

STEP 8 - ROUTINE A



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

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

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

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

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

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

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