

# VIDEO 01

## WORKBOOK



## EFFECTIVE WAYS TO TAKE YOUR HOCKEY TO THE NEXT LEVEL

Welcome to this action-packed **FREE Video Series** showing you how you can **Take Your Hockey To The Next Level**

During this 3 Part Video Training Series I take you through several powerful strategies that I use to help hockey players get noticed, by teaching how to improve hockey fitness, get faster and ultimately be more confident on and off the field so that you can reach a higher level and be proud of yourself.

What I share with you in this series is based on my own experience not just as an ex-international player, but also from years of helping others to push the boundaries of what they believe is their potential.

If you're looking to take your hockey to the next level but perhaps you're not sure what to do or where to start then... you're in the right place.

These videos are designed to teach you how to go from where you ARE right now to taking the next step towards those goals you strongly desire.

### ABOUT LAUREN



*I'm Lauren Penny and my aim is to inspire hockey players from all around the world to take their game to the next level.*

*As an ex-international hockey player and Performance coach with over 10 years experience I want to show you how you can become a confident hockey player, by improving both your physical and your mental game.*

*It takes a lot more than just having skills to be a great hockey player which is why I would love for you to join me in my 3 Part Video Series to learn more about how to get noticed and reach the next level in hockey.*



*"Since joining my game has improved massively and my confidence has soared! This is the answer to anyone who wants to take their game to the next level"*

**Ellie Rayer, England u21 Player**

## SETBACKS CAN MAKE YOU OR BREAK YOU

Every successful hockey player has a turning point. A point when they realize they want to improve, to go further or to become the best hockey player that they can be.

This will often start out as a setback or some kind of a disappointment, it could be missing out on selection, not performing the way you know you can play or injury.

We all experience setbacks, they are part of every successful persons journey whether it's in sport or life, but no-one talks about their failures - you only see their success.

