



**HOCKEY  
PRO  
TRAINING**

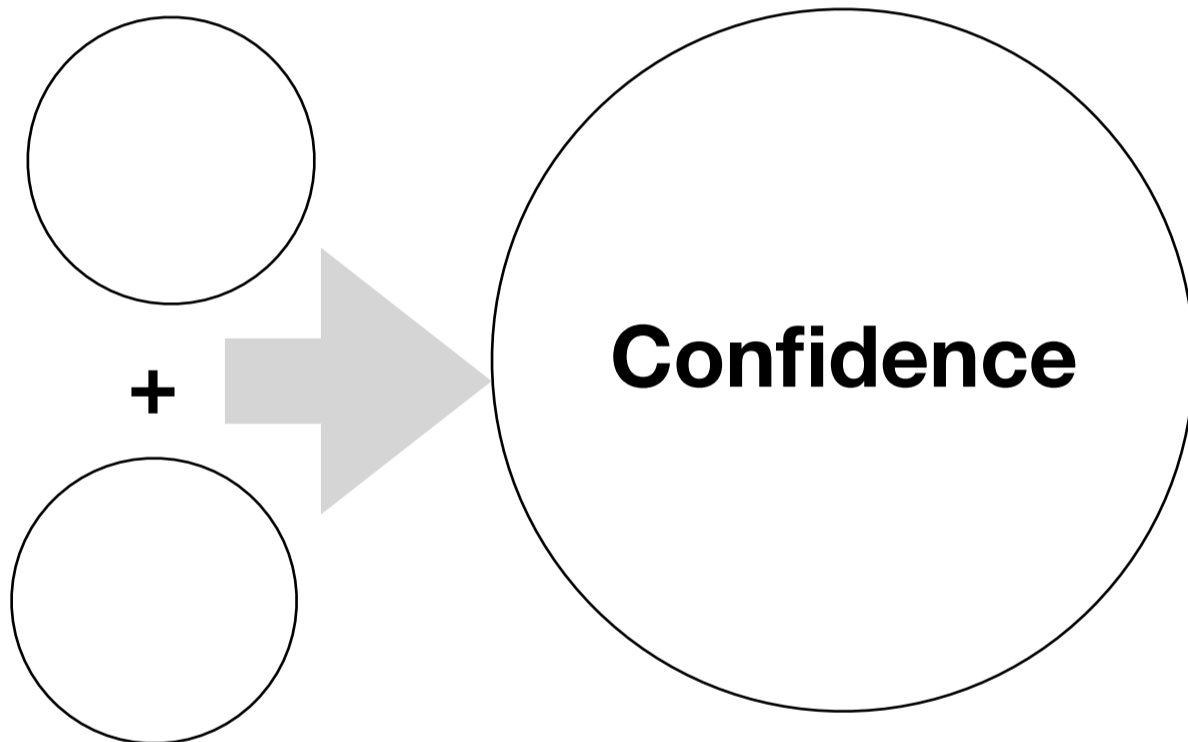
What's your hockey goal? \_\_\_\_\_

Scale from 1 to 10, what's your level of confidence on a nightly basis? \_\_\_\_\_

What would it mean for you to show up each and every night with full confidence in your abilities? \_\_\_\_\_

\_\_\_\_\_

**The Equation:**



What do elite players focus on that average players don't: \_\_\_\_\_

What does Boston Bruins Captain, Zdeno Chara, say that young players struggle with? \_\_\_\_\_

What are the three simple steps to getting in the zone? 1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_