

MTT ONE-PAGE STRATEGIC PLAN



NAME _____

TODAY'S DATE _____

VISION

I am the best teammate on the planet.

MISSION

I will relentlessly pursue excellence and put the team's needs ahead of my wants every day with a contagious positive attitude.

ROLE

Forward

WHEN I AM AT MY BEST ON THE ICE, I AM:

1. Winning wall battles
2. Grinding and battling in front for screens, tips, rebounds, and greasy goals
3. Hitting and stealing pucks
4. Moving my feet constantly
5. Knocking the other team's players off the puck
6. Antagonizing the opponents with my fierce competitiveness in each battle

AFFIRMATION EXAMPLES:

1. I deserve to be here, and I have earned this!
2. I can adjust my actions & emotions to this situation! (High EI)
3. I have done this before and am ready for this moment!
4. I am prepared and ready to compete with everything I have!

MY AFFIRMATION(S) with EVIDENCE:

I am more physically and mentally prepared than my competition. I am a dominant player on this team. I am committed to blocking shots, uplifting my teammates, and taking zero undisciplined penalties.

My targets this week were: _____
work on quick feet and transitions

Was I deliberate in pursuit of my targets? ☒ Y / ☐ N

What adversity did I face this week? _____

Low EI after missing a shot

I talked with my mentors? ☐ Y / ☒ N

I celebrated my achievements? ☒ Y / ☐ N

Committed to Vision:

S ☒ M T ☒ Th ☒ Sa

Emotionally Aware:

S ☒ T W Th ☒ Sa

Front Loaded Confidence:

☒ M T ☒ Th F Sa

Used 5 Senses/Imagery:

S ☒ T W Th ☒ Sa

Lived the Practice:

S ☒ T W ☒ F Sa

Followed Routines:

S M ☒ W Th F Sa

Anticipated Adversity:

☒ M T W ☒ F Sa

Learned Through Gap Analysis:

S M T W Th F ☒

Personal and on-ice targets this upcoming week?
Working on better transitions

MY ABC'S THAT I USE TO QUICKLY CHANGE THE CHANNEL (Reload = Relax, Release, Refocus)

A Slip into open areas

B Box out net front

C Make good reads and maintain position

MTT ONE-PAGE STRATEGIC PLAN



NAME _____

TODAY'S DATE _____

VISION

I am passionate about living a faithful life filled with divine purpose

MISSION

Nq(j r ~ kfymrs fqqnyfy Ni t g~ zxrsl nthpj ~ fx fs tuutvyzsy~ yt l wt| fx f uj vxts3N| rqqg f htssxyj sy ktvhj tk tuym nr 1 gj kj k1 fsi rsyj l vwy~3

ROLE

Forward

WHEN I AM AT MY BEST ON THE ICE, I AM:

- Moving my feet constantly*
- Driving the net*
- Ripping the puck*
- Supporting my linemates and always a pass option*
- Finishing my hits*
- Hitting and stealing pucks*

AFFIRMATION EXAMPLES:

- I deserve to be here, and I have earned this!
- I can adjust my actions & emotions to this situation! (High EI)
- I have done this before and am ready for this moment!
- I am prepared and ready to compete with everything I have!

MY AFFIRMATION(S) with EVIDENCE:

I have more ability than my competition. I am a confident and consistent player. I will enjoy the journey and count it all joy.

My targets this week were: _____

Shooting puck with accuracy

Was I deliberate in pursuit of my targets? ☒ Y ☐ N

What adversity did I face this week? _____

fear of failure/making a mistake

I talked with my mentors? ☒ Y ☐ N

I celebrated my achievements? ☒ Y ☐ N

Committed to Vision:

☒ S ☐ M ☒ W ☐ Th ☒ F ☐ Sa

Emotionally Aware:

☐ S ☐ M ☐ T ☒ W ☐ Th ☒ F ☐ Sa

Front Loaded Confidence:

☐ S ☐ M ☒ W ☒ Th ☐ F ☐ Sa

Used 5 Senses/Imagery:

☐ S ☒ M ☐ T ☐ W ☐ Th ☒ F ☐ Sa

Lived the Practice:

☒ S ☒ M ☐ T ☒ W ☒ Th ☒ F ☐ Sa

Followed Routines:

☐ S ☒ M ☐ T ☒ W ☐ Th ☒ F ☐ Sa

Anticipated Adversity:

☐ S ☒ M ☐ T ☐ W ☐ Th ☒ F ☐ Sa

Learned Through Gap Analysis:

☒ S ☐ M ☐ T ☒ W ☐ Th ☐ F ☐ Sa

Personal and on-ice targets this upcoming week?

Shooting puck with accuracy

MY ABC'S THAT I USE TO QUICKLY CHANGE THE CHANNEL (Reload = Relax, Release, Refocus)

A *Rip the puck violently*

B *Be physical*

C *Explosive down low*

MTT ONE-PAGE STRATEGIC PLAN



NAME _____

TODAY'S DATE _____

VISION

I pursue excellence in every situation.

MISSION

I will win a national championship with my team. I will be an all American.

ROLE

Forward

WHEN I AM AT MY BEST ON THE ICE, I AM:

- 1. Moving my feet constantly*
- 2. Great stick on puck taking away all time and space*
- 3. Creating great gaps*
- 4. Talking, talking, talking to my teammates on the ice*
- 5. Playing inside the dots when defending the rush*
- 6. Active stick in the DZ taking away passing lanes*

AFFIRMATION EXAMPLES:

- 1. I deserve to be here, and I have earned this!*
- 2. I can adjust my actions & emotions to this situation! (High EI)*
- 3. I have done this before and am ready for this moment!*
- 4. I am prepared and ready to compete with everything I have!*

MY AFFIRMATION(S) with EVIDENCE:

I am confident and I am more physically and mentally prepared than my competition. I am the National Champion.

My targets this week were: _____

Shooting more accurately

Was I deliberate in pursuit of my targets? **Y / N**

What adversity did I face this week? _____

Low EI during practice

I talked with my mentors? **Y / N**

I celebrated my achievements? **Y / N**

Committed to Vision:

☒ S ☐ M ☐ T ☐ W ☐ Th ☒ F ☐ Sa

Emotionally Aware:

☐ S ☐ M ☐ T ☒ W ☐ Th ☐ F ☐ Sa

Front Loaded Confidence:

☐ S ☒ M ☐ T ☐ W ☐ Th ☒ F ☐ Sa

Used 5 Senses/Imagery:

☐ S ☒ M ☐ T ☐ W ☒ Th ☐ F ☐ Sa

Lived the Practice:

☐ S ☐ M ☒ T ☐ W ☒ Th ☐ F ☐ Sa

Followed Routines:

☐ S ☐ M ☒ T ☒ W ☒ Th ☐ F ☐ Sa

Anticipated Adversity:

☐ S ☐ M ☐ T ☐ W ☐ Th ☒ F ☐ Sa

Learned Through Gap Analysis:

☐ S ☒ M ☐ T ☐ W ☒ Th ☐ F ☐ Sa

Personal and on-ice targets this upcoming week?

Better self-care: rest and nutrition

MY ABC'S THAT I USE TO QUICKLY CHANGE THE CHANNEL (Reload = Relax, Release, Refocus)

A *Relentless Pursuit of the puck*

B *Find the seams*

C *Drive the net*