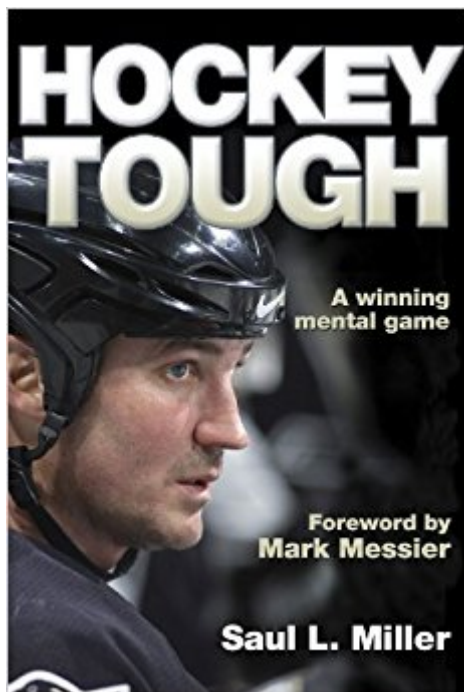


The book was found

Hockey Tough



Synopsis

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. Throughout the book, NHL stars such as Mark Messier, Pavel Bure, Chris Pronger, and Markus Naslund offer insights and tips on a variety of topics related to achieving a winning mind-set for the sport. These players explain how to focus and score, how to deal with personality conflicts on and off the ice, and how to bounce back with confidence after a subpar performance. Miller, one of North America's most prolific and sought-after sport psychology consultants in hockey, 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. Miller presents many other topics of interest, such as the intangibles that coaches and scouts look for in players and what it takes to make it to the top level of competition. Motivation, teamwork, leadership, and poise are essential factors to successful performance. Hockey Tough will strengthen each of these areas and help players achieve a mind-set to excel on the ice.

Book Information

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Customer Reviews

"Hockey Tough" will help you get your game and your life to the next level. This stuff works!" Cliff Ronning, NHL veteran, Minnesota Wild "I have worked with Saul for 15 years, both as an NHL player and later as a coach. His help has been invaluable to me. He understands the game and he knows how to help the athlete and the coach perform." Rick Lanz, former NHL player and head coach, Langley Hornets, BCHL "Improving your mental skills is the best tool a player can have to enhance performance. This book will show you how." Barry Trotz, head coach, Nashville Predators ""Dr. Miller has developed an excellent resource, thanks to his years of experience dealing with hockey players and coaches. He has simplified the mental approach players need to perform well."" Marc Crawford, head coach, Vancouver Canucks"

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Good book. I own this and "The Mental Edge" but this is geared more toward hockey which is nice. After reading it, my teenage hockey player said, "You know.... it's just a game so you might as well have fun and play with as positive attitude as possible."

Definitely a book we have been looking for a long time. The author describes the way we should use our energy in a good way and i am using it in my work as a Technical analyst BI. My oldest son is a hockeyplayer and high school teacher and he has a lot pleasure of this book as well. I will probably order him a ex this xmas. A good one from this book is: Don't use energy of things you can't improve - is a sentence the Author use.

This is a great book for those that are very serious about the sport of hockey and have aspirations of being an elite player. My best days of hockey have come and gone, but I still enjoy reading the

book and it has lots of teaching points to discuss with my kids, who are only 8 and 9. I probably bought the book about 5 years too early, but they will have it when they ready for this level of commitment.

This book covers many important concepts that will improve the mental side of hockey (or any team sport for that matter). The concepts seem aimed for more mature players, but I have applied these in a simplified way to younger kids in my last few years of coaching. I have noticed steady progress from the kids when introducing these techniques one at a time. Thanks Dr. Miller!!

Saul breaks down the psychology of performing your best at all times and how to keep yourself in the right frame of mind to do that. The word "slump" is a funk that an athlete feels "lucky" to get out of. This book removes the misunderstanding or poor performance and allows you to be in control of your ability to accel. Not just for hockey players. This man coached Michael Phelps, enough said.

My husband is a hockey coach and he bought one for each player on his entire hockey team (over 25 of them). We will be buying more of these for his team next year. A great read!

I work with many athletes ranging from amateur to professional, from child to adult, and from recreational to competitive, and I have actually utilized the information in this book to aid them in their mental game... SUCCESSFULLY! This is one of those highly recommended reads especially if you are looking to work with athletes.

This is a great read. I recomend it for both players and Coaches. It has improved my game both on and off the ice. Using some of the techniques Saul writes about definitely works and willopen up your senses. He will make you realize what you have been missing out on, and or teach you ways to make better whatyou allready know about the mental aspect of the game. This book works with any sport, not just hockey. Great book to have.

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