

*"The key to your success is based on the success of your mental preparation."*



## **Player Success Journal**

[www.puckmasters.com](http://www.puckmasters.com)

## MY NAME IS...

Name: \_\_\_\_\_ Jersey #: \_\_\_\_\_

Team Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

## COACH'S INFO

Puckmasters Coach's Name: \_\_\_\_\_

Team Coach's Name: \_\_\_\_\_

Team Manager's Name: \_\_\_\_\_

Team Assistant Coach's Name: \_\_\_\_\_

## TEAM ROSTER

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ #: \_\_\_\_\_

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# **WHO SAYS YOU CAN'T HAVE FUN/AND PLAY/BETTER HOCKEY/AT THE SAME TIME?!**

Good Morning Fellow Hockey Player,

Welcome to your very own Hockey Success Journal!

Print your name, phone and jersey number on the first page right away so if its misplaced, it will find a way back to you.



Why keep a hockey success journal? Keeping a hockey journal will help you become a better hockey player! We've designed this journal to track your stats, your win/loss record and your successes just like the pros! Keeping a journal will allow you to focus, improve and have more fun plus you can show it to your friends, family and other team members!

Inside you'll find a place to record your game & practice schedules, your game and practice performance, as well as several pages of tips to becoming a better hockey player and a better person.

Have fun and make it a great season!!!

Pete Fry,  
Founder Puckmasters Hockey Training Centers

PS: If you would like more copies of this journal, give us a call at 1-888-775-PUCK.

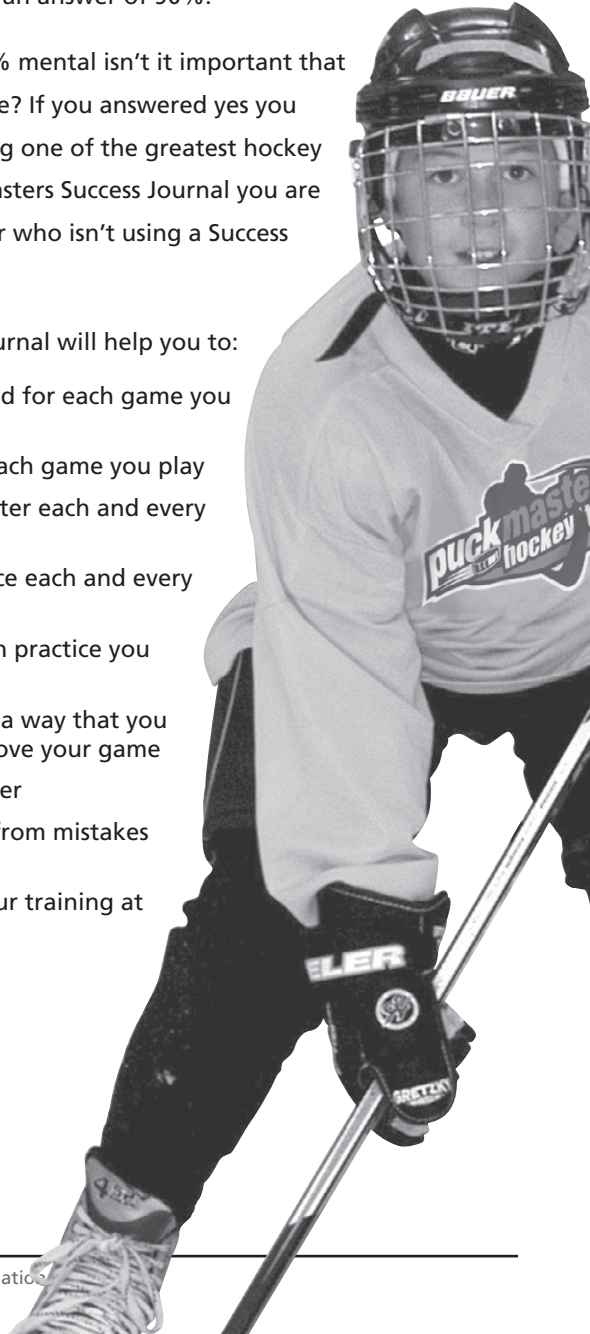
## PURPOSE

The purpose of the Puckmasters Success Journal is to train and build the mental part of your game. Ask any NHL player or coach how much of the game is mental. You will get an answer of 90%.

