



## Is your dream to play hockey at a higher level?

Perhaps in the top league?  
To play for state or a regional team?  
Or maybe it's even to play for your country at the Olympics one day?



Do you want to walk off the field every game and feel like you have played your best?

Right now, you may have some barriers that are holding you back from achieving that dream but you know, whatever your dream is - *it may not be as far fetched as you may think.*

My name is Lauren Penny and I used to think that there was a very small chance that I could play hockey for my country. At one stage I thought that maybe I had what it took but when I didn't make national teams at junior level I starting to lose confidence and became of those people who just **"hoped"** that I would be **"lucky"** enough to play for my country one day.

Thankfully I realised just before it was too late that when you just hope and rely upon luck, you generally don't get what you want.

*It is down to you and the daily actions you take to stand out and give yourself the best chance at getting what you want.*



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You may not have truly realised this yet, but you have the power and potential to reach whatever you want to achieve and often it comes down to how much you want something and how hard you are willing to work for it.



***Nothing worth having comes easy...***

or it wouldn't be worth your time and effort. We all like a challenge and we all love feeling proud of our achievements, being respected and appreciated by others.

A lot of people seem to think you need to have the latest and greatest skills to become a great hockey player but...

**Do you really think that having skill is what's going to get you selected into teams?**

Sure, having some good basic skills is certainly part of the game of hockey, but it is simply not enough just to have good skills. You may already have enough basic skills to make teams but the key is...

You have to be able to **use the right skills at the right time**, you have to **be available** to receive the ball and not be hiding away, you can't be **scared of making mistakes** or worried about **being under pressure**, you need to be **confident** in your ability, even when things aren't going your way.



If you have been ***struggling to get selected*** for teams or feel like you are not playing your best, then the good news is that confidence, consistency, dealing with pressure and having the right mindset is something that ***can be taught, just like hockey skills.***

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## The problem is...

Everyone works on their hockey skills but very few people work on their confidence and mental toughness. For example nowadays everyone seems to spend time learning advanced skills like how to dragflick which takes many years to master but they aren't able to do what they do at training in games.



## Why?

Because of pressure and mental toughness! Once you know how to get more confidence, the world really is your oyster.

## 3 Important Questions to ask yourself right now

### *1. How confident you are out of 10?*



### **2. Do you have a goal in hockey?**

If you don't it may be due to a lack of confidence or a fear of failure.

### **3. Are you doing everything you can to reach your goals?**

If you aren't then it is likely to do with some doubt that you have, the fear of failure and a lack of confidence or motivation.

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## You might be wondering who I am and why you should listen to me?

Well let me tell you. The first reason is because I have achieved what most people only dream of - I have represented my country and played as an international hockey player. I achieved this despite never making a junior national team and while living on another continent, 6000km's away from my home country.



That's me at the London 2012 Olympics

The second reason is that I have been a performance expert for over 10 years. So not only have I done it for myself but I have also helped others to reach their potential and achieve their goals.



## Don't you also want to reach your potential and see how far you can go in your hockey?

Hopefully by now you realise that you too can do anything you put your mind to and that you are in the hands of someone who has already reached the top of their game and has hundreds of helped others to do the same too.

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Nowadays hockey seems to be all about success and the desire to always win. We want to be the best and we have this compelling drive for improvement and becoming successful.

**Q1:** *Why do some hockey players succeed in the face of adversity while others don't?*

**Q2:** *How are some players able to disregard negativity in competition while others let it influence their performance?*

**Q3:** *What is it that allows players to bounce back after setbacks like injury, being dropped, etc?*



**Winning goes far beyond having skills and good technique. The importance of psychology and having the right mindset is one of the most under-used skills.**

Researchers have attributed Mental Toughness as being a significant influencing factor to contributing to successful performance, yet most people don't know much about it.

***“Mental toughness allows you to go beyond pure physical talent, skill and ability.”***

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## What happens when you are training the hardest you can but not getting anywhere?

Do you train harder? No, you need to train smarter. The way to train smarter is to spend time working on the mind and body connection. So often people forget about the importance of the mind in sport and don't do any mental training. In fact, most people don't even know what **mental training** is.



The biggest difference between a good athlete and a great player comes down to their **mental preparation** and how well you can **apply your skills during high pressured game** situations.

It is crucial for all hockey players, if you want to succeed to be able to cope with the psychological stress that comes with participating in sports, you must be doing mental training.

I am not saying that you don't have to train physically, my message is that if you have some hockey talent then you can further enhance your performance and increase your chance of success by training mentally.



### **Talent does not guarantee success.**

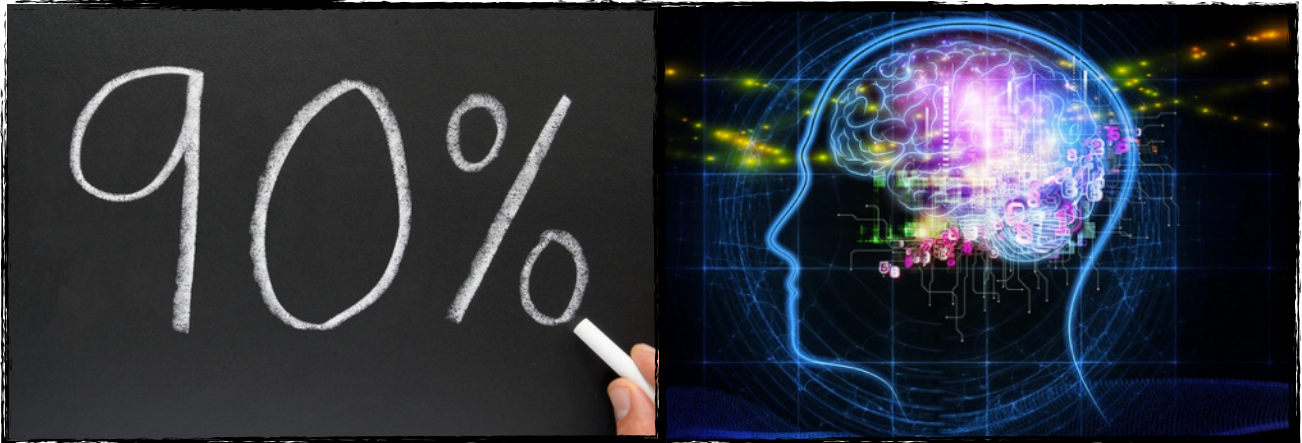
It is scary the number of times you see players with potential at junior level and then they disappear and you never see them again. They were at the top of their game and showed great potential but then they reach burnout, because they don't know how to deal with setbacks. The pressure gets too much or they can't handle expectations anymore. This is caused from low mental toughness.

There are many stories where less talented players have succeeded and reached the top level because of their mental strength, much like myself.

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**Hockey is 90% mental**, but so often the technical part of the game is magnified at the expense of the mental.



Maybe you don't know how to get the right mindset or what mental training is. But that's where I come in....

**I want to help you to get the edge over others...**

to show you that you can achieve more than you think and that you have got the potential to reach your goals, if that's what you really want and desire.

*But it won't happen without the right mindset.*

You need to start preparing now for the next 5-10 years. Think how much you can develop your mindset over this time so that when the time comes for selections, you are ready for success and confident in making the team.



***Don't make the #1 mistake that 90% of people make by neglecting the mental part of the game - it is often the difference between average and great players!***

I hope you enjoyed this free document, to find out more go to:

<http://hockeyperformanceacademy.com>

*Regards,*

*Lauren Penny*

*International Hockey Player & Hockey Performance Expert*

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