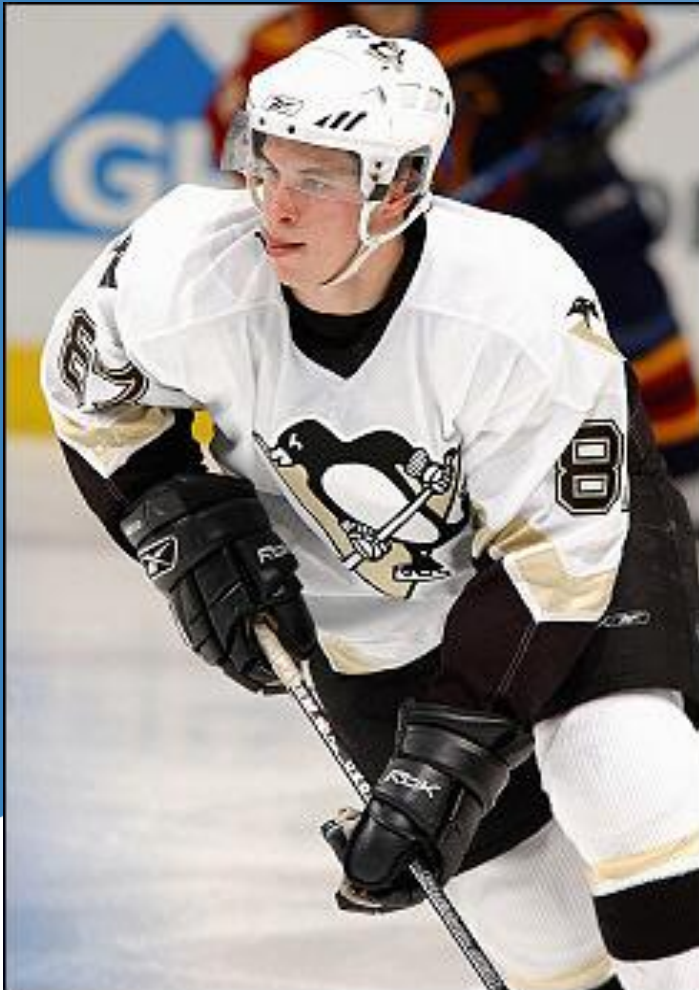


# *Sport psychology: Talent is not enough!*



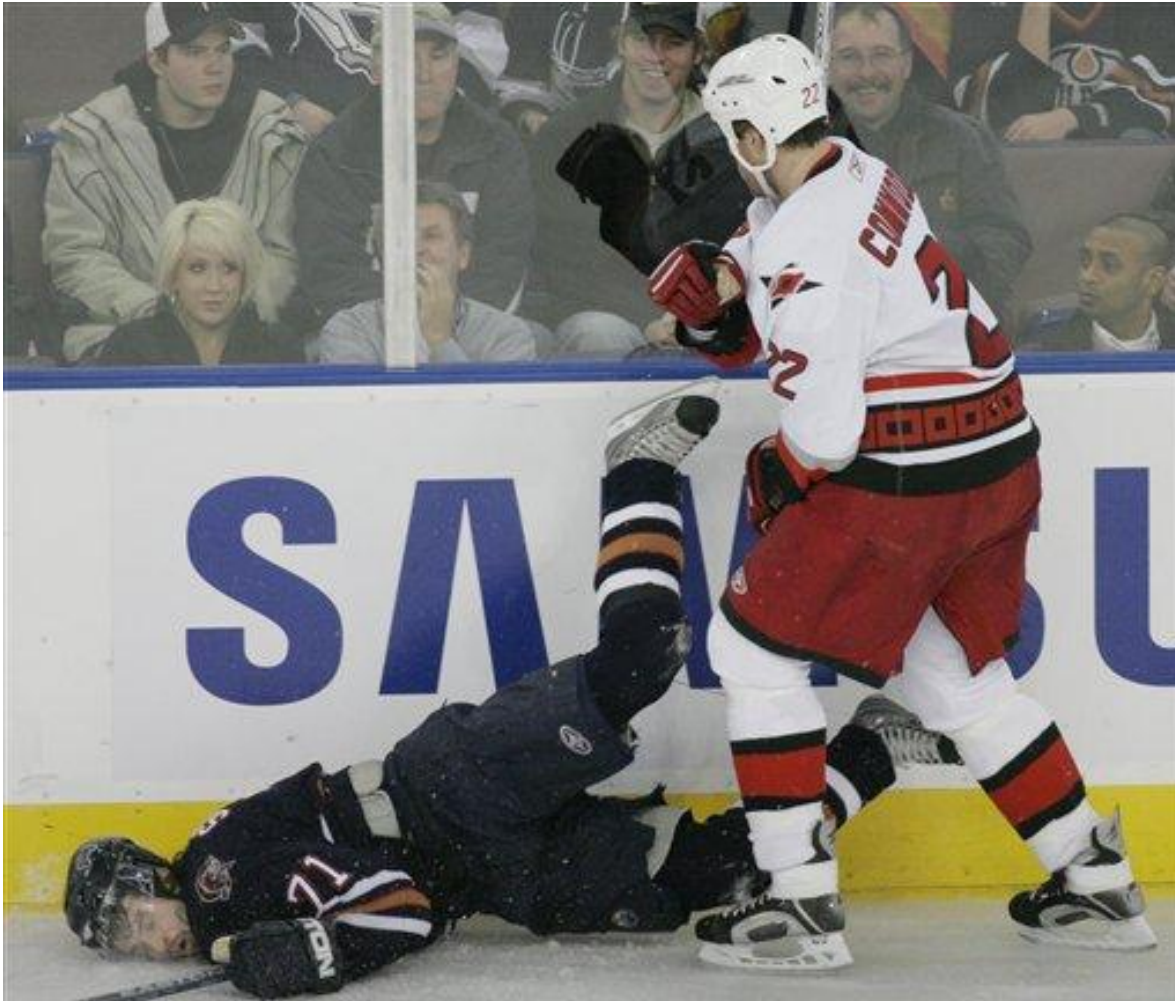
2010



**WORLD  
CHAMPIONSHIP  
GERMANY**

Cologne - Mannheim  
Gelsenkirchen

# How many of the top prospects make it into the NHL?



2010



WORLD  
CHAMPIONSHIP  
GERMANY  
Cologne - Mannheim  
Gelsenkirchen

# 133 First Round Draft Picks von 1995 - 1999!

NHL Entry Draft First Overall picks:

1999: Patrik Stefan [Atlanta Thrashers]

1998: Vincent Lecavalier [Tampa Bay Lightning]

1997: Joe Thornton [Boston Bruins]

1996: Chris Phillips [Ottawa Senators]