**Setbacks are there to test you and make you realize how much you want something.**

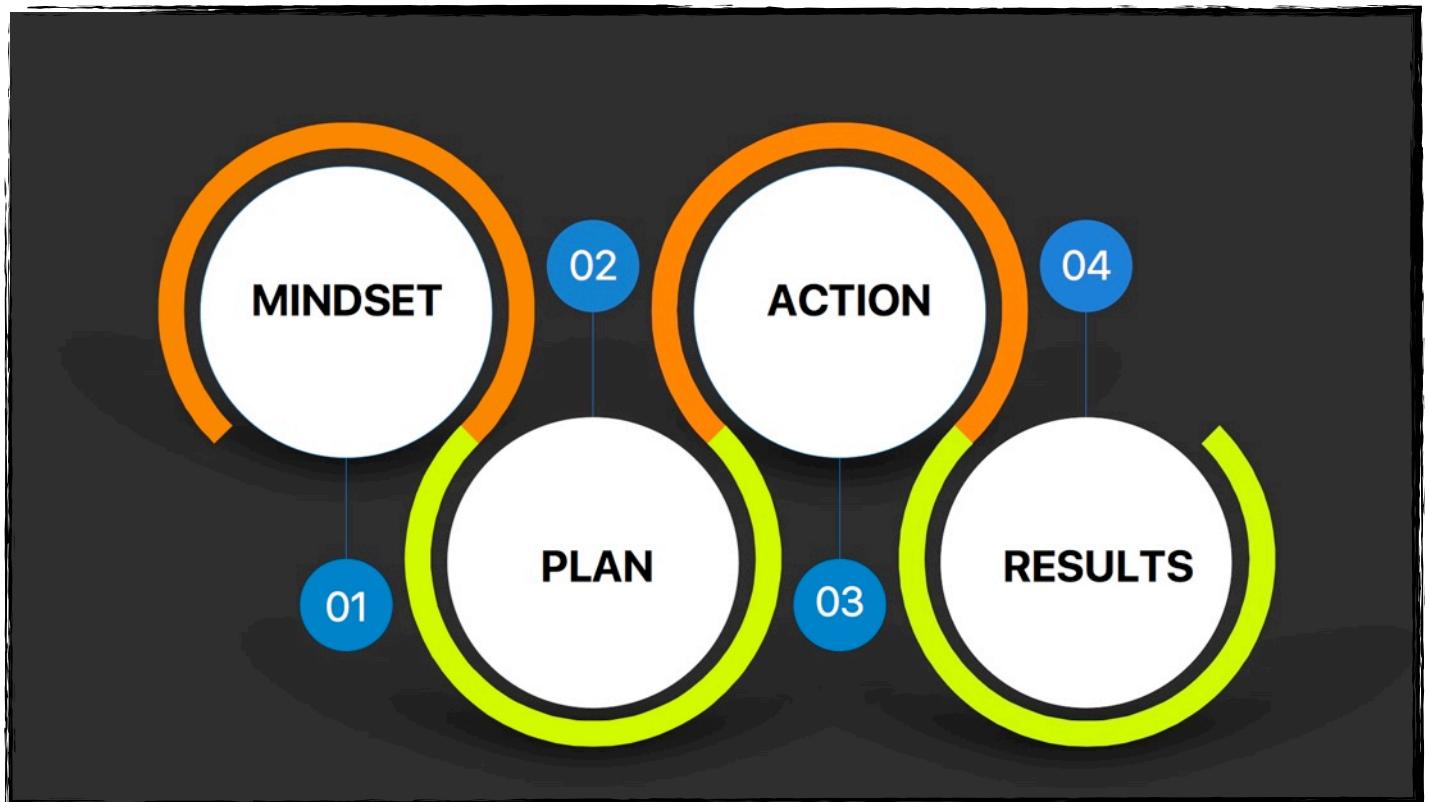


The difference is how you deal with these setbacks.

Shortly I will share my journey of how I went from a 17 year old who missed out on national selection and on the verge of quitting to representing my country at the Olympics, even though I **lived 6000kms away** from my home country, **never made a junior national team** and **none of the selectors knew who I was**.

## RESULTS COME FROM MINDSET

Results are created by the actions we take, action comes from the plan or strategy we develop and our plan comes from our mindset. You see, while everyone else focuses on the actions and skills of a hockey player, I focus on mindset first. Then we get into what actions to take, such as what fitness to do or which skills to improve, etc.



**So why does any of this really matter?**

Well if you setup your mindset first, it changes everything because it will affect your habits, your behavior and your actions which will affect your results. When you can train your brain to see opportunities and what others can't see then anything becomes possible.

**This means that mindset is the foundation of success.**

If you don't work on it you will never be your best.

## STOP OBSESSING OVER FANCY SKILLS!

Have you ever seen players practicing all the cool fancy skills that look good in training or on youtube videos but when it comes to games, they mis-trap the ball, give away possession or fail to do the basics well?

Maybe you've been working so hard off the field on improving your skills or fitness but you're frustrated because you're not seeing the results on the field. This is likely because you are focussing too much on the wrong things.



Now I'm not saying that you don't need to have skill to be a good hockey player, but rather that **skill is the easiest to teach**, that's why it should come last. This is the same reason why **top coaches don't just pick players on level of skill or ability**, because they know that anyone can improve and learn technical skills with enough practice.

## THE TURNING POINT

Now I'm very honored and proud to have reached my childhood dream of playing for my country, not just in hockey but in cricket too. But, what most people don't realize is that just like the majority of successful people, **my journey wasn't an easy one.**

I started playing hockey aged 11 years old and I instantly became hooked. My first real taste of success came when I made the u13 regional team. This was when I started to get more serious about going further with my hockey and I started to put in a lot of extra training.



I no longer wanted to turn up to training every week because I loved it, but something inside of me wanted more and I wanted to see how far I could go with hockey.

