



THE MENTAL GAME MATTERS: A QUICK GUIDE FOR HOCKEY MOMS

SUPPORT YOUR PLAYER'S MINDSET, CONFIDENCE, AND PERFORMANCE ON AND OFF THE ICE.

WHY MENTAL TRAINING MATTERS

Hockey is fast. Intense. Unpredictable. What happens between the ears is just as important as what happens on the ice. This guide shares small ways to help your athlete build confidence, focus, and resilience with tools that work even during a losing streak or high-pressure tryout

5 WAYS TO SUPPORT YOUR PLAYER'S MINDSET

1. Talk About It: Let them know it's normal to feel nervous or discouraged sometimes — it means they care.
2. Focus on Effort, Not Outcome: Instead of “Did you score?”, try “Did you have fun?” or “What felt good today?”
3. Praise Problem-Solving: Catch them thinking, adjusting, or learning. “You figured that out — nice work!”
4. Model a Calm Reset: When they're frustrated, show them what a deep breath, positive self-talk, or even a laugh can do.
5. Use Short, Simple Cues: Before and during games, say: “Play your game.” “Be smart.” “You got this.” These anchor phrases go a long way.

MENTAL GAME CHECK-IN QUESTIONS (DAILY/WEEKLY USE)

- What did I do well today?
- Where did I stay calm under pressure?
- What can I learn from today's challenge?
- What's one thing I can focus on next game?
- How did I respond to mistakes? What would I change?

Note: You can ask your athlete these or keep a journal with them. The point is reflection, not perfection.



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PRE-GAME MINDSET ROUTINE

A short, repeatable mental warm-up:

1. 3 Deep Breaths — Calm the nervous system
2. Positive Cue Word — “Strong,” “Steady,” or “Let’s Go”
3. Visualize — 10 seconds of making a smart play
4. Reset Reminder — “Mistakes happen. Next shift.”
5. One Focus Point — Choose one thing to improve today

HOCKEY MOM ENCOURAGEMENT PHRASES

- Cheering them on without pressure:
- “Just play your game.”
- “Have fun and give your best.”
- “You don’t need to be perfect.”
- “One shift at a time.”
- “Proud of your effort, not the scoreboard.”
- Most important “Have Fun, I love you”

REFRAMING TOUGH MOMENTS

When they say...

- “I played like garbage.”
- “Coach is mad at me.”
- “I messed it all up.”

Try this response:

- “What’s one thing you did do well?”
- “Did you learn something from that shift?”
- “You’re learning. That’s what matters.”

WANT TO GO DEEPER?

I highly recommend checking out the Self Aware Athlete program it’s helped my own hockey player manage pressure, play with confidence, and build the kind of mindset that supports long-term success.

[CLICK HERE](#)



CONFIDENCE TRACKER

Track your confidence before and after each game or practice. This simple worksheet helps you reflect on your mindset, identify patterns, and build awareness over time.



Pre-Game Confidence (1-10): _____

Post-Game Confidence (1-10): _____

One Word to Describe How I Felt: _____

One Thing I'm Proud Of: _____

What I Want to Work On Next Time: _____

Repeat weekly or print multiple copies for ongoing use.