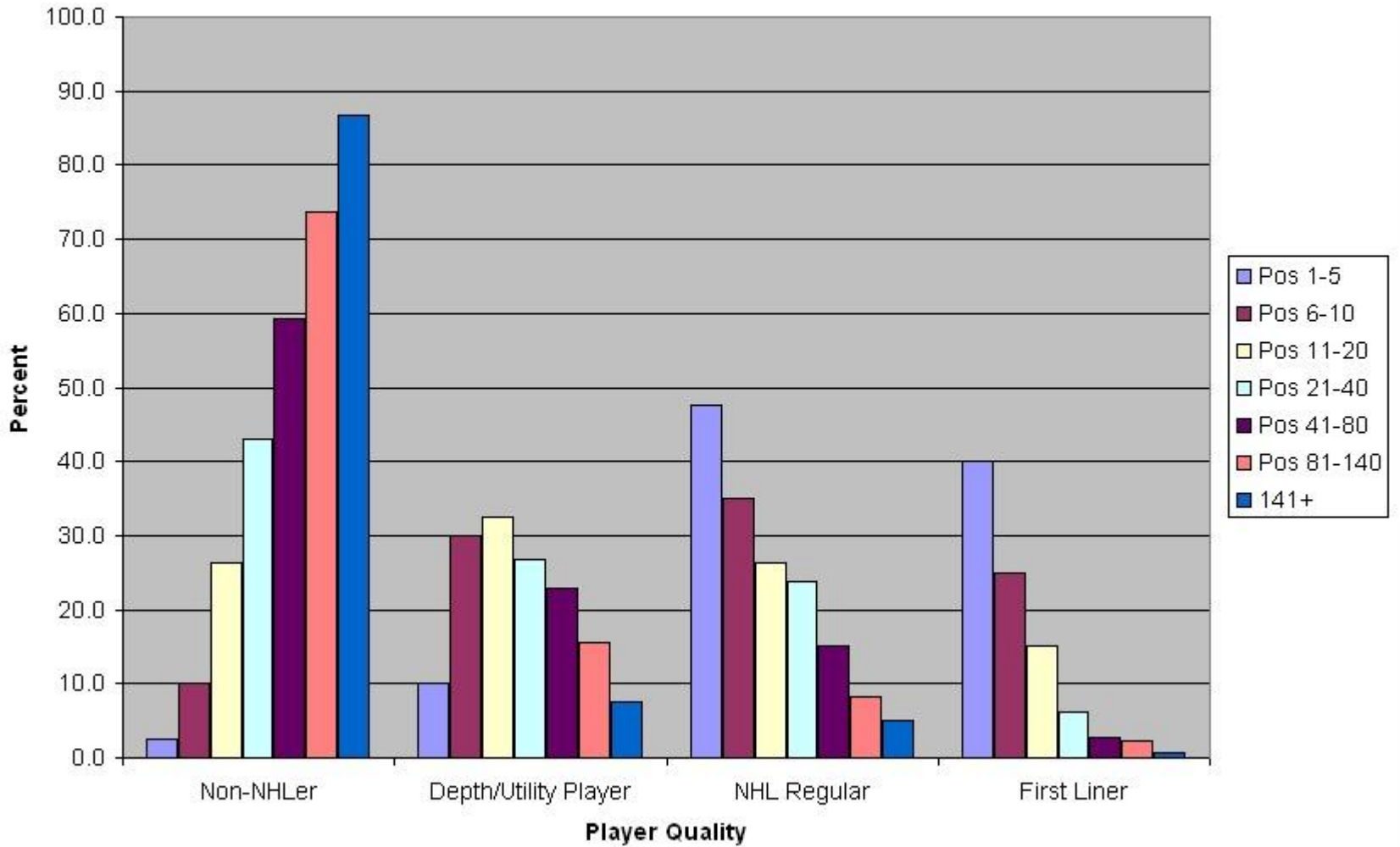
1995: Bryan Berard [Ottawa Senators]

2010



**WORLD  
CHAMPIONSHIP  
GERMANY**  
Cologne - Mannheim  
Gelsenkirchen

Odds of Drafting an NHL Player by Draft Position



# Results of research

- Goalies : 38%
- Defensemen : 51%
- Forwards : 51%



## Conclusion:

„Talent alone is not enough, even for NHL  
Top Entry Draft-Picks!“

2010

IIHF



WORLD  
CHAMPIONSHIP  
GERMANY  
Cologne - Mannheim  
Gelsenkirchen

# Preparing Young Players For The Transition To The DEL



2010



**WORLD  
CHAMPIONSHIP  
GERMANY**  
Cologne - Mannheim  
Gelsenkirchen

# Problems Junior stars encounter in the transition to Pro Hockey

- **Physical Development**
- Mental Development
  - Dealing with Setbacks, New Roles
  - Intrinsic vs. Extrinsic Motivation
- Social Environment

