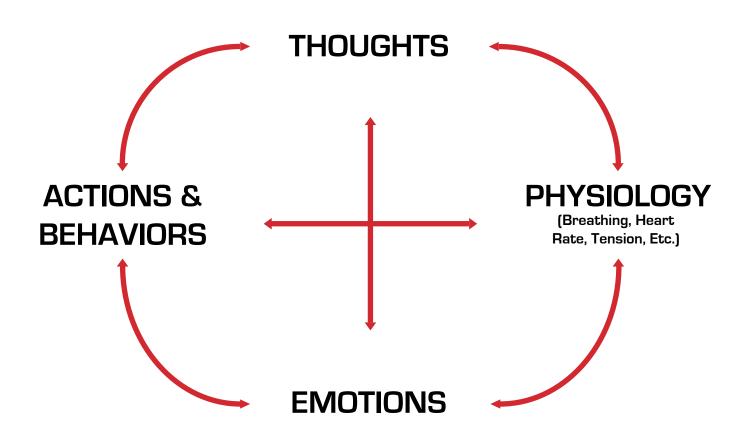
# UNDERSTANDING CYCLES TO BUILD Confidence and perform well Under pressure



<u>WE</u> are a system:



## Key Points:

- We are a system and every part of this system impacts other components of the system.
- If one area is out of control or limiting, it cycles to and impacts the other areas.
- You can change focus, intensity, and feel by adjusting any component of the system.
  - O Self-talk, Breathing, Imagery, and Body Language are the things we can use to intervene and elicit confidence and performance under pressure.

## THE PERFORMANCE CYCLE



Every performance cycle starts with a situation/event. Our thoughts and self-talk about the situation impact emotions, physiology, and actions.



### Every performance cycle will be either:

1. Productive, helpful, and positive

#### OR

2. Unproductive, unhelpful, and negative

## UNPRODUCTIVE PERFORMANCE CYCLE



### Situation: I screwed up on the ice

I'm in trouble. If I don't make up for this I am sitting next game.

Frustration, disappointment, anger.

Further away from my goal of being a positive difference maker on the ice and playing to my potential. Frustrated, angry. "I have to make up for this next shift."

H.O.T. (Heated, Overwhelmed, Tense) Heart racing, thoughts racing. Muscles tightening. Run around on the ice but not productive; bad penalty; poor decisions.

## PRODUCTIVE PERFORMANCE CYCLE



### Situation: I screwed up on the ice

Darn! Okay - just one shift. What do I control? What do I want to do next shift? Take a breath. Reload. Stick with the process.

Focused, good talk, more confidence, better performance.

Centered/calm. "Go back to my ABC's. Move my feet, head up, protect the puck."

Closer to my goal of being a positive difference maker on the ice and playing to my potential. Focused here and now and on actions I control. On-Ice Response: Work hard, I do my job on the ice, and have a solid shift.