

VIDEO 03

WORKBOOK



WELCOME TO VIDEO 3

This is the third video in this series and I want to take a moment to thank you for the comments, the questions and feedback I've been receiving over the last few days from the first two videos.

If you're just joining us, make sure to check out video 1 and video 2 first because what I'm about to share with you in this video is the final piece that ties everything together, but none of this will make any sense if you haven't seen those first two lessons.

I'm so excited to share today's content with you, not only am I going to give you 4 more powerful strategies, but I will also demonstrate how I have helped real people get real results using my strategies.

I will also reveal 5 critical mistakes that most players make that stop them from reaching their next level.

Now if you're like most of my students you love being on the hockey field and you have developed a desire to improve and see how far you can go with your hockey.

Perhaps since going through this series, **something inside of you has ignited** because you realize that maybe, just maybe, it's actually possible to go further than you once thought.

In the last video we went through the Top 3 Strategies that have made the biggest impact with the hundreds of players I've worked with and in this video I am going to briefly touch on 4 more strategies which are the next steps, but these should only be worked on once those first 3 have been implemented.



"This has helped me to play better, my thinking is more positive and I know exactly how to prepare for games and get into the zone. Without it I would not be playing to my potential."

Bruno Sousa, Brazil National Player

5 PHASE PYRAMID



Mindset is the foundation you need in order to take the right actions, to push yourself in training sessions and it will determine which path you set your focus on. It covers the 10 Components of Mental Toughness and includes having big 'scary' goals, believing in yourself, being willing to do whatever it takes and not letting anyone or anything get in your way.

Physical fitness is everything to do with your body, which is making sure you are doing the right things which covers the 10 Physical Factors while obeying the fundamental principles and following the correct sequence of the various fitness phases throughout the year. This also includes nutrition and how you recover between sessions.

Tactics is your ability to make the right decisions in games, which covers the 7 Visual Elements and your understanding of the game, positioning, patterns of play, etc.

Technique is what most people spend their time on, but hopefully now you can see why just working on your skills won't get you the best results. Because you need all the other layers before it before you reach the final phase which is not just about getting **results** but continually striving even further to push the boundaries of your potential.

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At the end of the day I believe that your potential is what you think it is and this is because as soon as you start seeing improvements, the bar is raised, **so you just got to keep raising the bar**, instead of being average or simply accepting to stay comfortable.

Now that you understand the bigger picture, let's dive into 4 more Powerful strategies that can take your game to the next level...

STRATEGY #4: GET FASTER WITH MECHANICS

Most coaches seem to agree that speed is king in sport because speed is a dangerous threat, especially in attack.

So, if you want to become an athletic hockey player that **always gets to the ball first, bursts past players effortlessly** and is **a threat every single time you get the ball** then pay attention to the key considerations that I outline in this strategy.

Now, you may have heard people say ***"your speed depends on your genetics"***

But this is **not strictly true**.

Yes genetics do have a part to play but contrary to popular belief speed can be taught and developed.