2010

IIHF



WORLD  
CHAMPIONSHIP  
GERMANY  
Cologne - Mannheim  
Gelsenkirchen

# What physical changes occur during adolescence?

- Bones and muscles grow, and strength increases. Fat is lost in some parts of the body, such as the arms and legs. Broad shoulders may develop.
- Boys grow about 4 inches per year during this time frame. On average, boys grow about 11 inches in their height during this time frame.
- Increase in weight is around 20 pounds per year. Weight gained during this time frame is about 50 percent of an adult's body weight.
- Young adolescents often focus on their own self-image. He begins to form personality traits that define who he is.



**WORLD  
CHAMPIONSHIP  
GERMANY**  
Cologne - Mannheim  
Gelsenkirchen



# The effects of sports participation on young adolescents' emotional well-being

- Children and youth people learn key cooperation skills as they work together and perform specific team roles.
- This needs to be accepted and successfully lived in one's peer group.
- The “urge” to be part of that process can be very strong especially as children enter adolescence.

(Brustad, 1992)

2010



WORLD  
CHAMPIONSHIP  
GERMANY  
Cologne - Mannheim  
Gelsenkirchen

# Problems Junior stars encounter in the transition to Pro Hockey

- Physical Development
- **Mental Development**
  - **Dealing with Setbacks, New Roles**
  - Intrinsic vs. Extrinsic Motivation
- Social Environment