Therefore, If the game is 90% mental isn't it important that we work on the mental game? If you answered yes you are well on your way to being one of the greatest hockey players! By using the Puckmasters Success Journal you are ahead of every hockey player who isn't using a Success Journal.

Your Puckmasters Success Journal will help you to:

- Be mentally prepared for each game you play
- Get motivated for each game you play
- Improve mentally after each and every game you play
- Build your confidence each and every game you play
- Prepare you for each practice you have
- Record your stats in a way that you can analyze to improve your game
- Become a team player
- Learn and improve from mistakes you make
- Keep notes from your training at Puckmasters



## **BENEFITS TO YOU!**

The 10 Key Benefits of You Using the Puckmasters Success Journal:

1. You will be mentally prepared for each game you play
2. You will be motivated for each game you play
3. You will improve mentally after each and every game you play
4. You will gain confidence each and every game you play
5. You will be prepared for each practice you have
6. You will record your stats including goals, passes and opportunities you had in a way that you can analyze to improve your game
7. You will become a team player
8. You will learn and improve from mistakes you make
9. You will keep notes from your training at Puckmasters to help you improve

You will be able to look back later in life and see how you've progressed.



# WHEN TO USE YOUR PUCKMASTERS SUCCESS JOURNAL

Your Puckmasters Success Journal has been designed to be used:

- Before your Games
- After your games
- Before your Practices
- After your practices
- After your Puckmasters training sessions
- When you need a confidence boost

When you want to analyze and improve on your production on the ice .

The three most important words to be successful with your journal are:

## “Take Action Now!”

Good luck, and if you have any questions, contact your Personal Coach at the Puckmasters Hockey Training Center nearest you.



## **SEVEN MENTAL HABITS OF A HIGHLY SUCCESSFUL HOCKEY PLAYER**

1. Sets goals and reviews them on a regular basis.
2. Visualizes before games and practices.
3. Reviews mistakes and learns from them.
4. Focuses on successes to build confidence.
5. Has fun
6. Looks for reasons to play well
7. Always speaks positively

## **SEVEN PHYSICAL HABITS OF A HIGHLY SUCCESSFUL HOCKEY PLAYER**

1. I am on a regular fitness program.
2. I practice like I play in a game.
3. I am first on and last off the ice.
4. I eat nutritious food to fuel my body.
5. I gives 100% every time I step on ice.
6. I drink lots of water.
7. I specifically work on one skill every time I practice.

# PRE-GAME WORKSHEET

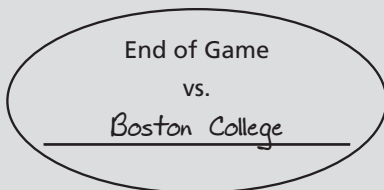
## INSTRUCTIONS

**1. Mindmap:**

Preparing for your game involves End Point Visualization (EPV) which is a technique proven to improve athletes' performances immensely. You begin with a "mindmap" to paint the picture for yourself of how you want the game to turn out.

Step 1: Write in the name of the team you will be playing against on the line in the circle:

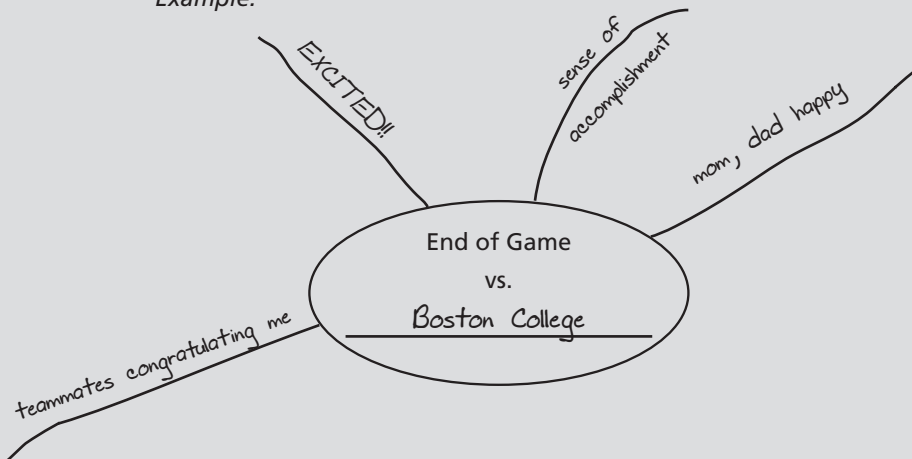
Example:



Step 2: Ask yourself, "If I can have my game finish any way I want, what would I see, hear, and feel?"

