

"THE MENTAL SIDE OF SCORING"



INTERNATIONAL
ICE HOCKEY
FEDERATION

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Scoring goals is a mindset

- Knowing vs hoping





Scoring goals requires



Mental skills



Physical skills







Technical skills



Tactical skills



Mental skills to help score goals :

-  - Confidence & belief
-  - Visualization (seeing & feeling)
-  - Self-talk (key words-trigger words)
-  - Relaxation (loose hands)



- Breathing (inhaling & exhaling)



- Focusing & refocusing



- Patience & poise



- Composure



- Courage



Developing Good Shooting Habits :

"This year I learned to shoot every shot hard in practice and develop good shooting habits"

**Eric Staal
Carolina Hurricanes**



Dealing with a "Hot Goalie" :



- Staying focused
- Staying composed-not getting frustrated
- Creating traffic
- Deflecting shots
- Staying positive



Dealing with goal-scoring slumps :



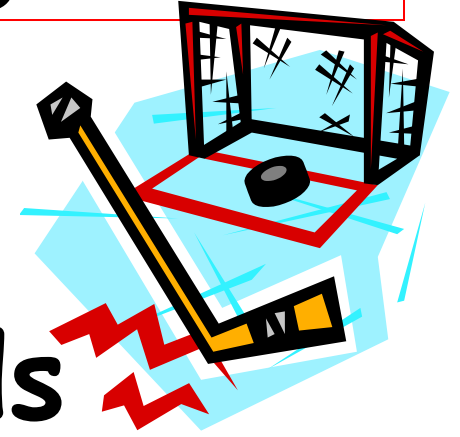
**Focusing on process
(effort, execution & emotion)**



STAYING "in the moment"



Scoring hard-working goals :



Staying on rebounds



Second effort



Paying the price in front of the net



Focusing on the many ways to score goals :

- ❖ Quick hands, quick release
- ❖ Unexpected shots
- ❖ One-timers



❖ **Rebound goals**

❖ **Screened shots**

❖ **Deflected shots**

❖ **Turnovers**



Scoring goals

= "Finding a way"

= Finishing !