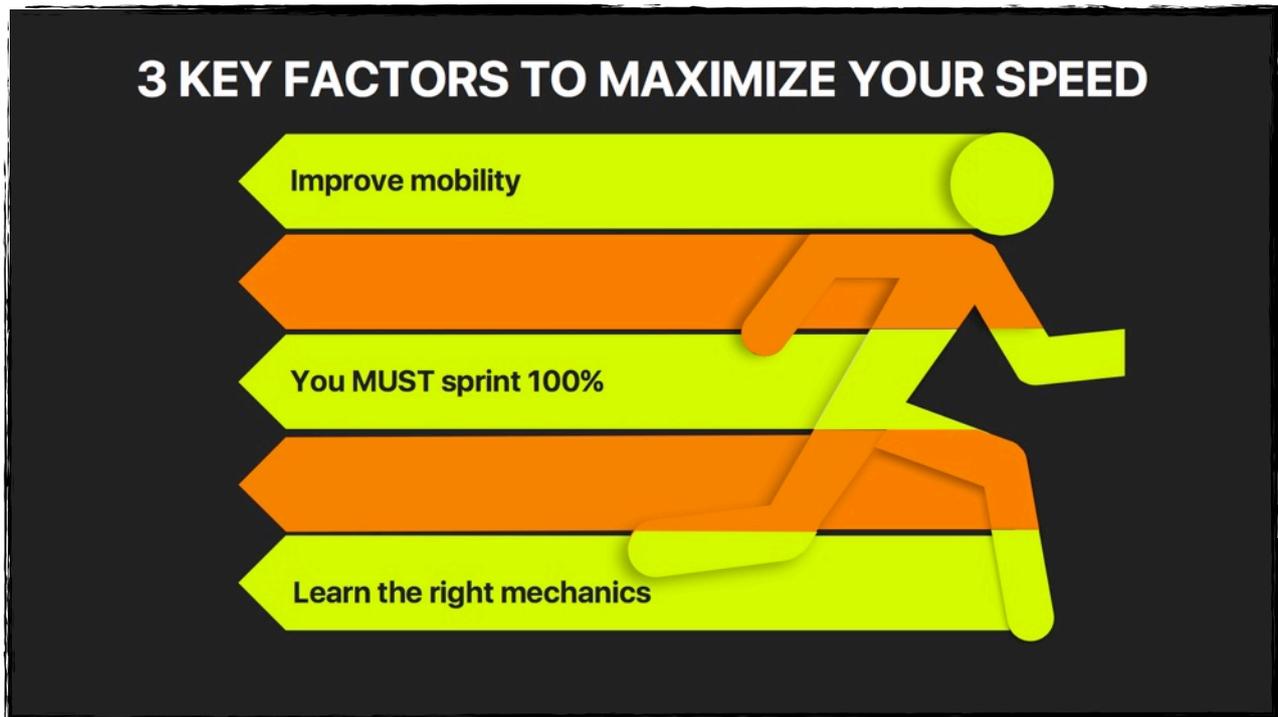
This means that if you are naturally fast, with the right training you could really maximize your genetic gift to be even faster.

If you have never been fast then you definitely need to work on your speed so you don't get left behind and can keep up with the quicker players.



Something very important to note here is that strength and power is the core foundation of being faster which is why I spoke about that strategy first. So, here are...

3 KEY FACTORS TO MAXIMIZING YOUR SPEED ON THE FIELD



Mobility is the quality of your movement or being able to move your limbs and joints through a full range of movement. This is different from flexibility as unlike flexibility it is not isolated at each joint but it involves the central nervous system.

Muscles with limited mobility will restrict you from being as fast as you can, but most people are often not even aware of their lack of mobility, because it's become normal to them.

In order to get faster you must sprint at 100% so **the key is the work and rest periods.**

Another mistake a lot of people make is to **'sprint' for too long.** For example think about when you try to intercept a ball in a game or when you hit as hard as you can. An all out 100% effort can only last in the region of about **6-10 seconds MAX!**

If you're running for 30 seconds that is not sprinting because you're probably only going at 80-90% intensity. If you gave 80% effort in order to win the ball you probably won't get in front of your player would you?

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SPEED IS NOT JUST SPRINTING!

Being fast in hockey is not just about running fast in a straight line but also being able to change direction efficiently. This is commonly known as agility.

You can make several improvements in your agility just by changing a few things as simple as knowing **where to place your foot when turning** or the **firing the right muscles to turn** away quickly or how to **position your body** for quicker reactions.

These are called mechanics.

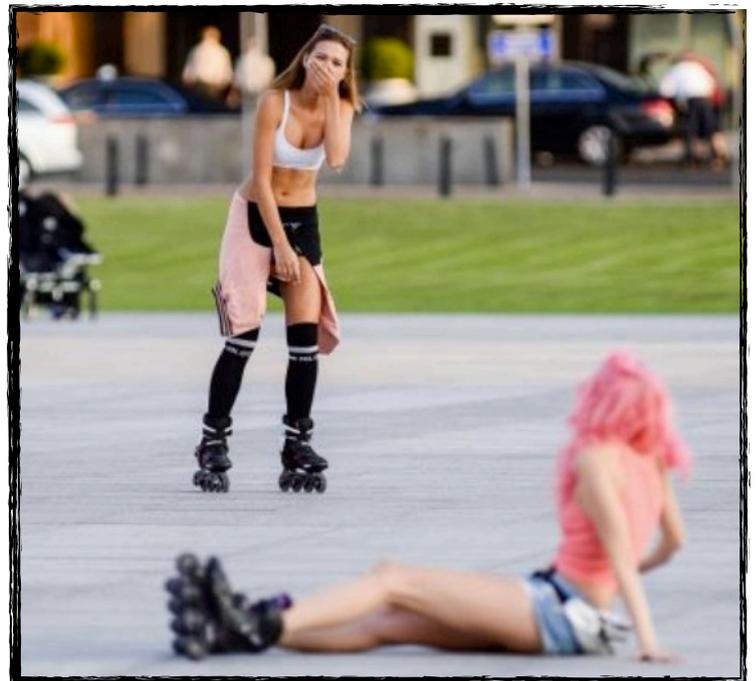
Most players only train acceleration and **fail to train deceleration**, which is the ability to stop quickly and change direction.

