

STEP 8 – CREATING YOUR ROUTINE



Routines for games involve more than game day. Although your routine is looser on Monday than it is on a Friday game day – you want to have a preparation routine. Remember that preparation is a powerful source of confidence.

THE ULTIMATE GOAL OF A ROUTINE IS FOR YOU TO CONSISTENTLY BE PHYSICALLY READY TO PLAY AND MENTALLY ON YOUR POWER CHANNEL! It takes hoping that I am ready, out of the equation.

Early in the week, Sunday through Wednesday should incorporate:

- Completing and reviewing your One Page Mental Toughness Training Plan (Sunday or Monday) and setting target areas and steps for improvement over the week.
- Getting clarity on systems.
- Committing to the grind and learning.
- Anticipating challenges and working on how you will manage adversity.
- Video review with coaches and on your own.
- Reviewing your vision, mission, when I am my best on the ice, and affirmations.
- Daily Imagery.
- Anticipate and head off any conflicts or challenges (including friends, family, romantic partners).
- Good sleep, good use of sport medicine, getting the most out of strength and conditioning.
- Extra on-ice skill sessions.
- Communication and use of your support people.

Night before a game:

- Meal (what, when, where)
- Hydration without needing to get up multiple times for bathroom runs during the night
- Any imagery, video review, stretching, relaxation exercises you find helpful
- What activities do you enjoy (watch a movie, go for a walk, video games – in moderation)
- Bedtime, sleep routine, and sleep hygiene. What time do you shut down blue screens, TV, and turn off your phone?
- Hours of sleep want
- Wake up time

Game Day Morning:

- Breakfast (what, when, where, with whom)
- School or work commitments
- Pregame skate? Light stretch/bike/walk?
- Treatment?
- Focus and Mental Prep: Imagery, relaxation, self-talk?

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Game Day Afternoon:

- Lunch/Pre-game meal (what, when, where, with whom)
- School or work commitments
- Rest or pre-game nap (from when to when)
- Hydration plan
- Relaxation/Breathing
- Imagery
- Power talk/affirmations
- Faith/prayer (if part of your life/preparation)
- Snack
- What do you do before leaving for the rink (shower, stretch, etc.)

Game Day travel to the rink:

- How, when, with whom
- Any stops (for coffee, etc.)
- What time do you leave?
- What time do you arrive?
- What do you listen to on the way?

At the rink before the game:

- When do you PARK non-hockey stuff?
- What is your physical cue to park non-hockey stuff?
- When do you change out of street clothes?
- When do you check equipment (skates, pads, sticks) and tape sticks?
- Sport Medicine treatment?
- Mental Preparation (when and what)?
 - Relaxation?
 - Review and visualize “when I am at my best”?
 - Review Affirmations?
 - Set a target or goal for how I want to play?
 - Imagery?
 - Power self-talk
 - Listen to confidence recording?
 - Review my plan to effectively manage adversity?
- Review and visualize executing game plan? DZ, OZ, NZ, Face offs, PP, PK, breakouts.
- Meetings/video? When? Where?
- On-ice warm-up focus _____
- Locker room focus _____

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During the game:

- Focal points – one shift at a time, here and now, positive, what I control.
 - Do I have a power word such as aggressive or smooth?
 - ABCs written down
- Between shifts remember to:
 - Reload
 - Talk with my line or partner
 - Clarify what I want to do
- If there is a long wait between shifts, remember to: _____
- Between periods what do I do to relax, recharge, refocus, hydrate/fuel? Imagery?
- How do I keep on my Power Channel, notice if not on it, and change channels when needed?
- How do I stay positive?
- How will I respond to adversity?
- Hydrate during the game

Post-game:

- Evaluate how you played (excellent, average, poor)
- What was good? Why was it good? Commit to doing more of it.
- What do I want to do better and how will I make that change?
- What will help me be my best and how will I do it? What actions in my mission do I want to be better at to be my best.
- Refuel, rehydrate, park it.
- How will I unwind so can quickly fall asleep in preparation for tomorrow's game? Relaxation or meditation?