



Championship Mindset

Play Like a Champion by Thinking Like a Champion:

- The Puck is Mine, I Need the Puck to Live
- We Control Who Touches the Puck, The Puck is Ours

- Work Hard to Possess the Puck
- Work Harder to Regain Possession

- Speed Kills, Get to the Puck Fast
- Take Away Their Time and Space

- The Short, Easy Pass is the Best Play in Hockey
- You Don't Score on 100% of the Shots You Don't Take

- Win EVERY Race for the Puck
- Win EVERY Battle for the Puck

- No One Will Outwork Me
- Play Like a Champion, Play Like a Hockey Player
- Have Fun While Being the Best You Can Be

To become a hockey player requires 3 key ingredients:

Heart: Hockey is a blood sport. A person requires blood to live and the heart supplies this blood. A life without blood is not a life and a hockey player without heart is just someone who is playing a game. Be enthusiastic about what you are doing. Play with heart.

Courage: Courage is needed to turn heart into a common trait and create a team. Courage will carry you around the rink in a way that separates the hockey players from those players that *think* they are players. Being a hockey player isn't a choice, it's a reflection of the dedication and courage you possess. If you are a hockey player, you don't need to tell anyone. It shows up in everything you do.

Mental Toughness: Champions grind out shift after shift with the same intensity regardless of the outcome. Effort is always 100% and giving up is not an option that crosses their mind. Every stride, every shift, every drill and every day has a purpose. No one can change a player's focus when mental toughness exists. It is the by-product of someone with heart who has the courage to play every minute as though it is the most important minute of their lives.

Hunger starts by learning you need to get better and no where will teach that as well as a pond!