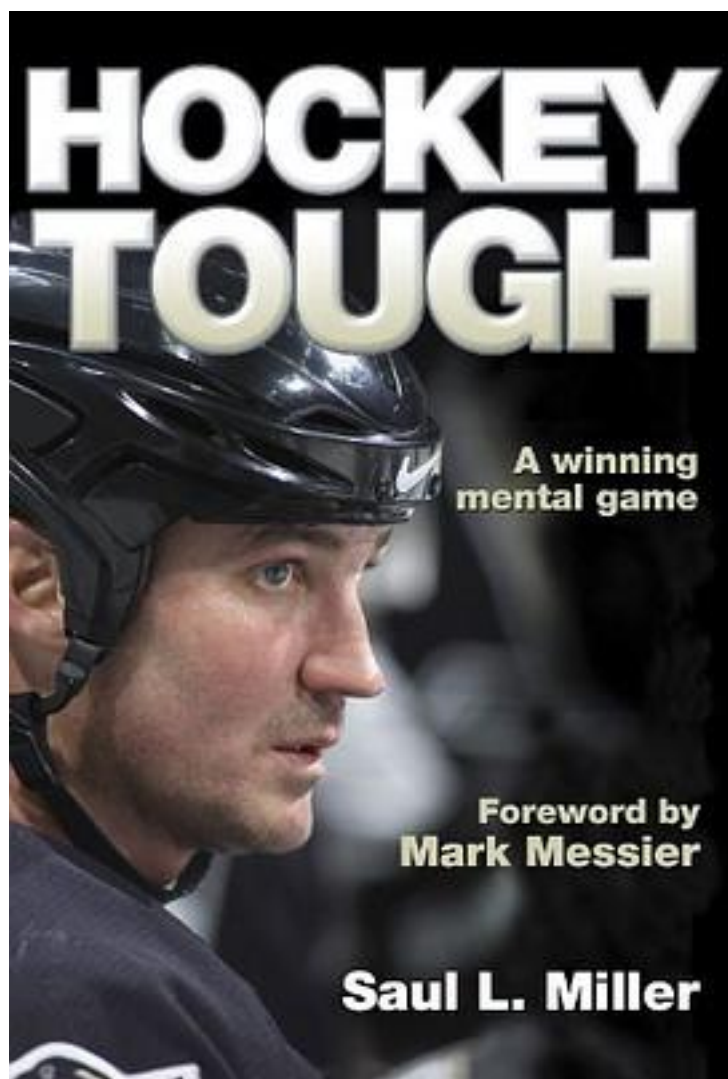


# Hockey Tough



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No hockey player can reach his full potential without mastering the mental side of the sport. "Hockey Tough" provides players and coaches proven methods for mastering the mental side of the game. Author Saul Miller shares the psychological training and emotional management techniques he has successfully taught individual hockey players and teams for over 20 years. This volume presents mental exercises and assignments to help players: develop a winning attitude on and off the ice; stay focused to execute skills and tactics; maintain the mental stamina required in this physically demanding sport; overcome emotional fatigue and physical aches and pains to perform at the highest level throughout the season; manage their anger to avoid costly penalties in crucial game situations; and develop the discipline and tenacity to force and capitalize on opponents' mistakes.

作者介绍:

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