Deceleration is where most injuries happen because most don't train it.

It's a bit like rollerblading without knowing how to brake or stop.

The goal of deceleration is to stop quickly to get somewhere else.

Many people aren't even aware of this and even the majority of coaches don't know or can't explain how to turn and change direction effectively because they don't teach that in coaching courses.



Speed & agility training is not just about doing sprints.

But rather about using the right energy system, using the key muscles, learning the mechanics of how to run faster (acceleration), how to slow down quickly (deceleration) and changing direction in the most efficient way so that you get from A to B quickly.

STRATEGY #5: REFUEL LIKE A CHAMPION

If you ever find that you get tired, feel bloated or fatigued before the end of a game, it could have something to do with your nutrition. Most people don't realize how much nutrition can effect their performance on the field. This is not about dieting, in fact eating for hockey is very different to eating for weight loss or muscle mass.

Did you know that nutrition can affect your decision making?

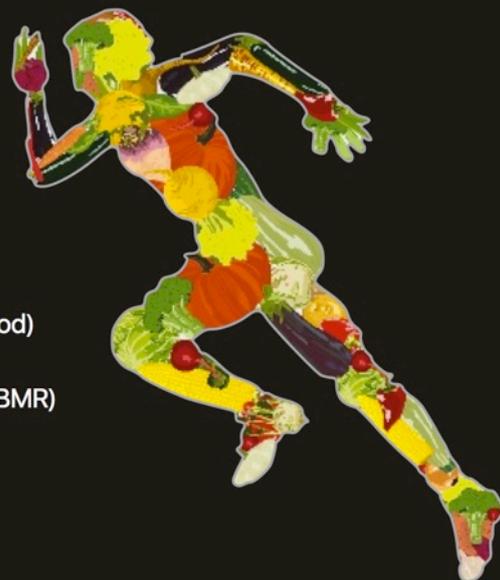
That's because food is a basic need for humans so if you're not eating enough before games or having the wrong types of foods it will affect your energy output, **leaving you feeling tired** with less energy for your muscles.

Likewise if you **eat too much** then your brain will be focussing on the unconscious process of digesting your food rather than reacting instinctively to what's happening in the game.

Now, I get asked many questions about nutrition and there is never a simple answer to the typical questions I get because it depends on many factors, so here are...

10 Nutritional Factors For Hockey

- What to eat in days you train vs days you don't
- When should you eat
- What portions you need
- How much to have from each macronutrient (types of food)
- What to eat and drink before, during and after games
- What you need according to your age, height & weight (BMR)
- The level of activity you doing
- What your goal is
- What kind of foods you like/have available
- Your schedule (it has to be realistic)



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If you feel bloated before a game, then you've probably eaten too much or too close to the start of a game.

If you feel tired or fatigued particularly in the last 10-15 mins of the game, this could be due to either not eating enough of the right foods or even dehydration, so make sure you are also drinking enough fluid.

Recovery is another common area that is often overlooked.

You have to manage your physical energy and if you ignore recovery then it can either lead to injury, overtraining or burnout which you really want to avoid as it can take months to recovery from.



