

# STEP 9 – ASSIGNMENT



**In this section we are anticipating adversity (in any of its forms) and developing a plan to respond in a productive way that helps you play better. You can use this format in three ways.**

1. Answer the questions below as soon as possible when you identify or experience a practice, game, or other situation (lift, video review, etc.) in which your emotions and thoughts are unhelpful for your focus, learning/development, and/or performance.
2. Identify typical situations that happen for you in which your emotions and thoughts are unhelpful for your focus, learning/development, and/or performance. It doesn't have to be something that happened recently but should be something that is likely to happen again this season.
3. Anticipate game situations that might trigger anxiety, pressure, worry – put you on a weak channel. Know how you will respond if it happens. (for example, down 2 goals in the 3rd period; up to goals in the 3rd period; causing a turnover that results in a goal against; taking a penalty and we give up a goal while I'm in the box; coach gets on me after a bad mistake.)
  - I. Identify a situation in which your thoughts and emotions move you to a weak channel and interfere with your ability to perform your best. Describe the situation in detail. What happened? What was going on? Who was there (on the ice, on the bench, in the stands, etc.)? \*Be detailed

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- II. Label the emotion(s) you experience (fear, frustration, anger)

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III. Describe what it is about the situation that causes your emotional reaction. We are looking to understand the cause of the emotion.

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IV. Specify your thoughts, your emotional reaction, how your body feels, and how these responses impact your performance on the ice. Describe the thoughts and images that went through your mind: What did you tell yourself about that situation? What did you tell yourself would happen because of that situation? What did you tell yourself about the way you were playing? How much did you believe them?

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V. What will happen if you keep thinking this way?

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- VI. Create an alternative response to the situation so you are prepared when it happens (or something similar) in the future.
- a. Specify more positive and productive thoughts to use
  - b. Label and describe the emotion you want to feel
  - c. Identify how you want your body to feel and how you will achieve that feeling (self-talk, imagery, breathing, body language, actions)
  - d. Describe how you want to then respond with your teammates, coaches, and on the ice

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- VII. When you are in that situation again and feel yourself begin to have a negative emotional reaction, choose the alternative plan you have devised.

- VIII. Continue to use this plan until it becomes a habit. Visualize yourself effectively using the new plan

- IX. Choose another “adversity” situation and follow the same steps.