2010



WORLD  
CHAMPIONSHIP  
GERMANY  
Cologne - Mannheim  
Gelsenkirchen

# Practicing with game-intensity

1) Goal-oriented drills

2) „Only one puck for the drill“

3) Practicing game situations with variables



2010

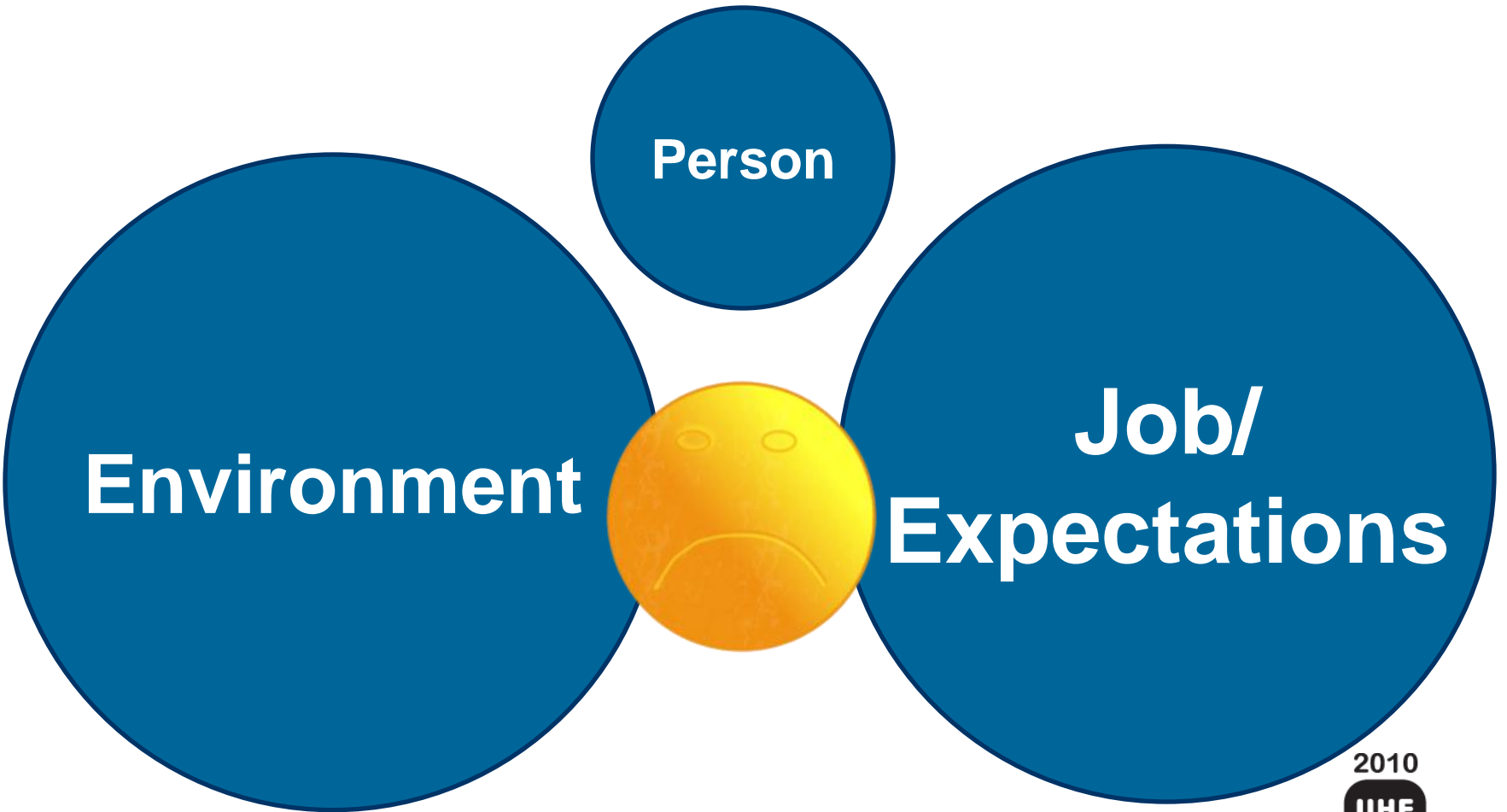
IIHF



WORLD  
CHAMPIONSHIP  
GERMANY

Cologne - Mannheim  
Eberspächer Arena

(Eberspächer 2010)



**When the going gets tough,  
the head should support  
the action and NOT  
distract it!**



2010



**WORLD  
CHAMPIONSHIP  
GERMANY**  
Cologne - Mannheim  
Gelsenkirchen

What do I have in mind before this game

Media 15%

Individual Problems  
20%

Coach/Manager  
15%

Consequences  
- What if?!

Worries  
- If not!!

Fans 15%



Rest: 35%  
Concentration  
auf Hockey

Goal: 100% concentration  
on hockey

Doubts  
- Never make it!!