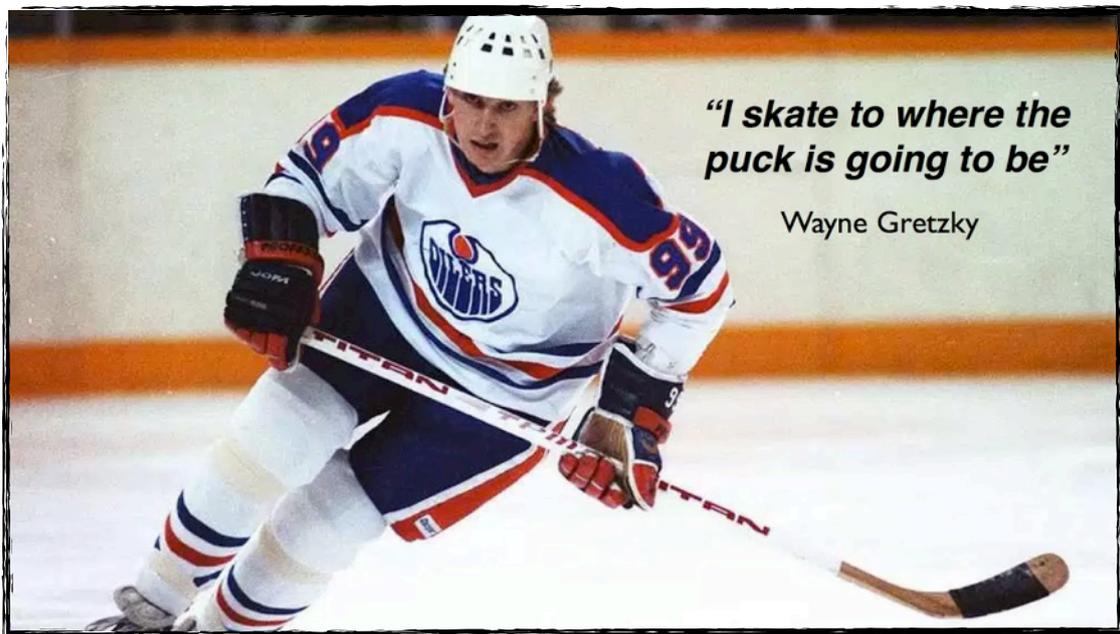
There's a very fine line between training hard and overtraining so it's important that you manage your schedule and allocate enough time for recovery.

Now there are various strategies that can help you recover between games.

The first simple steps are to take care of the basics which are to get make sure you're eating enough, getting enough rest, sleep and to also take your mind off hockey at times too so you can recover mentally.

STRATEGY #6: TRAIN YOUR EYES

One of my favorite quotes is by Wayne Gretzky, the best ice hockey players of all time:



This means that you have to be able to anticipate what is going to happen next in a game.

In most games you are normally faced with at least two options, for example it could be to pass to a teammate or have a shot at goal. What happens **when you get caught between two decisions is that you can land up not making any solid decision** and you go in half-heartedly which either leads to nothing, giving the ball away or getting tackled.

Some of the best players in teams are the ones that are able to see passes and know when to pass and when to take it themselves.

This is often referred to as **good decision making**.

Decisions in games are often made in split seconds based on **how much information is available to your brain** at that time. How can you make sure that your brain has enough information available to it to make the right decision? One way is to train your eyes.

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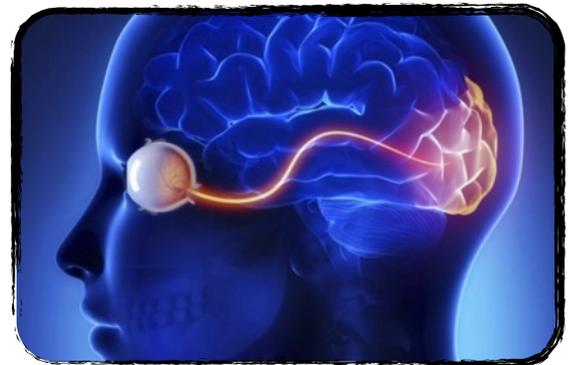


7 VISUAL ELEMENTS

Your eyes are the window to your brain so the more you can see, not only in front of you, but also in the corner of your eye the more information your brain has to make an unconscious decision.

This allows you to see where the opposition or your team mates are and where the space is, without the need to look up. **Training your eyes will allow you to:**

- *Have more time on the ball*
- *Be a step ahead of the game*
- *Make better decisions*
- *Deliver more accurate passes*
- *React faster*
- *Be in the right place at the right time*
- *Make more interceptions*
- *See space more easily*



7 Visual Elements For Hockey

1. Hand-eye co-ordination
2. Depth perception
3. Visual concentration
4. Eye tracking ability
5. Dynamic visual acuity
6. Peripheral vision
7. Visual reaction time

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EXAMPLES OF VISION EXERCISES

There are many visual exercises that can be done to improve these various aspects. One simple example to improve hand eye co-ordination is juggling or air dribbling, where you try to keep the ball bouncing on your stick without touching the ground. If that's too easy then you can make it harder by adding in some tricks or by replicating the kind of distractions that are going on in a game.

