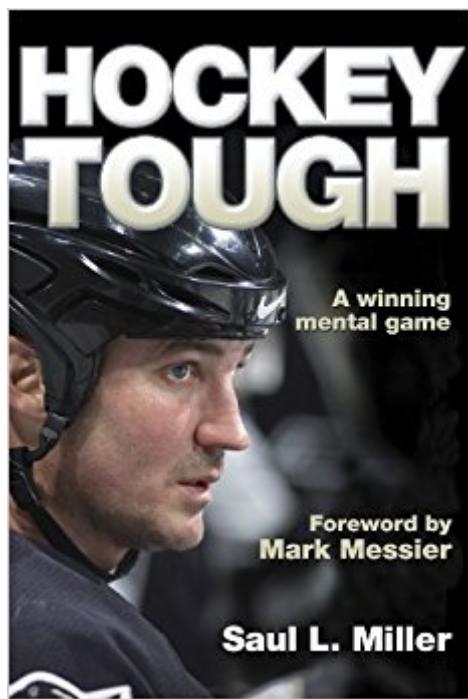


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# Hockey Tough



## **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. v

## **Book Information**

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## **Customer Reviews**

Wow, what a great book. I've played hockey all my life and now I coach my son's team and I only wish I had found this book sooner. It's full of info on how to be a better player and a better coach. It's very straightforward and easy to read and gets at the heart of what it takes to be a mentally strong player. The exercises deal with visualization, focus, breathing, relaxation, and setting goals. They're easy, quick, and you notice a difference right away. If you're either a player or a coach you should definitely check this book out.

O.K., so everybody says sports (at a certain level) are 90% mental and 10% skill. It's so common it's a cliche. So...why doesn't anybody take getting mentally prepared for the game seriously? Good question. And that's the one Saul Miller tries to tackle in this book. I'll admit, I was a little skeptical at first. I thought "probably a little too touchy feely." But I gave the book a chance, and I'm glad I did. Miller lays out in plain language how simple mental preparation can really affect your gameplay. The funny thing is, after reading it, it just seems like common sense that you should prepare mentally. Everyone always complains about players who "just didn't show up today" or "have their heads in the clouds." These techniques offer simple ways to stay focused, in the game, and able to execute when needed. These techniques are similar to any endeavor that requires lots of skill and precise execution. Military service, aviation, etc. are examples of professions where having the mental toughness to persevere and succeed are prerequisites for success. Miller translates these same techniques into the hockey vernacular. The book covers pre-game preparation and visualization, handling of positive and negative emotions inherent in the game, and techniques for forwards, D and Goalies to use to keep them focused on the game at hand, not the shot they missed 2 shifts ago. It is an easy read, efficiently laid out and well written. The advice given is practical and easily put into use in your next game. I highly recommend it.

I bought this for my teenage son. The book focuses on keeping a positive state of mind, keeping your spirits up and expecting the best. It's a great message for life in general, not just hockey. My son says it really helped his game, and helps him deal with things when they don't always go his way. Highly recommended.

I've only been playing ice hockey for about six months, but picked up this book because I wanted to know the mindset needed to become a great hockey player. This book delivered. Especially in the adult recreational leagues, there are many players and teams who believe you have to play hockey out of anger or total aggression. In contrast, Miller shows that hockey must be played from a

balanced state of mind, one that can be achieved using practical techniques such as rhythmic breathing, visualization, and self-talk. Too-intense emotion is shown to be a bad thing for a hockey player. He does case-studies of the greatest players to play the game, and provides insight on how they became so good. This book has changed the way I approach my hockey games, and I have increased my enjoyment of playing hockey by using Miller's techniques. My only issue with the book is that it is repetitive at times, and probably could have been condensed by about 50 pages. Still, highly recommended.

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!!

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.

My husband and I agree that in most sports, especially, hockey it is the mind strength and preparation that matters most. My husband recommended this for my son, who is physically prepared for hockey but we'd like to give him access to information to the mental advantage of the sport. This book is it.

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