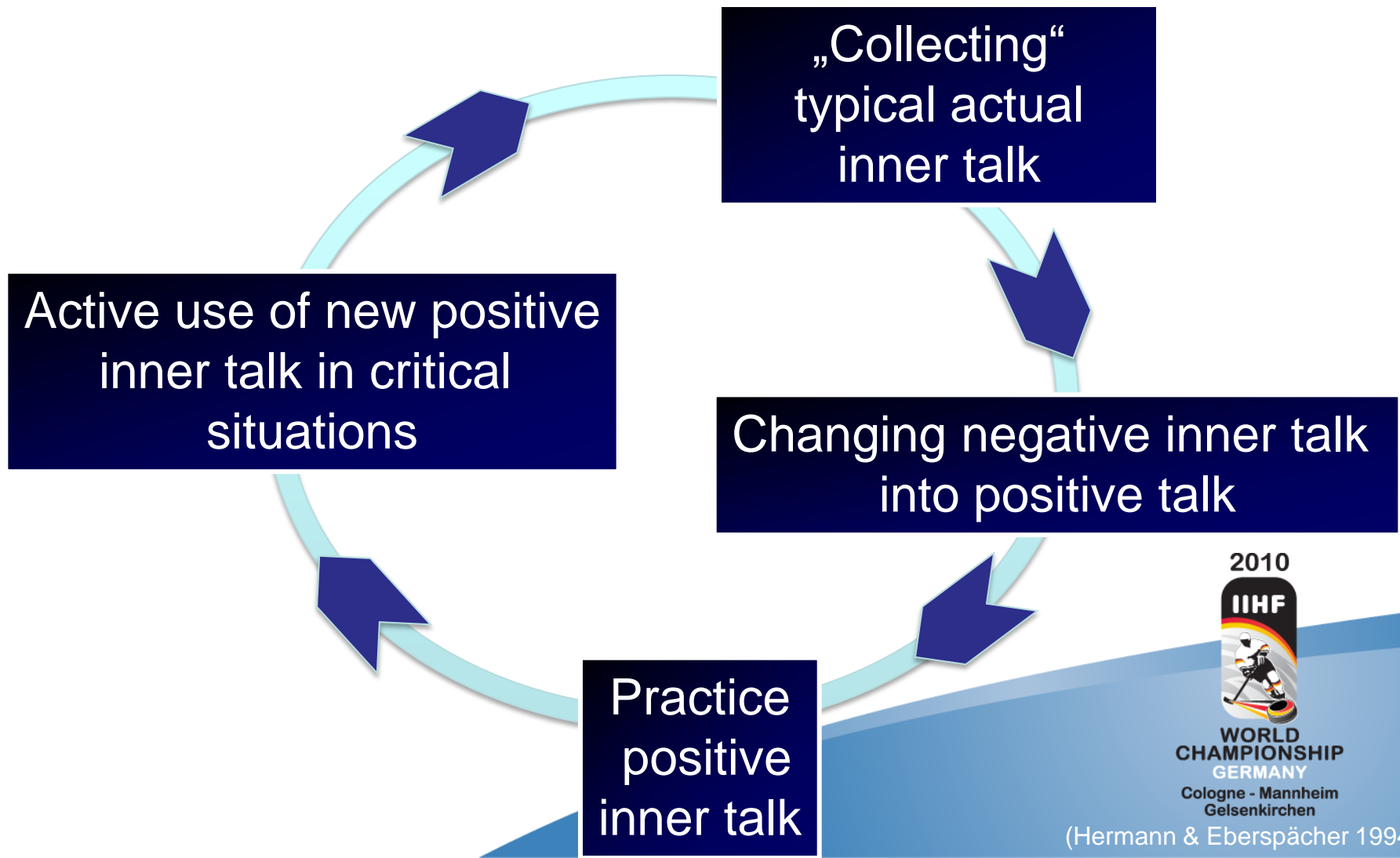
2010

IIHF



WORLD  
CHAMPIONSHIP  
GERMANY  
Cologne - Mannheim  
Gelsenkirchen

# Learning how to regulate inner talk



2010



WORLD  
CHAMPIONSHIP  
GERMANY  
Cologne - Mannheim  
Gelsenkirchen

(Hermann & Eberspächer 1994)

# Problems Junior stars encounter in the transition to Pro Hockey

- Physical Development
- **Mental Development**
  - Dealing with Setbacks, New Roles
  - **Intrinsic vs. Extrinsic Motivation**
- Social Environment

2010



**WORLD  
CHAMPIONSHIP  
GERMANY**  
Cologne - Mannheim  
Gelsenkirchen



# Intrinsic (from inside) vs. extrinsic (from outside) motivation

- Intrinsic motivation: „For the love of the game...“  
→ what can I do?
- Extrinsic motivation: „Rewards from outside...“  
→ what do THEY do for me?
- Overjustification-effect: Losing control, dependence  
= less fun and enjoyment  
= less positive emotions  
→ **LESS SUCCESS!!!**

