

STEP 6 – OWN THE REMOTE



Accept the fact that you can't control everything that happens around you, but you can control how you choose to respond. So, don't waste energy or time wishing something did or didn't happen...choose and commit to what you want and need to do next. Do what moves you closer to your mission and vision.

Reloading is simply a strategy to help you focus and refocus as necessary. It is a “go to” habit or system that you develop so you can redirect to productive and useful thinking...focus on the right things at the right time. Reloading is changing your channel!

RELOAD = Relax, Release, Refocus

Relax

- Take a deep breath (or 2 or 3): puts your focus on the present moment; enables you to check-in with your signal and gain control.
 - Make the inhalation deep (not uptight) – about 4 seconds
 - Notice the pause between your inhalation and exhalation.
 - Exhale slowly and fully for control (a little longer than inhalation) – about 5-6 seconds

Release

- Use a cue to let go of the last shift. Tap your stick, spit out water, have a powerful exhalation, wipe your visor, squeeze stick as tight as you can then release slowly letting everything go.

Refocus

- Bring yourself to the here and now. You can look at focal point, something written on your stick. Something taped to your water-bottle. Anything that grounds you.
- Use your ABCs/self-talk/imagery to direct your attention to what you want to execute this shift. Some things to remember about reloading:
- The game of hockey is about refocusing more than focusing. The game is best played in small chunks and the easiest way to “chunk it” is a shift at a time.
- Reloading is your way of changing to a positive, confident, energizing, power-giving channel and recommitting to your vision and mission. It is about choosing a response that moves you closer to your target no matter what you are feeling or experiencing.
- Good reloading includes noticing what is going on, what is working, how you are feeling and ADJUSTING as necessary, without judging how you are playing. Judging and evaluating take you away from doing, to thinking, and that is a bad channel that slows down everything!
- Reloading doesn't mean you have to feel any certain way or have any particular emotion. It is centering and gaining enough control to think clearly and compete freely. It is a productive channel and cycle
- Reloading gives you a clear sense of when one shift ends and the next begins.

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ALWAYS TAKE A QUALITY DEEP BREATH OR TWO and CHOOSE YOUR CHANNEL BETWEEN EVERY SHIFT AND BEFORE EVERY FACE-OFF, TO:

- Let go of the last play
- Let go of any tension
- Establish a sense of rhythm.
- Build energy
- Focus on what matters most at this moment
- Clarify and simplify your job and what you want to do on the ice
- Bring you to here and now
- Create that feel of read and react