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Nota di contenuto	Intro -- Title Page -- Dedication -- Contents -- Foreword by Doug Lidster -- Introduction: Hockey Confidence: Your Key to Winning -- One: Take Responsibility for Your Progress -- Two: Anxiety: One of the Greatest Tools for Your Success -- Three: Supercharge Your Self-Esteem -- Four: Turn Stress Nightmares into Miracles on the Ice -- Five: Self-Belief Stalling? Get It Back in Gear -- Six: Sharpen Your Focus and Raise Your Game -- Seven: Overcome Mental Roadblocks to Win from Within -- Eight: Refuel Your Mental Energy -- Nine: Follow Your Own True North -- Afterword: Hockey: Your Confidence, Your Dreams, Your Results -- Notes -- Acknowledgments -- About the Author -- Copyright Page.
Sommario/riassunto	"This book is a powerful tool for developing your self-belief and confidence. It will help many NHL hockey players be better teammates and better players."Mark Recchi, three-time Stanley Cup champion & Hockey Hall of Fame Inductee Confidence affects how we deal with stress and how we fulfill our potential to achieve the results we desire. In sports and in life, confidence is the underlying factor determining mental and physical performance, leading to overall success. This book by experienced mental performance specialist Isabelle Hamptonstone contains a collection of powerful techniques and tips to help hockey players overcome lack of confidence. Clear instructions and illustrative case studies show how training the brain to develop and sustain hockey confidence can upgrade results and help players make smarter, quicker

decisions under pressure. Hamptonstone shares step-by-step guidelines gleaned from her years of research working with the giants in the game of hockey. Some of the greatest hockey players in the world have used these very same steps to change their game and their lives. Added to this base of personal knowledge, the book references inspiring moments of mental performance by Wayne Gretzky, Doug Lidster, Scott Niedermayer, Shane Doan, Darryl Sydor, Jarome Iginla, and Mark Recchi. This pragmatic and positive book is a game-changing guide and valuable resource for anyone interested in high-performance hockey, as well as a valuable tool for self-development.