2010



**WORLD  
CHAMPIONSHIP  
GERMANY**  
Cologne - Mannheim  
Gelsenkirchen

# Intrinsic motivation:

- Joy of playing hockey
- Pride
- Commitment
- Team



# Extrinsic motivation:

- O2-World
- Fans
- Media
- Money



2010

IIHF



WORLD  
CHAMPIONSHIP  
GERMANY  
Cologne - Mannheim  
Gelsenkirchen

# Problems Junior stars encounter in the transition to Pro Hockey

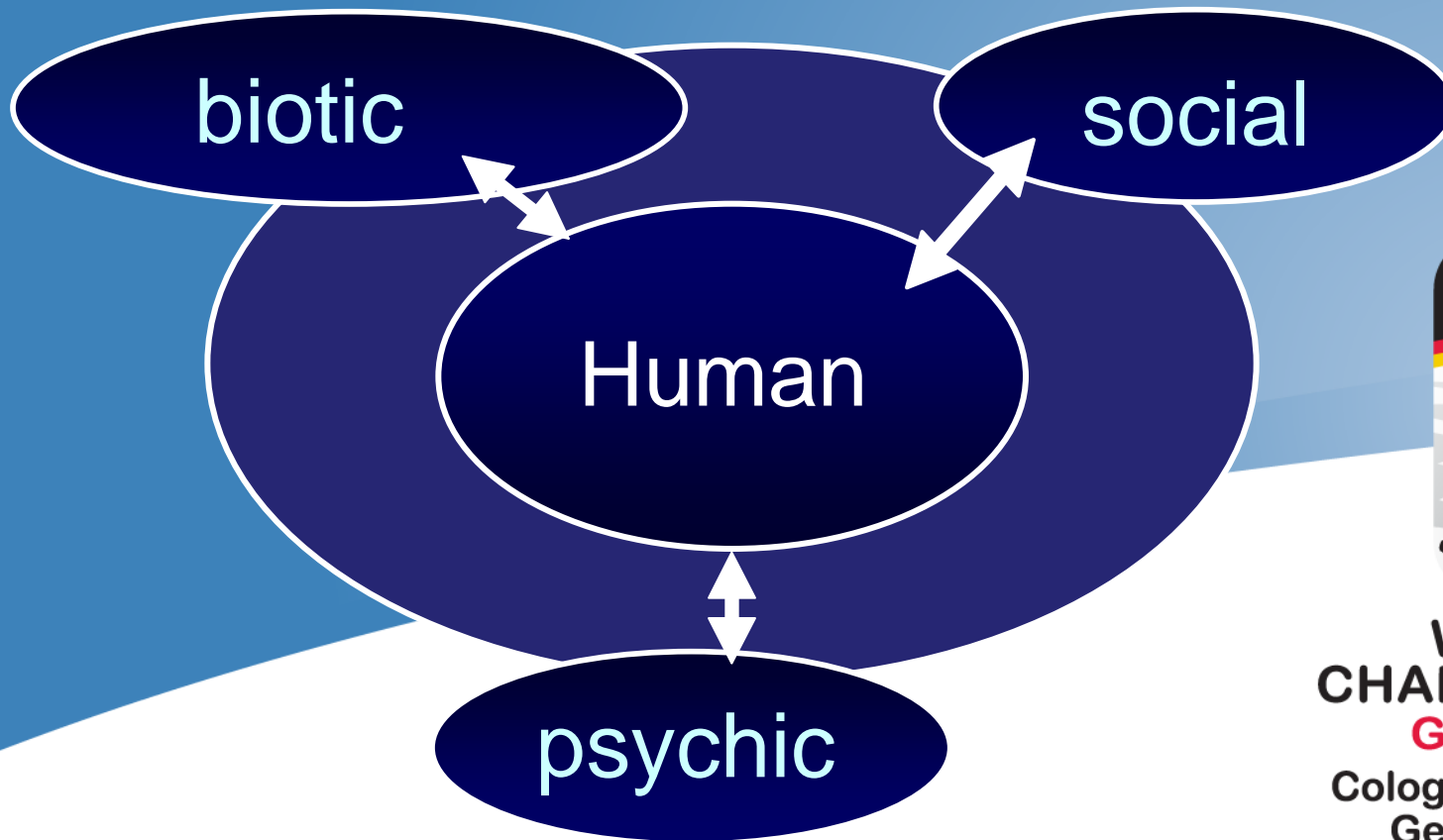
- Physical Development
- Mental Development
  - Dealing with Setbacks, New Roles
  - Intrinsic vs. Extrinsic Motivation
- **Social Environment**