Another great way to develop your decision making is by **watching video footage and analyzing games.**

It's even better if you watch yourself and see if you can notice things you didn't see in the game, perhaps things you did well and also some things you could improve on.

You want to be as decisive as possible so that you can read each situation in a matter of split seconds which will allow you **react first before your opposition.**



A large part of this is also **understanding tactics**, which is not just for your hockey coach to worry about. Although coaches play a large role in the teams tactics, it's also up to players to understand the patterns of play because ultimately you're the one that needs to make decisions on the field, so **you need to develop the ability to think for yourself** so you can react instinctively.

Having worked with hundreds of players, I've realized how many people are not sure what to do and where they need to be which is common among many hockey players of all ages. Although some coaches have good tactical knowledge, many don't explain or communicate what they know in a way that players understand. And too often as hockey players **we don't ask questions because we don't want to seem silly** or sound stupid, which links back to mindset.

Advanced tactical knowledge can turn the best hockey players into exceptional ones.

Equally, having a talented player without the tactical understanding can make a potentially great player, an average one. At the highest level, hockey can become like a game of **chess** – where the team with the best plan comes out on top.

Is it therefore of great importance that you learn how to **'play the game'** not just play in it.

STRATEGY #7: MASTER YOUR SKILLS

I bet you were expecting this one to come up a bit sooner and to feature more, because it's what most players spend their time working on, but understand that if you don't work on all the other points already discussed, then what's the point of having good skills. And you'll be missing out so much more potential to develop.

Improving your skills will certainly help but **it doesn't guarantee success** and I've seen so many players not get selected despite having slick and silky skills.

One thing to understand is that anyone can improve their skills with enough practice, as long as you're working on the right technique.



That's how I made my national team even though I wasn't the most skillful player because the coach knew my skills would improve within the first few weeks of being in the national system, but for coaches it's not easy to get people to believe in themselves.

Physical Vs Mental Errors

If you're making mistakes the first thing you need to do is to recognize the difference between a physical error VS a mental error.

A physical error is when you're not able to do a skill in training under NO pressure, so let's say you can do it 3 times out of 10. In this case you would just need to spend more time practicing it to be more consistent.

A mental error is when you are able to do a skill well in training, let's say 8 times out of 10, but when it comes to a game, you are only able to do it well 4 times out of 10.

That means that **50%** of the errors you made were mental errors, not physical errors.

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IMPROVING SKILLS



Let's say you want to learn a new skill like a **tomahawk**.

First you need is the knowledge of **how to do it** properly, there may be **3-5 key things** you need to think about.

It could be the position of your feet, ball position and maybe the angle of your backswing. Once you know what to do, then it is just a case of practice, practice, practice.

Don't expect to do it perfectly straight away or you will lose motivation and might want to give up, so have patience.

Whenever we learn something new or something we're not comfortable with there is always a learning time required. If you practice a skill enough times with the correct technique in mind then you will improve but it will take more than just 10 minutes of practicing it.

The skills you work on are also important and should be relevant to your game.

You probably spend at least **80%** of games using basic skills such as passing and receiving, therefore you should spend at least 80% of your time training your basics and **20%** on more advanced or specialist skills.

80
20

Don't waste time getting good at something that you'll never use.

For example so many players spend a lot of time practicing drag flicks which you might use once or twice in a game, if you're the best at it, but you might not even get the opportunity to use it in a game so don't spend all your time working on something that won't guarantee your place in the team, especially because so many people train it these days.

Rather spend that time on something that will get you better results.

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3 MAIN TYPES OF PLAYERS

“Trapping and passing are the most important skills in hockey BY FAR! Having the ball on your stick, controlled, allows you to do anything else with it. If there’s one thing to constantly practice, it’s passing and trapping over and over” **Mark Knowles, Australian Captain**

Something else I just want to point out is that you shouldn’t just work on your weaknesses.

You must also **maximize your strengths** because that’s what will get you noticed and what separates you from others.

So there you have it...

