**UWAHC – JUNIOR DIVISION**

**THE MENTAL GAME (2021)**

*Overview:*

This document provides a summary of the way in which we intend to assist junior players at UWAHC to develop their mental skills in 2021. The intention is for the program to start at a basic level this year and grow over time.

The overriding principles are:

1. there should be a level of trust between the coaches and players to allow open communication (both positive and constructive) and assist the players to have self-awareness and develop their mental resilience and strength;
2. in improving each players’ mental side of the game, they should find the game of hockey more enjoyable and rewarding and have greater success;
3. developing each player’s mental game will assist players to develop at a faster rate because they are in a positive, receptive and proactive mindset more often; and
4. we acknowledge that coaches are assisting in a voluntary capacity. We do not want to increase the work of our volunteer coaches, but rather we want to provide guidance to get the most out of each player and each team and increase the overall enjoyment and satisfaction for the players and the coaches.

*Themes:*

We will have three key themes during the year, being:

1. “Progress” (pre-season – 1 March – 23 April 2021);
2. “In the Team” (26 April – 30 July 2021);
3. “In the Moment” (2 August – 17 September 2021).

For each theme, we will provide:

1. a ‘cheat sheet’ for coaches, players and parents to enable each of these groups to have areas to focus on and ways in which they can incorporate each theme; and
2. an information/discussion session for coaches.

This program will be co-ordinated by Ian Geddes (primarily assisting the boys side of the junior club) and Fiona Ryan (primarily assisting the girls side of the junior club). Both Ian and Fiona will make themselves available to support coaches and teams, as required.