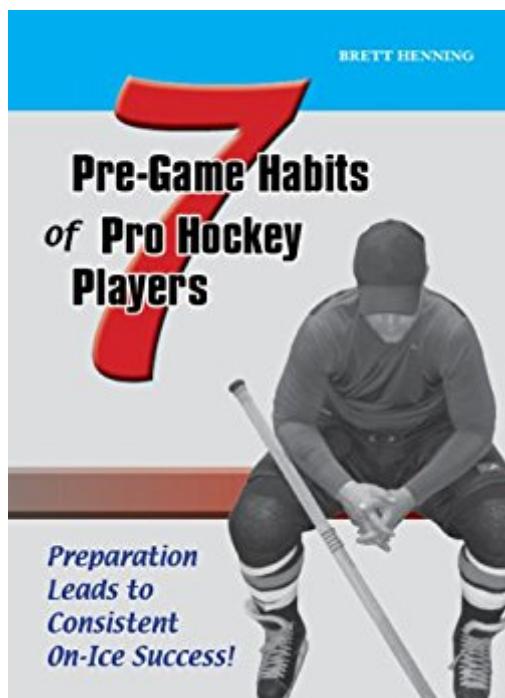


The book was found

# 7 Pre-Game Habits Of Pro Hockey Players



## Synopsis

Hockey players and parents will spend thousands of dollars this year developing physical skills to improve their performance on the ice. Players will spend countless hours of hard work shooting pucks in the backyard, playing shinny on the pond, or stickhandling in the basement to improve their performance on the ice. Yet many parents, players, and coaches fail to take the mental aspect of hockey into account.<sup>7</sup> *Pre-Game Habits of Pro Hockey Players* by author Brett Henning expands on specific techniques and exercises that pros use to prepare themselves for games.

Henning's unique insights come from a place close to the game. Before an injury forced Henning to retire, he played collegiately at Notre Dame, as well as for the USA National Team in the Under 20 World Championships, the most prestigious amateur hockey tournament in the world. He's also the son of former Islanders great Lorne Henning, who has spent 40 years in professional hockey and won four Stanley Cups as a player and coach. The book is a passion project that Brett wrote as he looked for a way to pass on his knowledge to people serious about the game. "People are right to focus on their physical skillset, but NHL players and coaches believe that 80 percent of the game is mental," • Henning said. "At every level players battle the mental elements of hockey, either playing down to a weaker opponent or getting nervous and tight in big games. This book is about helping people play up to their potential. Different players have different personalities, and this book was designed to help everybody. There are over 50 techniques to help players find the right mindset for their personality and help them unlock their untapped potential." • This step-by-step guide to pre-game preparation teaches: --How to create visualizations (mini-movies) to instill more confidence before stepping on the ice. --Why your pre-game stretching routine may be making you physically weaker before the game even begins. --How to control your emotions immediately with an "anchor" --How to use a breathing pattern to eliminate anxiety before a penalty shot. --What to eat/drink before, during, and after a game for optimal performance --How a routine dials in your focus and gets rid of distractions --What to eat when the bus stops at fast food restaurants, so your game performance is not affected. **EVERYONE**—from Squirts to the NHL—will learn specific techniques that will raise their game to the **NEXT LEVEL**. Be Prepared for **EVERY Game**, Pre-season to Game 7!

## Book Information

File Size: 764 KB

Print Length: 206 pages

Publisher: Score100goals (November 26, 2009)

Publication Date: November 26, 2009

Sold by: Digital Services LLC

Language: English

ASIN: B003EIIX9K

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #659,596 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #8 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Rollerskating & Rollerblading #22 in Books > Sports & Outdoors > Individual Sports > Rollerskating & Rollerblading #43 in Books > Sports & Outdoors > Coaching > Hockey

## **Customer Reviews**

This is a decent book for any athlete in any sport interested in improving their athletic habits and non-game activities to make them better all around. It is straightforward, has some interesting anecdotes and real-life examples, and easy enough to read for a young athlete learning on their own. The only downfall is that the e-version gets to be a little scattered and comes across as out of order, but I think that is a factor of the changeover to electronic. Some might find many activities boring or basic, but I feel like there is at least one thing from each chapter that could be a takeaway for longterm, habitual use.

For hockey players at any level, this is a great book for the mental preparation of the game.

Pre-game Habits provides a lot of insight into how to get ready to play the greatest game going! A must read for any player and coach from Pee Wees to pros.

My son plays for an ISHL team and the first time he applied some of the habits (Dont' ask me) he did much better. Now he is going to get into these habits.

Wish we would have had this year's ago with our older children who play hockey. Great STUFF! We loved the section on visualization and breathing.

I only play beer league now and this book had tons of great ideas that have delivered results when only partially implemented making the game more fun. I play for the pure enjoyment and having better more consistent performances makes the game even more addicting. Nice straightforward read with great antidotal stories to explain various concepts which can be applied to not only hockey but other sports and life. I wish I had this book 30 years ago.

This is a must for serious hockey players from high school on up. It is a similar read as *Hockey Tough*. However this is a much easier read. Having coached for the last twenty years from youth to Junior this is invaluable information.

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