Now here are just 3 examples of the types of players that I’ve worked with who have used these strategies to take their game to the next level:



“This gave me so much confidence which has allowed me to play better and my game has improved massively. I would recommend HPA to anyone looking to improve their game”

Jordan Homann,
13 years, now England u16



“To show how effective this has been I accomplished my target of becoming player of the season within my team. Without it, I’m positive that this wouldn’t have been achievable and I’m overjoyed with what I’ve experienced”

Jamie McDonald,
Senior Club Player



“I wanted to put things right after many years of regret as a junior. Within 12 months of joining the HPA I went from a club player to playing in the over 40’s Masters World Cup in Australia”

Rachel Collier
Masters International

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5 BIG CRUCIAL MISTAKES

Now that you've seen the evidence that this works not just for me and not just for juniors but also for older more experienced players, I am going to reveal these 5 BIG mistakes that can stop you in your tracks...



These 5 mistakes are so important to understand because they are so often overlooked by the majority of people, but the good news is you are still here watching this video and learning what works and what doesn't, so **you are already a step ahead of most people.**

A great national coach once said to me that *"if you put a player that has some talent but who really wants it into the right system or environment, then they will be successful"*

This means that:

Your success depends on you, the choices you make and who you listen to.

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READY TO MOVE FORWARD?

If you've found what I've been sharing in these videos helpful and you are someone who can see the opportunity that you have to become a better hockey player, simply by working smarter and using the right training methods, then I have something exciting for you...

How would you like to be **more confident on the field**, to **feel great after every game**, become so physically dominant that **no-one wants to play against you?**

Imagine what it'll be like when you're so consistent you cannot be overlooked by coaches and other players look up to and are inspired because of what you do on and off the pitch...

Isn't it time you finally gained the respect and recognition you deserve?

The great news is that I have put together a program that takes you through my system that can help you make a massive leap towards the next level, without making the same mistakes that not only I made but the majority of others make too.

That's why I am thrilled to announce that in a couple of days I will be opening up the doors for enrollment to my 12 Week Hockey Transformation Program.



It's a training system specifically designed for hockey players who are looking for a **structured and effective plan** to improve their fitness, build their confidence and perform more consistently so that you can **get noticed** and get the recognition that you deserve.

This program focusses on the most important aspects so that you can **spend your time and energy on what on what will give you the best results.**

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HERE'S WHAT IT WILL DO:

In this program I will take you through exactly what you need to do to take your game to the next level including my proven blueprint which will teach you how you can:

- *Improve your mindset and be **more confident** on the field*
- *Structure your fitness sessions so you **last longer on the field** without getting tired*
- *Build strength and power for **more explosive leads, shots and passes***
- *Develop your speed and agility to **win more ball & burst past players** more often*
- *Gain **maximum energy on the field** with the right nutrition & recovery strategies*
- *Improve your vision and decision making to be **more consistent***
- ***Improve your skills** to dominate, knowing which ones to master for your position*

This is the perfect opportunity for those who are serious about taking their hockey to the next level to jump on board and go through my proven step by step system designed to take you from where you are right now to where you want to get to with your hockey.

Now you might have some questions or be wondering if this is suitable for you so let tell you who this will be suitable for:

- 1) **Teenagers** aspiring to reach their state, regional or national team
- 2) **Club players** who want to make a bigger impact in their team or have a strong desire to play in a higher team or league
- 3) **Masters players** looking to either break into or dominate at state or national level

I want to encourage you to think big, be brave and dare to follow your greatest desires as a hockey player. I will certainly never judge anyone for being ambitious and there is nothing wrong with wanting to push yourself and give yourself the best chance.

Anyone who says otherwise is only thinking small, may feel threatened by your level of motivation and perhaps jealous of you, but..

Champions don't let anyone or anything get in the way of their hopes and dreams.

So you shouldn't either.

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DOORS OPEN SOON...

Thank you for making it this far in the series and if you're excited about the possibility of continuing with me on the next leg of this journey so we can dive in at a much deeper level then get ready because we'll be opening up enrollment to join this program.

In the next video I'll walk you through the program in more detail including what it involves, exactly how it works and how it can help you.

Be sure to **keep both eyes on your email over the next few days because enrollment is only open for a few days** and the opportunity to join is time sensitive.

In the meantime please help me to keep the conversation alive inside the private **Facebook group** and share '**your biggest breakthrough**' or aha moment from this entire video series.

How has this training shifted your perspective on reaching a higher level in hockey?

Thank you again so much for watching and if you have any specific questions in the meantime then feel free to post in the group and I will do my best to get back to you and answer them.

If you're too shy then you can also just reply to my email.

Until then, I will speak to you in a couple of days when I open up registration for the 12 week Transformation Program.

Lauren Penny
*Former International Player & Performance Coach
Hockey Performance Academy*

