

# STEP 8 – ROUTINE A EXAMPLE



## Sunday: Physical and Mental Preparation and Actions (Debrief and Recover)

See training staff at 9:30am. Review shifts on video while at rink. Review my weekend play. Gap analysis and planning by completing my one-page MTT plan and plan for adversity I will likely face (put into action). Autogenic training before bed (around 9:30pm) and bed at 10:30pm

## Monday: Physical and Mental Preparation and Actions (Debrief and Prepare)

Up at 7:30am. Review one-page MTT plan – commit to vision, mission, roles, and actions. After class walk to rink. Park it outside rink. Treatment then bike. Watch team video – picture executing corrections. Review target for practice from MTT one-page plan. Review practice plan – visualize execution of plan. Do post practice evaluation. Imagery in evening. Autogenic training before bed (around 9:30pm) and bed at 10:30pm.

## Tuesday: Physical and Mental Preparation and Actions (Get Better and Prepare)

Up at 7:30am. Review one-page MTT plan – commit to vision, mission, roles, and actions. After class walk to rink. Park it outside rink. Treatment then bike. Watch team video – picture executing corrections. Review target for practice from MTT one-page plan. Review practice plan – visualize execution of plan. Do post practice evaluation. Imagery in evening. Autogenic training before bed (around 9:30pm) and bed at 10:30pm.

## Wednesday: Physical and Mental Preparation and Actions (Get Better and Prepare)

Up at 7:30am. Review one-page MTT plan – commit to vision, mission, roles, and actions. After class walk to rink. Park it outside rink. Treatment then bike. Watch team video – picture executing corrections. Review target for practice from MTT one-page plan. Review practice plan – visualize execution of plan. Do post practice evaluation. Imagery in evening. Autogenic training before bed (around 9:30pm) and bed at 10:30pm.

## Thursday: Physical and Mental Preparation and Actions (Get Better and Prepare to Be the Best Version of You)

Up at 7:30am. Review one-page MTT plan – commit to vision, mission, roles, and actions. Review target for practice from MTT one-page plan. Review practice plan – visualize execution of plan. Do post practice evaluation. Discuss game plan, what we want to execute. Imagery around 8pm – extra time on game plan; Autogenic relaxation at 9:30 (all screens are off, phone is off) Bed at 10:30 (looking for 9-10 hours of sleep)

## Friday: Physical and Mental Preparation and Actions (Game Day – Prepare and Perform) Morning, afternoon, travel to rink, pre-game at rink, national anthem, during the game, between shifts, between periods, post-game

Review one-page MTT Plan, Imagery, Nap, Shower, Leave for rink, get changed, put on sneaks, grab sticks and tape them. Check skates and equipment, review the game plan, 5-minute imagery, Get dressed, review vision, mission, role, ON ICE WARM-UP, last minute equipment adjustments. Reload between shifts, Quick good, better, best gap analysis, Recommit to vision and mission, Hydrate, Power Channel, Say ABCs as going to ice

## Saturday: Physical and Mental Preparation and Actions (Game Day – Prepare and Perform)

Morning, afternoon, travel to rink, pre-game at rink, national anthem, during the game, between shifts, between periods, post-game

Review one-page MTT Plan, Imagery, Nap, Shower, Leave for rink, get changed, put on sneaks, grab sticks and tape them. Check skates and equipment, review the game plan, 5-minute imagery, Get dressed, review vision, mission, role, ON ICE WARM-UP, last minute equipment adjustments. Reload between shifts, Quick good, better, best gap analysis, Recommit to vision and mission, Hydrate, Power Channel, Say ABCs as going to ice