

Power Up Your Mental Game – Player Edition

Day 1: The Locker Room Reset

■ Why it matters:

Just like you warm up your body before a game, you can warm up your brain!

When you're frustrated or nervous, it's like having a messy bench.

This exercise helps you clear it up so you're ready to go.

■ Mental Drill – 'The Locker Room Reset'

1. Sit down and take 5 deep hockey breaths:

- Inhale like you're breathing in cold arena air.
- Exhale like you're blowing steam off your visor.

2. Picture your thoughts like hockey gear on the floor.

- Imagine putting your worries, stress, and 'what-ifs' into your hockey bag.
- When the bag is zipped up, say: 'I'm ready to play. My mind is clear.'

Bonus Reflection:

Draw or write something that helps you feel calm before a game – maybe a lucky number, a pump-up song, or a cool-down routine.