2010

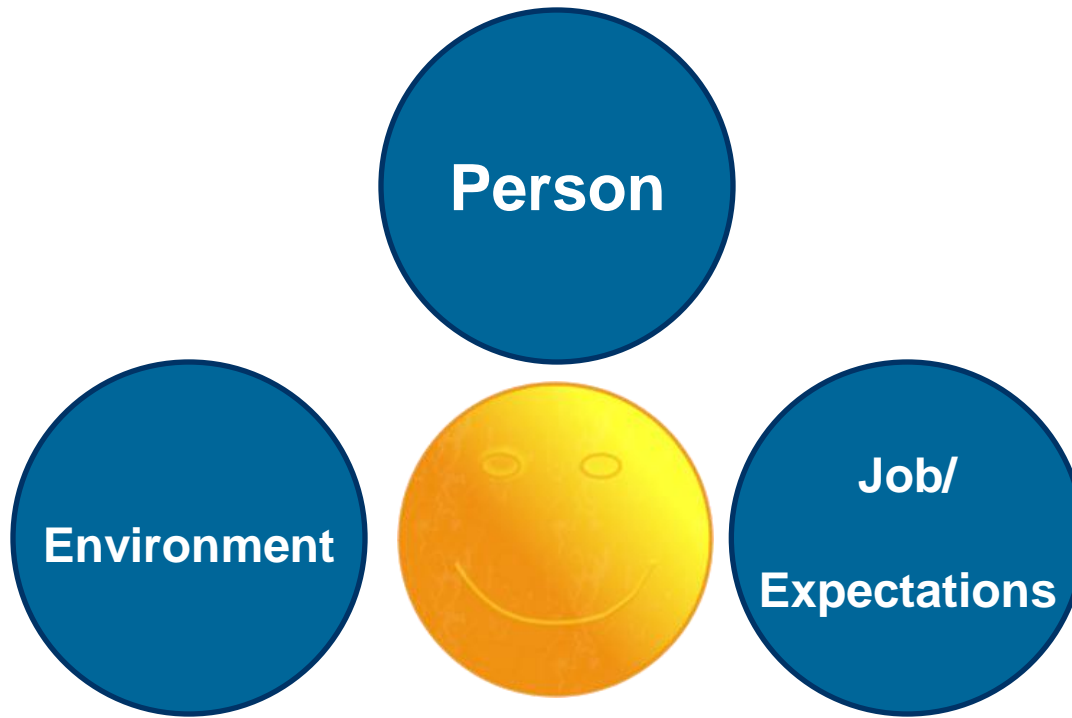


WORLD  
CHAMPIONSHIP  
GERMANY  
Cologne - Mannheim  
Gelsenkirchen

# *The human being a bio-psycho-social system*



**WORLD  
CHAMPIONSHIP  
GERMANY**  
Cologne - Mannheim  
Gelsenkirchen



2010



**WORLD  
CHAMPIONSHIP**  
GERMANY  
Cologne - Mannheim  
Gelsenkirchen



I can feel it!



I will do it!

2010



**WORLD  
CHAMPIONSHIP  
GERMANY**

Cologne - Mannheim  
Gelsenkirchen

# Thank you!

## Psychologie im Sport

Markus Flemming  
Sportpsychologist  
Liebenwalderstr. 28  
13055 Berlin  
Germany

MOBILE

+49 163 2605056

E-MAIL

[markus.flemming@psychologie-im-sport.de](mailto:markus.flemming@psychologie-im-sport.de)

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

2010

IIHF



WORLD  
CHAMPIONSHIP  
GERMANY  
Cologne - Mannheim  
Gelsenkirchen