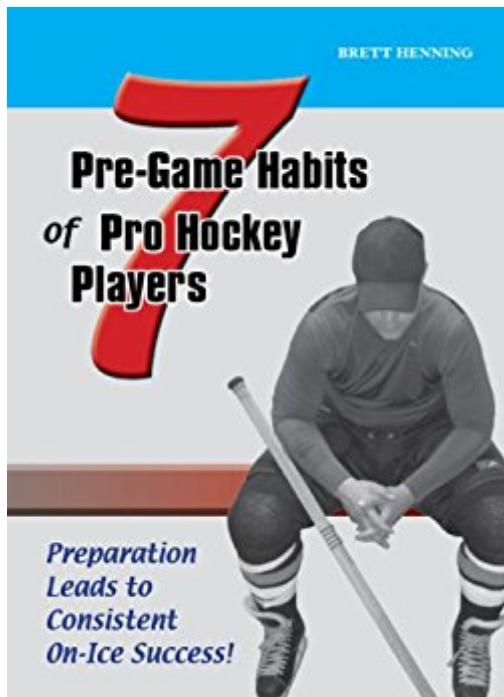


The book was found

# 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

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## **Customer Reviews**

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.

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.

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.

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7 Pre-Game Habits of Pro Hockey Players Habits: How to Develop Strong, Positive Habits Into Your Life for Long Lasting Change (Habits, Daily Routines, Exercise Habits, Habit Stacking, Mindset) The games of drawing room hockey, tether ball, hand tennis, garden hockey, volley ball, basket goal, lawn hockey, wicket polo, hand polo, golf croquet, clock golf, laws of badminton Chicken Soup for the Soul: Hooked on Hockey: 101 Stories about the Players Who Love the Game and the Families that Cheer Them On Players Making Decisions: Game Design Essentials and the Art of Understanding Your Players Go Pro Camera: Video editing for Beginners: How to Edit Video in Final Cut Pro and Adobe Premiere Pro Step by Step Sleep Smarter: The Ultimate Guide To Sleep Better, Feel Better By Having Healthy Sleeping Habits (sleep smarter, sleep better, healthy sleep habits, sleep ... healthy sleep, sleep apnea, feel better) Change Your Habits Change Your Life: Break Your Bad Habits, Break Your Addictions And Live A Better Life (Change Your Life, Stop Smoking, Stop Drinking, Stop Gambling, Stop Overeating) The Everything Guide to Managing and Reversing Pre-Diabetes: Your Complete Guide to Treating Pre-Diabetes Symptoms The Everything Guide to Managing and Reversing Pre-Diabetes: Your Complete Guide to Treating Pre-Diabetes Symptoms (Everything®) Eating Out On a Kidney Diet: Pre-dialysis and Diabetes (Renal Diet HQ IQ Pre Dialysis Living Book 3) Teaching Montessori in the Home: Pre-School Years: The Pre-School Years Beckett 2015 Hockey Price Guide 24th Edition (Beckett Hockey Card Price Guide) Roman: A Cold Fury Hockey Novel (Carolina Cold Fury Hockey) Max: A Cold Fury Hockey Novel (Carolina Cold Fury Hockey) National Hockey League Official Guide & Record Book 2017 (National Hockey League Official Guide an) Hockey Abstract Presents... Stat Shot: The Ultimate Guide to Hockey Analytics Hockey Confidence: Train Your Brain to Win in Hockey and in Life The Hockey Play Book: Teaching Hockey Systems Coaching Hockey Successfully: Advanced Coaching Manual (Special USA Hockey Edition)

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