Step 3: Each time an answer pops into your head, draw a line off the circle and write the thought (in three words or less) on the line.

Example:



# PRE-GAME WORKSHEET

## INSTRUCTIONS (CONTINUED)

### 2. Videotape Your Picture:

Now that you've established a picture of what your end-point should be, you need to bring that picture back to the starting point.

Step 1: Take the picture from the mindmap exercise, and pretend to put it into a videotape.

Step 2: Now press the rewind button, and play the game **in reverse**. Do this from the end of the game right through to the beginning of the game.

*Example:*

End of Game	3rd Period	2nd Period	1st Period
Teammates congratulating me	Game winning goal TOP CORNER!	End-to-end rush	Quick feet, breakaway!

### 3. Make Your End-Point Picture Real!

Now take all of your thoughts from above, put them together and take a photograph of how the game will end up.

Step 1: Add sights to the picture:

*Example:*

**What do you see?**

- You and a teammate high-fiving each other to celebrate your victory.
- Looking on the score clock and seeing your team with more goals than the other team.

Step 2: Add sounds to the picture:

*Example:*

**What do you hear?**

- You might hear the final buzzer sounding and at the same time get the same feeling you have every time your team wins.

# PRE-GAME WORKSHEET

## INSTRUCTIONS (CONTINUED)

Step 3: Add feelings to the picture:

*Example:*

**What do you feel?**

- You might feel elation! Excitement! Energized!

#### 4. Three Reasons for Playing Well

If you have powerful enough reasons behind something, you will find a way to accomplish it! Write down at least 3 reasons.

*Example:*

- To help my team win

#### 5. Three Reasons Why I Deserve to Play Well

Same as above.

*Example:*

- I worked hard in practice

# IN-GAME WORKSHEET INSTRUCTIONS

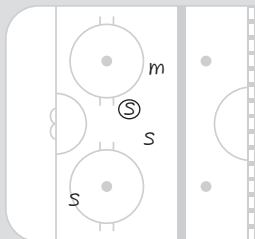
This is to be given to a coach, parent, or friend to record your game statistics while you are playing.

## 1. Shots, Scoring Opportunities, and Stickhandling Plays

Step 1: Write down every shot, scoring opportunity, or stick-handling play the player makes.

- **S** for a shot
- **O** for a scoring opportunity
- **M** for a stick-handling move
- Circle the letter if it's a goal or assist

*Example:*



Step 2: Total the goals and shots for the game and write them in the space provided.

*Example:*

Total Goals   1   / Total Shots   5   =   20   % Shooting Accuracy

*(To determine shooting accuracy, divide the number of goals by the number of shots, then multiply by 100. eg: 1/5x100=20%)*

# IN-GAME WORKSHEET INSTRUCTIONS (CONTINUED)

## 2. Type of shots

For every shot taken, write down the type of shot and where on the net it was taken (circle it if it was a goal).

*Example:*

- Snap shot - top left corner
- 

## 3. Team plays

Write down every good team play such as passes, staying on side, beating the other player to the puck, forechecking and backchecking.

*Example:*

- Slowed down to stay on side for teams
  - Set teammate up for goal
-

# POST-GAME WORKSHEET

## INSTRUCTIONS

**1. Three personal successes:**

Write at least three personal successes you had during the game.

*Example:*

- Followed through on all my shots
- Made 3 awesome passes

**2. Three team contributions:**

Write at least three team contributions you made during the game.

*Example:*

- Did not retaliate when a Bruins player cross-checked me

**3. Scoring opportunities/what I learned/why I am better now:**

Describe the shots/opportunities you had to score, what you learned from each one and why you are a better player now because you had that opportunity to learn.

*Example:*

- Breakaway - Kept my head up
- Shot in slot - released quicker

# PRACTICE WORKSHEET

## INSTRUCTIONS

This is done to keep track of your success each practice and to give you a good recording of what you accomplished each practice.

