

HOW TO GO FROM AVERAGE TO AWESOME

1. Skills- Mastering the basics and being able to perform the fundamentals as second nature is the most important ability as an athlete. You grow as you improve upon the fundamentals with timing, speed and accuracy, because the basics stay the same.

2. Attitude- Be coachable. In order to become awesome you must allow yourself to be taught by all types of coaches. Learning from others with experience is a great way to improve your knowledge and ability in sports. However this only works if you approach it with the right mind set; “what can I learn from this experience?”

3. Effort- There is nothing worth doing that is not worth doing with 100% effort. Understanding the “WHY” you play field hockey will help motivate you to put in the effort it takes to be Awesome.

4. Practice- Be the first to practice and stay late repeating the skills until they become habitual. The repetition of practice trains the muscle memory so the quick decisions of the game will come without thought.

5. Be a Student of the Game- Watch other people play. Learn from their success and failures. Immerse yourself in the sport. All around you are hockey players who share a love for the game and they are the people who will help you get better! It’s contagious.