I didn't just want to be a good hockey player, **I wanted to be great.**

But when I was in my final year of school aged 17 **I didn't get selected** for the u18 national team.

I was devastated.

And although I didn't openly express my disappointment, inside I felt rejected and all I could think was **"what's the point of even trying"**

I wasn't the most skillful player in the team but I worked harder than most and felt like I should have got in, especially when I looked at some of the players that made the team.

After missing out I came up all the reasons of why I wasn't selected such as **"politics, the selectors didn't know me, my team mates didn't pass, I'm too inexperienced, my coach didn't get the best out of me, maybe it was the niggling injury I had, etc etc.**

While a few of these were true to some extent at the time I was basically blaming everyone else and everything other than looking at myself and what I could have done differently.



## ARE YOU GOOD ENOUGH?

That same year I also captained the u19 South African national women's cricket team and had one of the highest batting averages in the country, but again I missed out on selection, this time it was for the Senior National World Cup team. I started to think:

What's wrong with me? Am I that bad?

**Maybe I'm just not good enough.**

I put in so much time and effort into improving and all I got was this disappointment.

I wanted to quit.

But instead upon advice from a mentor, I decided to change my environment and like many young people these days I took a gap year to the UK.

I ended up staying in England for 10 years, largely because the club I first played for had such an awesome community, in fact many of them are still some of my closest friends today. It was during my first season in England that I fell back in love with hockey again.

But after a couple of seasons playing for a national league team, one of the opposition players said to me **"you should be playing in the top tier premier league."**

This had always been in the back of my mind but I wasn't sure if I was good enough and was worried that I would leave this great club and then not make it.

But I soon started to notice myself getting more frustrated in games and I got the desire to play at a higher level again, so I decided to step out of my comfort zone and go for it.

When I arrived at the first trial for a premier league team, I was told that most of the players in the team were either current internationals or ex-international players.

I was so nervous, but it had taken me over 2 hours to get there so I wanted to make the most of it and try to prove myself.

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## WHEN FEAR SETS IN

I made the premier league team but at first it was really tough. Some of the older players seemed to just **constantly point out what I was doing wrong...** I started to fear making mistakes and I worried what others thought of me.

But one particular ex-GB player took me under her wing and helped me and soon I started to notice myself really improving.

This was when I grew the most as a player, not just on a basic skill level but on every other part of my game. Although I've had some good coaches, I learnt more from the ex-GB players in this team than I have from any coach and I've had some good coaches.



After a couple of seasons, a well-respected journalist who had been watching several of our games approached me and asked why I wasn't in the England team. When I told him that I was South African he said that he knew the SA national coach and that he was going to get in touch with him telling him that I should be in his national team.

At the time I didn't know who he was and I didn't even think anything of it, but within a week I was contacted by the national coach inviting me to join a national training camp for SA selection. I almost didn't go because of a busy work schedule, but when you have waited all your life for an opportunity like this, **there is always a way to make things work.**

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## MY ONE AND ONLY CHANCE

I knew that this would literally be my one and only opportunity to prove to the coach that I should be in his team, but I only had one month to prepare, over the Christmas period.

Like I said, I'm not necessarily the most skillful player but **my basics were good** and I knew that there was only so much I could do physically in a month to prepare so I decided to focus most of my time on improving my mental game, seeking expert guidance.

By the end of the grueling training camp I got my first senior international cap, **despite living on another continent at the time, never making a junior national team and the selectors not even knowing who I was.**



To top it off, I scored my first goal on my debut which is a pretty rare thing. This is still the proudest moment of my life today... standing in front of thousands singing my national anthem, representing my country for the first time and signing autographs after the game.

In fact, when I was at school I used to practice my signature for when I was famous, but this time it was for real...

## #1 DIFFERENCE THIS TIME

Looking back on my experience, I can say without a shadow of doubt that if it wasn't for the mental preparation I had done then there's no way that this would have happened.

