision, hearing, and reactions
- Speeds up problem solving/ reaction time
- Frames the game as a challenge and opportunity
- Builds focus and confidence

Uncontrolled emotion results in the following:

- Game feels like a threat and triggers the fight, flight, or freeze response
- Inability to think straight, control movements, see open teammates, read and react quickly
- Inappropriate actions such as slashing or high-sticking an opponent, taking a cost penalty, hesitating on the back check out of frustration, losing coach's confidence
- Lose control of the situation. Shows your opponents your frustration/control button and they learn to push it
- Decreases focus and confidence

What is your ideal performance state?

Each of us has a range or zone in which our intensity and emotions facilitate performance excellence. Anything above or below that takes away from our performance. Most often when not playing our best we are too intense or emotional. That doesn't mean that we are never flat - but at our level that is less likely to be the case. We all benefit from determining our range and zone.

To simplify the concept (simple is always better) we will refer to our zone of excellence as our Power Channel.

- Our Power Channel is our ideal performance zone
- Our Weak Channel is when we are more likely to choke, run around, under-perform

Power Channel	Weak Channel
Trusting	Heated
Calm	Tight
Loose	Tense
Relaxed	Overwhelmed
Centered	Shaky
Focused	Tired
Fluid	Heavy
Smooth	Choppy
Effortless	Awkward
In Control	Panicked
Confident	Rushed
Powerful	Forced
Commanding	Angry
Task focused	Frustrated
Here and now	Desperate
Focused on what control	Worried
Clear	Anxious
Easy	Doubting
Dialed in	Outcome focused
Inspired/Feel Challenged	Feel Threatened
Purposeful	Confused
	Overloaded

Key Points:

- Performance excellence results from optimal emotional and intensity states
- Each of us has a little different optimal level of emotional and intensity levels that will produce our best performance
- We need to recognize when we are in an optimal zone, too high, too low, and adjust accordingly
- We can identify our ideal states and levels with some simple exercises - we will simplify and quantify this by learning to know "our numbers." Your ideal numbers create an environment for your Power Channel
- **Self-talk, Breathing, Imagery, and Body Language are the tools we can use to self-regulate and move into our optimal zone**

We want to recognize when we are on a Weak Channel and make adjustments to change it to our Power Channel.

Weak (Heated, Overwhelmed, Tense)	Power (Right Focus, Right Intensity, Right Feel)
Heated, overwhelmed, tense	Clean thoughts, simple, on task, loose
Racing thoughts, tight, anxious. Hard to recover between shifts and catch your breath	In the moment, here and now, positive
Outcome focused, overly aggressive, overcompensating, forcing plays	Task focused, calm, in the moment, trusting, making good plays
Negative, doubts, worry, rigid thinking	Adjusting and adapting, confident, optimistic, flexibility in thoughts, non-judging
Shut down, panic, run around, choke	Simple, creative, taking what the game gives you
Fight, flight, or freeze triggered	Right focus, right intensity, right emotions, right feel