

7-POINT PRACTICE PERFORMANCE PLAN

Every practice is an opportunity to take your game to the next level.
Just showing up, going through the motions & expecting to improve won't work.
But this plan will.

1. Go First On Every Drill.

I know this can be scary. What if you mess up and the coach yells at you or your teammates roll their eyes? Let's think positively instead. What can you do to make sure you don't mess up? **PAY ATTENTION.** Perfecting the art of watching the coach draw the drill on the board, visualizing it in your head and being able to perform it physically will be critical to your future hockey success.

What does this say about you?

YOU ARE FOCUSED & YOU AREN'T AFRAID OF FAILURE.

2. Finish Every Drill To The End.

This is a huge pet peeve of most coaches. There is nothing more frustrating than watching you work hard for 95% of the drill and then slowing down or giving up right at the end. Why? Because that last 5% that you don't think matters - really counts! Most players will let up right before the end - and that's the most important part. Be different. If your coach tells you that the drill finishes at the goal line or on the whistle, go hard until the end.

What does this say about you?

YOU ARE WILLING TO GO THE EXTRA MILE.

3. Play Every 1-on-1 Battle Like It's Your Last.

In games, you will do anything to win a race to the puck or win a battle along the boards. Why don't you do the same in practice? Coaches like to say that you have to "Practice like you play." Think of it this way - if you don't go hard on every 1v1 battle in practice, how are you making your teammates better? When she has to face a "real" 1v1 battle in a game, she won't be prepared because you took it easy on her in practice. You have to want to win every battle - whether it's a game, tryout or practice.

What does this say about you?

YOU ARE DETERMINED TO MAKE YOURSELF & YOUR TEAMMATES BETTER.

4. TALK!

This is by far the simplest thing you can do in practice to make yourself and your teammates better. It drives me crazy to watch practices and games where players aren't calling for the puck. I have a rule with my team that if you don't call for the puck, I won't pass it to you. It might make players look foolish when they skate past me without

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a return pass, but they get the message very quickly. When I watch games as a scout and coach, I guarantee you that I will always notice the players that are talking out on the ice. If your goal is to get noticed, this is a no-brainer.

What does this say about you?

YOU ARE CONFIDENT IN YOUR POSITIONING & ABILITIES.

5. Follow Your Shots.

This might seem like a really small detail - but it's HUGE! Far too many players take their shots and then practically skate themselves into the corner on the follow through. GO TO THE NET! I am not telling you to run the goalie over, but you would be shocked at how many more opportunities and goals you will get by following your shots. Start programming yourself to do this automatically by stopping in front of the net after every shot you take in practice. Once you get into the habit, you'll see a huge increase in your opportunities to score.

What does this say about you?

YOU PAY ATTENTION TO THE LITTLE DETAILS THAT MAKE A BIG DIFFERENCE.

6. Ask Questions (even when you understand).

To me, asking questions to clarify difficult drills or concepts, when you already understand the drill, shows leadership. When your coach shows a complicated drill on the board, you can be sure that one or more of your teammates are confused. There is no shame in asking for clarification, especially if it means that you're giving your teammates another opportunity to understand the drill and there is less chance that your coach has to stop the drill halfway.

What does this say about you?

YOU ARE A TEAM PLAYER & LEADER.

7. Stay Positive (and help teammates do the same).

We all have days out on the ice when we feel like we can't do anything right. The easy choice is to put yourself down, slam your stick against the boards when you make a mistake and apologize to your teammates for being "so bad". Don't make the easy choice - make the hard one. Choose to stay positive even when things aren't going your way. Don't apologize for making a bad pass - decide to make the next one better.

What does this say about you?

YOU HAVE A WINNING ATTITUDE.

**These 7 points may seem small.
But they will make a HUGE difference in how you practice and play.**