I recognize now that it was the **#1 difference between missing out as a 17 year old VS making the senior national team, scoring on my debut just a few years later.**

It's not that I dramatically improved my skills over that time, the main difference was my mindset and how I approached my training and games.

But I couldn't believe that no-one had ever told me about the importance of mindset or how to train it, before I stumbled upon it in a conversation with an ex-Olympic Coach just months before the selection camp.

Thankfully that conversation was good timing.

As an international player I was fortunate to experience some great memories including winning an Olympic Qualifying tournament in India which meant we qualified for the London 2012 Olympic Games.



Following this we spent several months training in Holland where I took unpaid leave for the chance to play at the Olympics.

But once again things weren't smooth sailing...

## WHEN INJURY HITS YOU

My first major setback as an international came as an injury. After many months of training I dislocated my shoulder the day before the Olympic team selection, which was just 6 weeks before the Games.

I had dislocated my left shoulder several times before due to having quite a lax joint but this was the first time my right shoulder had dislocated.

From experience I knew that it would usually take up to 6 weeks to fully recover from a shoulder dislocation so this made me a high risk for selection. Surprisingly, the next day I found out that I was selected into the 18 player Olympic squad, but that only 16 would get to play.

My coach said if I wanted to be considered then I would have to play at the London Cup which was only two weeks away.



Two weeks passed and deep down I knew I wasn't ready to go back but I was willing to risk it, until I saw a specialist who was an ex-international rugby player and he told me that I would be stupid to go back because it would most likely cause permanent damage.

He shared some stories of setbacks that he had faced in his playing career and made me feel like he really understood my situation.

**I knew he was right but I didn't want to face the fact that I had given everything up for this.**

This was just the start of various injury problems that I had from patella tendonitis, hamstring & quad strains, compartment syndrome and a broken thumb, which meant that I missed out on several major international tournaments.

So after all the injuries I had, I eventually decided to listen to my body, the specialists and I had the shoulder operation I needed.

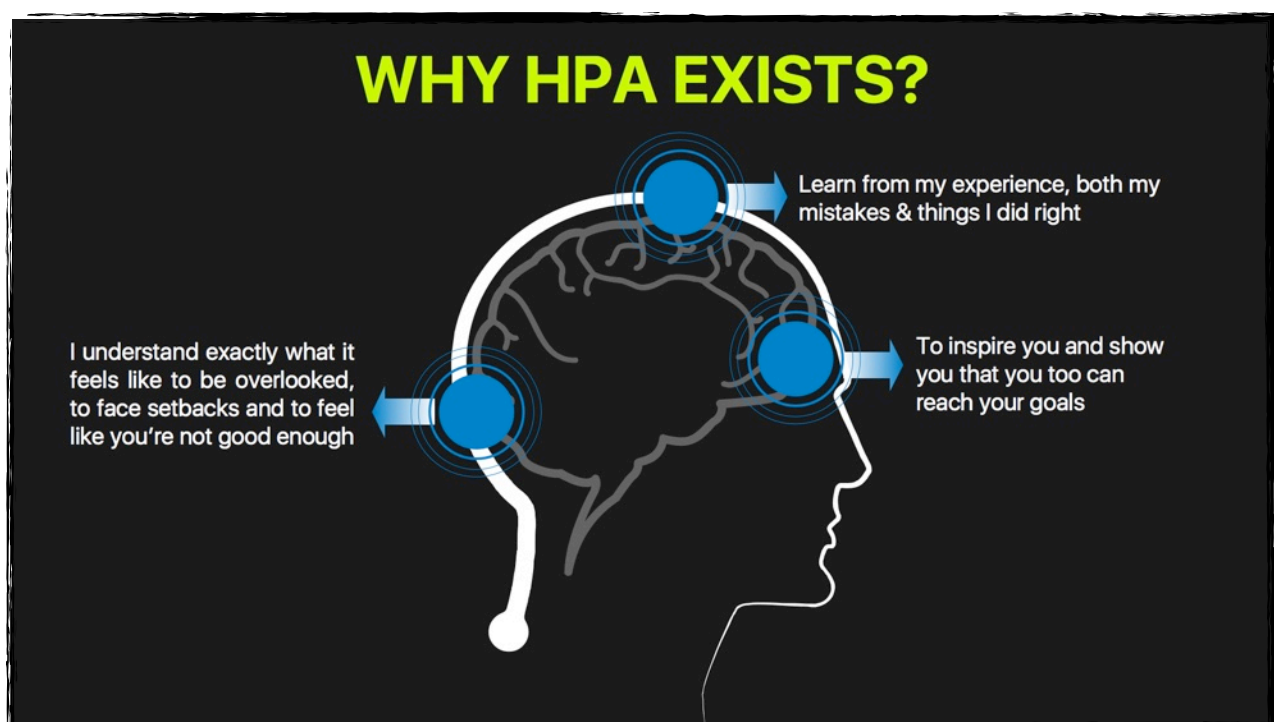
## WHEN ONE DOOR CLOSES ANOTHER ONE OPENS

