

STEP 8 – QUESTIONS TO BUILD YOUR ROUTINE



Practices

- Do you have a target for each practice? What are you doing extra work on? Are you going out early or staying late?
- Do you fuel and hydrate so you can compete your best at practice?
- Do you get to the rink early enough to do some sort of physical warm-up for practice?
- How do you mentally prepare for practice? Do you review the practice plan? Visualize the drills? Go through your mission and role?
- Do you look at what you need to improve and commit to doing extra on that area?
- How do you manage your body language to help you manage your focus, your emotions, your impact on the team?
- Does practice begin when you leave class? When you get to the rink? What is your cue or signal that you are “parking” the rest of the day and now focused on hockey?
- When do you turn off your phone?
- When do you PARK the other parts of your day to dial it in for hockey?
- Do you practice your focusing skills, reloading, competing skills in practice?
- Do you challenge yourself and create simulations?
- What do you do after practice to evaluate how it went? What was good? What needs to be better? What do I need to do to be my best? Was I coachable? Was I a good teammate? Was I prepared?
- When does practice end so you can move on with the rest of your day? Do you have cue or signal that reminds you that practice is done and it is time to move on? How do you PARK practice?

Games

- What is your routine?
- When does it begin? What do you do the night before? How much sleep is best for you?
- How do you limit outside distractions? When do you turn your cell phone off? When do you pick a focal point to help you refocus? When do you commit to your mission and role?
- When do you review the scouting report? How do you overlearn the scouting report and overlearn in film?
- What do you do before meal?
- After meal? Before nap? After nap?
- When do you get to the rink? When do you PARK the rest of your day?
- Do you mentally prepare while stretching? During dynamic warm-up?
- What music do you like to listen to?
- When do you check-in with your CHANNEL?

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- What do you do during the national anthem/after the national anthem?
- What is your system/RELOAD, what do you go to when things aren't going well?
- How do you manage your body language?
- How do you reload between shifts?
- How do you communicate with teammates and coaches?
- How do you get external (out of your own head)?
- How do you put team first?
- How do you focus between face-offs? Do you have a release for the last play? Make sure you are aware of the situation? Communicate with teammates? Commit to assignment?
- Between periods do you notice what is working and what isn't so you can adjust? What did I learn? What was good and I want to do more of? What do I need to do better? What do I need to do to be my best? How do I overlearn and commit to the adjustments the coaches want?
- When does the game end and preparation for the next game begin? Is it different based on our schedule? How do I evaluate my game performance? What is in my game evaluation?

Hopefully these questions got you to think a little more about what preparation works best for you. On the following pages are some other suggestions and ideas that many players have found helpful. Remember, we need to develop a routine that YOU OWN!