**1. Skating Mastery:**

Write at least three actions you took to master the art of skating during your practice

*Example:*

- Worked on my forward crossovers

**2. Passing Mastery:**

Write at least three actions you took to master the art of passing during your practice

*Example:*

- Made 30 passes with teammate and followed through on every one

**3. Shooting Mastery:**

Write at least three actions you took to master the art of your game during your practice

*Example:*

- Shot every opportunity I had

**4. Team System Mastery:**

Write at least three actions you took to master your team's systems during your practice

*Example:*

- Focused during breakway drill

**5. Other Successes:**

Write at least three other things you did well during your practice

*Example:*

- Scored on Breakaway!!

# PUCKMASTERS SESSION WORKSHEET

## INSTRUCTIONS

This is done to keep track of your success in each of your Puckmasters 1-on-1 training sessions and to give you a good recording of what you accomplished each session.

1. What you learned:

Write at least one thing you learned at Puckmasters today:

*Example:*

- To point my foot at the target

2. Why you are a better player:

Write at least three reasons why you are a better player because of your training session today.

*Example:*

- I have a more accurate shot

3. What are some of the things you can improve on:

Write at least three things you can work on.

*Example:*

- weight transfer from back foot to front foot

4. What you really enjoyed:

Write at least one thing that you really enjoyed about your training session.

*Example:*

- Coach Curtis was really funny

5. Other Successes:

Write at least three other things you did well during your session.

*Example:*

- hit top corner three times in a row!

# PRE-GAME WORKSHEET

Date: \_\_\_\_\_

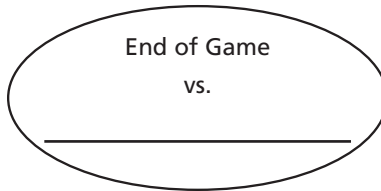
Location: \_\_\_\_\_

Team Playing: \_\_\_\_\_

Time: \_\_\_\_\_

“When you are prepared, you feel confident.”

1. Mindmap



End of Game  
vs.  
\_\_\_\_\_

2. Video tape your picture:

*Play it forward*

*Play it backward*

3. Make your end-point picture real!

*What did you see?* (eg: puck hitting mesh of net)

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*What did you hear?* (eg: crowd cheering)

---

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*What did you feel?* (eg: sense of accomplishment)

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---

4. Three reasons for playing well:

- ---
- ---
- ---

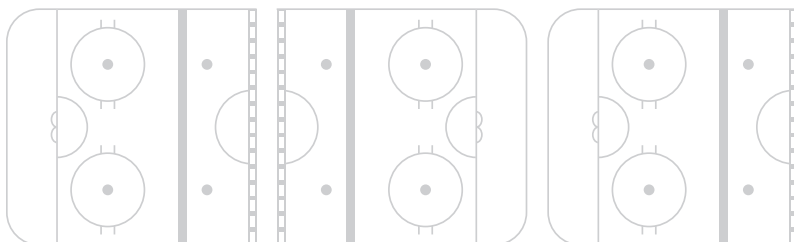
5. Three reasons why I deserve to play well:

- ---
- ---
- ---

# IN-GAME WORKSHEET

Success Recorder's Name: \_\_\_\_\_

1. Shots, scoring opportunities, & stickhandling plays



1st Period Shots

2nd Period Shots

3rd Period Shots

Total Goals \_\_\_\_\_ + Total Shots \_\_\_\_\_ = \_\_\_\_\_ % Shooting Accuracy

2. Type of shots

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

3. Team plays

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# **POST-GAME WORKSHEET**

1. Three personal successes:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

2. Three team contributions:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

4. Scoring opportunities/what I learned/why I am better now:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

“I give 100% every time I step on the ice.”

# **PRACTICE WORKSHEET**

Date: \_\_\_\_\_

Location: \_\_\_\_\_

Time: \_\_\_\_\_

1. Skating Mastery:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

2. Passing Mastery:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

3. Game Mastery:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

4. Team System Mastery:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

5. Other Successes:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# **PUCKMASTERS SESSION WORKSHEET**

Date: \_\_\_\_\_

Topic: \_\_\_\_\_

Your Personal Coach's Name: \_\_\_\_\_

1. What's the best thing I learned at Puckmasters today?

•

\_\_\_\_\_

2. What are some of the reasons why I'm a better player because of my training sessions

•

•

•

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3. What are some things from my sessions that I can work on?

•

•

•

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

4. What is one example of something in my session I really enjoyed?

•

\_\_\_\_\_

5. What are 3 examples of success I had in my session today?

•

•

•

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_





**train like  
the pros!**

**[www.puckmasters.com](http://www.puckmasters.com)**