Looking back now I can honestly say that I wouldn't have even got this far or even gained those valuable experiences if I didn't go 100% all in and this happened when I decided to get out of my comfort zone and try get into a premier league team.

The lessons that I've learnt during this process have been so important to be able to help others, so **I don't regret anything** and I can honestly say that it was all worth it. I have also realized that sometimes when one door closes another opens.

I say this because although I've always been involved in some form of coaching whether it was personal training, life coaching or hockey coaching, I felt like I had much more to offer. And it was in this dark time that I started to reflect and I made the decision that I wanted to make a bigger impact in sport and that I was going to share what I had learnt with others.

Soon after the **Hockey Performance Academy** was born and the aim of it was to help and inspire others to reach their potential and take their game to the next level.



## CORE PILLARS OF SUCCESS

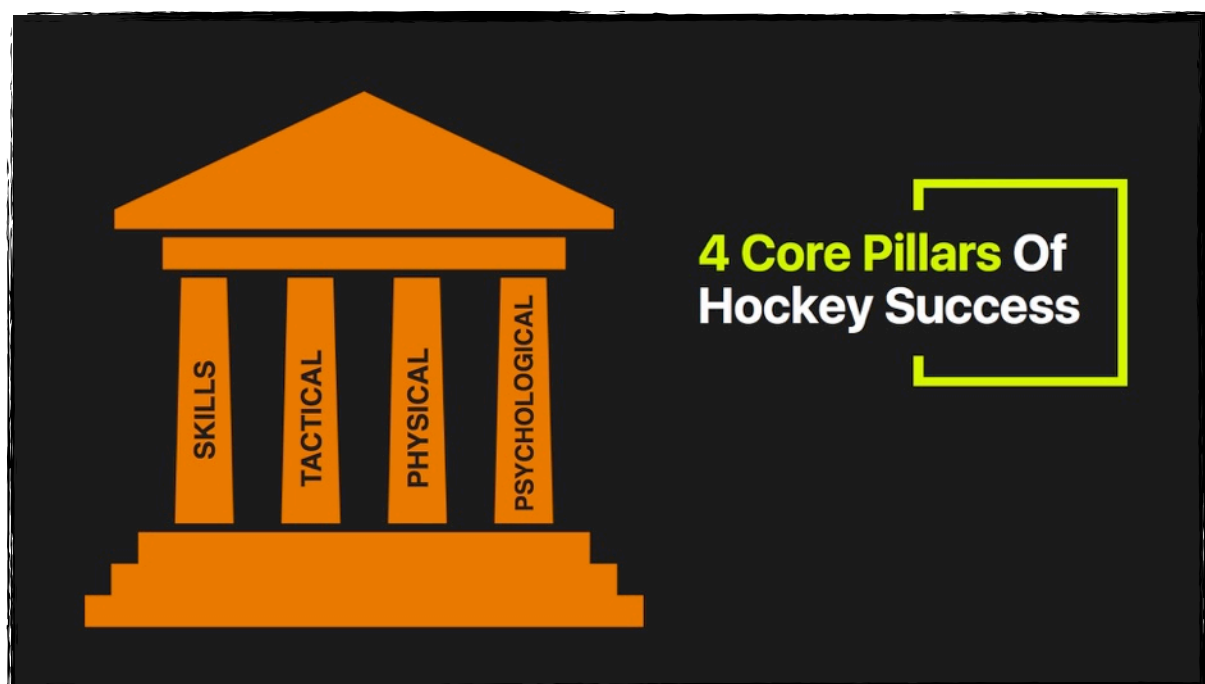
**If someone has never achieved what you want or at least helped someone else to do it then how are they supposed to know what it takes or how to achieve it?**

