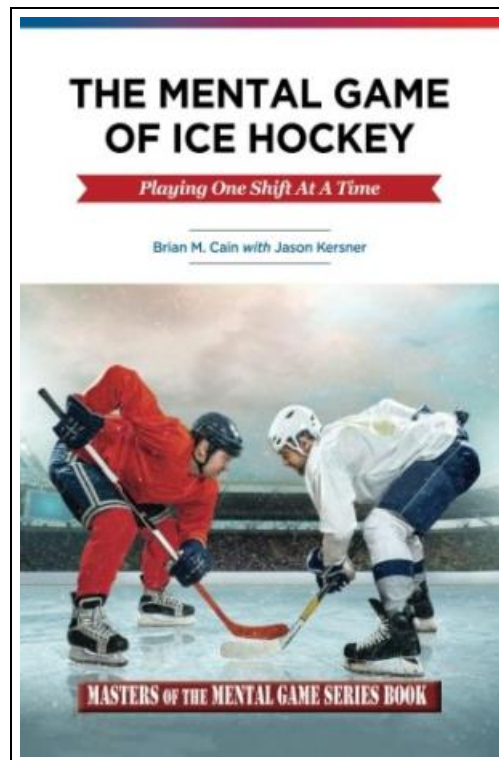


## The Mental Game of Ice Hockey: Playing the Game One Shift at a Time (Paperback)



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## THE MENTAL GAME OF ICE HOCKEY: PLAYING THE GAME ONE SHIFT AT A TIME (PAPERBACK)



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Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In *The Mental Game of Ice Hockey*, Brian Cain, the foremost authority on mental conditioning on the ice, takes you through the process of developing mental toughness in yourself, your players and your program as you learn how to truly play one shift at a time. Join Cain as he trains you to: 1. Compete one shift at a time and live in the present moment 2. Become a machine of consistency by creating performance routines 3. Build championship culture and chemistry and redefine the values of your program 4. Develop self-discipline and live a lifestyle of excellence 5. Gain mental and emotional Control and become master of your mental game 6. Implement a process to take you from where you are to where you want to be much, much more. In *The Mental Game of Ice Hockey*, Cain teams up with Jason Kersner, one of the top young ice hockey coaches in the world who has implemented The Mental Game of Ice Hockey system since 2007. Kersner shares his years of experience in coaching both on the ice and the mental game to help the reader make a seamless transition of the system to the ice. This is the best book on ice hockey I have ever read. Tim Gleason Team USA Ice Hockey 2010 Vancouver Olympic Games Silver Medal *The Mental Game of Ice Hockey* gives you incredible understanding and insight into the mindset of the best players and coaches in the country. Cain s system will help your staff and players better compete one shift at a time and make you more consistent. Kevin Sneddon Head Ice Hockey Coach The University of Vermont Brian Cain knows the rhythm of...



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