

MODULE 1 NOTES



What does success leaves clues refer to? What clues are of value to us?

Define Confidence

How do you build confidence? What are the sources?

What is Pressure?

How do you overcome and minimize the impact of pressure?

What is our system comprised of? Why is that important to know and use for hockey?

What are performance cycles? Why is this important to know and use for hockey?

What are the bedrock principles of an ideal game mindset?

MODULE 1 SUMMARY



What is the law of dominant thought? Why is this important for hockey?

What shakes confidence?

Without training, for most people, 2/3 of thoughts are...

What is our metaphor for an approach to using our body system and performance cycles to improve focus, build confidence and perform well under pressure? What are its key elements?