What I'm sharing with you here is not necessarily something you will read in a book or learn about at school because it comes from real life experience, working with hundreds of different types of players at various levels and ages, from all over the world.

And I know that it works, not only because I have done it myself but most importantly and this is the big thing, **I've also learnt how to help many different types of people too.** This is important because what worked for me, might not work for you.

This is why great players don't always make great coaches because most of the time they can't explain how they got there as it often happens unconsciously through many years of trial and error, but even if they can explain it, **what works for them might not work for you.**

Now I want to show you the massive opportunity you now have to **improve your hockey by at least 50-75% without necessarily working harder.** I call this the 4 core pillars of hockey success and it's the 4 areas you should develop if you want to maximize your potential.





## YOU NEED MORE THAN SKILLS

Now, what I've noticed with most people is that they usually only focus on one or two of these pillars, which are often their skills and possibly also parts of their fitness.

Even though all four of these factors are important, the mental pillar is probably the most important of all especially when it comes to reaching a higher level because I can tell from experience that even **the most talented players won't go any further if they don't believe in themselves or have the ability to control their emotions.**

**Basically, there's no point having great skills if you don't use them in games.**

In fact I know from firsthand experience that mindset is the #1 biggest difference between good players and great players, but very few know how to improve their confidence and work on their mental game.

That's why I get such great results when helping others, because I go beyond the surface level of skills and fitness and I also train the fundamental pillar that will actually get you results.

As evidence of this at the top level, in an interview I did with Australian Men's Captain & World Player of the year in 2014, Mark Knowles, he said that the difference between a bronze medal at the 2012 Olympics and a gold medal at the 2014 World Cup was down to mindset.

Now, while a great hockey coach may be able to help you with two of the four pillars, which are the technical and tactical pillars, there are very few coaches who are qualified, have the time or are able to help you with the mental and physical parts of the game, which is so important as a modern day hockey player.

If you ignore two or three of these pillars then that means that **you are missing out on at least 50-75% improvement as a player.** Top players spend their time on all four of these factors and that is what allows them to perform at the top level and to reach their potential.

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## THE 5 KEY TAKE-AWAY LESSONS

Now, there are loads of other stories and lessons that I would love to share with you but there's no way I could fit them all in one video, but I am hoping that you're getting the gist of the 5 key messages in this video which are...

### 5 KEY MESSAGES

Success doesn't happen overnight

Natural talent doesn't guarantee success

Take advice from the right people

You are responsible for your results

Mindset is the foundation of success in anything

I want you to imagine for a moment what it will be like if you were to take your game to the next level... **What exactly is YOUR next level and what would achieving it mean to you?**

