

Townshend Hockey Skating Systems Newsletter

December 2010



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and Techniques
from Graeme at:
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Need A Holiday Gift Idea for Your Hockey Player?

How about a Townshend Hockey Skating Systems, LLC Gift Card? Sold in \$100 increments, they are the perfect way for grandparents and other family members to help make additional camps and clinics a possibility. Our summer camps traditionally sell out, so be sure to register early to ensure you get the camp you want.

Happy Holidays!

Email us or call 207-284-6556 for Details!
There's still time.

Holiday Tournaments—How to be successful.

With the Holidays fast approaching I began to think back to my youth hockey days in Toronto and the memories of Christmas Break tournaments came back with a flood of emotions. This month thousands of families will embark on a similar journey and enjoy some incredible moments that will be remembered for many years to come.

Unfortunately for some youngsters there is also a great deal of anxiety and fear at the notion of having to perform well in front on family and friends. Sometimes this fear can be paralyzing as many

young players so desperately want to impress by performing well.

For some of you there will be the added pressure of having scouts attend and evaluate your every move. Many of you are not at a place in your hockey experience to even have to think about scouts but it always helps to be prepared for that eventual-ity. I got an email from a student regarding an upcoming tryout and how to overcome the fear and apprehension he felt going into the tryouts.

I thought back to my playing days and back to

some techniques that I learned later in life that really seemed to allow me to develop a system that helped prepare me to play my best every time. I will now share that with you.

I use visualization to get my mind centered on how I want to play. For example, I would sit in a room by myself and undisturbed for at least one hour. My wife would help me by making certain my son Seth would keep quiet during this time.

I would then visualize my best and most recent performance and try to capture my emotions, routine and feelings be-

www.TownshendHockey.com



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Are you looking for a motivational speaker for your organization? Contact us at townshendhockey@yahoo.com to schedule Graeme.



“Practice until you get it right, then practice until you can’t get it wrong”

Take a look at the summer camp offerings on our website. Our Boarding Camps traditionally sell out. Reserve your spot now.

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Do you recognize the boy in this photo?

We thought we would share this memorable moment with all of you. Graeme opening hockey equipment on Christmas morning....wonder if he still gets this excited over a new Helmet???

Happy Holidays from the Townshend Hockey Skating Systems Family. May your holidays and New Year be filled with good health, happiness and cheer.

fore, during and after the game. It would be a game where everything I did worked and seemed to happen effortlessly. This state is referred to as the "Zone" and it is a wonderful place to be and every athlete is in constant search of the "Zone".

Write your feelings down on paper, write everything no matter how silly. Study your notes and try and build a mental picture of yourself performing. I used to see myself as my heroes from the NHL through my youth or perhaps a current teammate.

See yourself making plays

and breaking 2 on 1's and getting pucks to the net, etc. Develop a routine of 20-30 minutes, where the visual images in your head seem real almost like a dream. This process takes practice, it took me several months of trial and error but I had to do it from scratch by reading a book, I just gave you all a short cut.

Condense your routine to 5-10 minutes and then to 1-3 and then 30 seconds. You will need to develop this skill for the times when a mistake or bad shift occurs. When back on the bench you will have to quickly close your eyes and take 15-30 sec-

onds to re-focus the images of great performance.

Use this technique before every practice and once perfected, every game. Mental prep is just as important as physical prep. Passing, skating and shooting don't happen without the mind so you have to train the brain.

Download my free e- book at www.theplayersmind.com, this will help.

Good luck this Christmas season and play well guys. ~ Graeme

**Christmas Break Clinic
Toronto- Canlan Ice Sports York**

Program: Hockey Skating and Checking

Date: December 20-22

Time: 9am-noon

Price: \$399 (includes HST)

visit www.TownshendHockey.com to register

Only A Few Spots Remaining