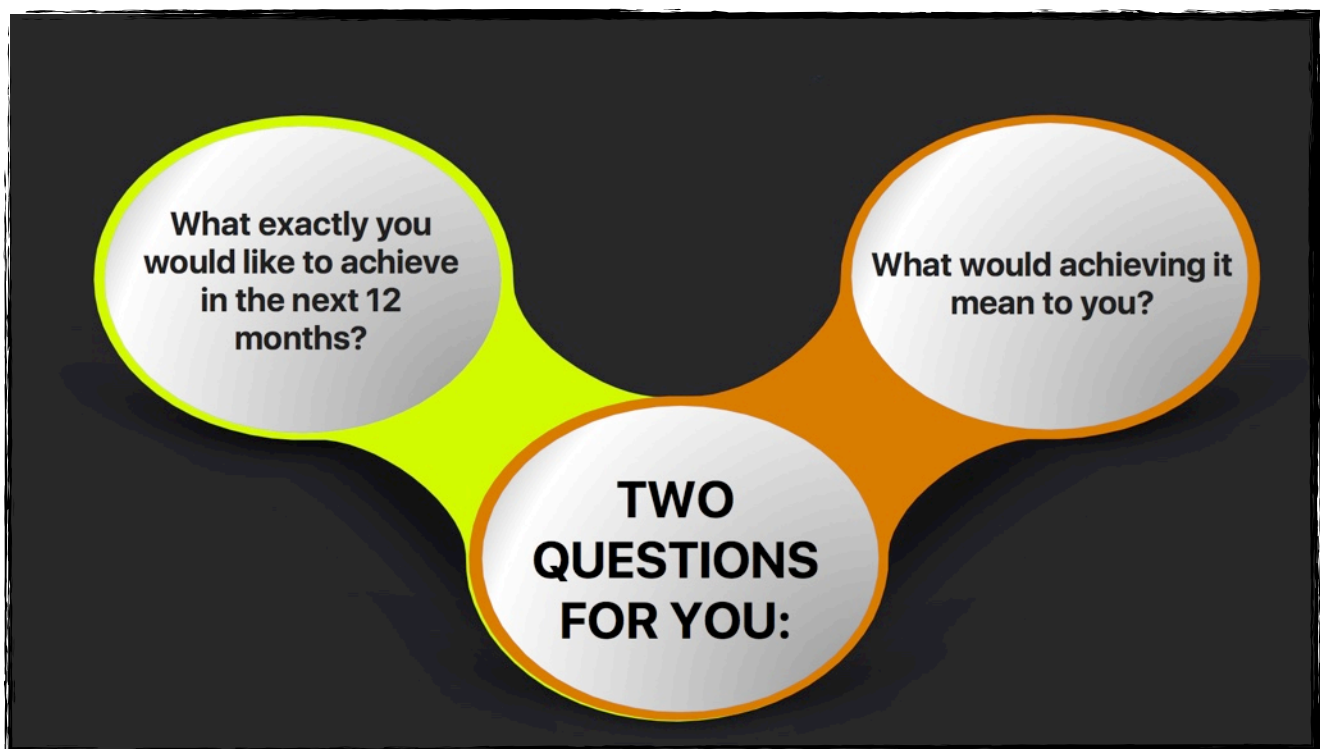
Now, you might be wondering how you take those 4 core pillars and maximize each one of them. So, over the next few days I will be sending you the second video in this series where I will share my Top 3 Most Powerful Strategies that I use to help hockey players take their game to the next level demonstrating how you can train smarter to get better results, without necessarily training harder.

So here's what to do right now...

## YOUR NEXT STEP

To help keep the conversation alive so I can support you beyond these videos I've put together a free private FB group and I would like to invite you to >> [join the group here](#)

Once you've joined, introduce yourself and share with the group:



There's something magical that happens when you write out your goals and share them with a community of likeminded people around you. So go do this right now.

Make sure you've **confirmed your email address** and be sure to keep an eye out on your emails for the link to the next video which I will be sending you in a few days.

These videos will only be available for a short time so try not to get too far behind on the training or you will miss out. Thanks so much for watching, I'm excited for video number 2.

Until then I will see you in the FB group at:

<https://www.facebook.com/groups/1239266636115934/>