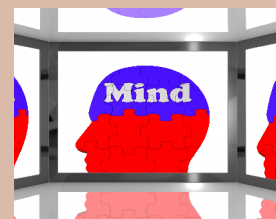




# MGM Method of Preparation

## Mental Game Method

- 5 Step preparation method for practices or games.
- Prepares you both physically and mentally.
- Used by our NCAA and Stanley Cup Champions.



### Step 01

**Relaxation**  
**5 minutes**

- Utilize the 90-second reset here.
- A clear mind can process more information later.
- Perform simple breathing exercises first before your physical warm-up.



### Step 02

**Visualization**  
**5 minutes**

- Use both inside out and outside in method of visualization.
- 1 minute of visualization is equal to 7 minutes technical training.
- Start small and work on your imagery skills.
- Tie emotion to your visions to make it stronger.



### Step 03

**Positive Self-Talk**  
**5 minutes**

- Develop some positive statements about yourself and your upcoming performance in the next event.
- Statements should be short.
- Tie in with brain-building music if you can.
- Do this with no distractions.



### Step 04

**Written Expression**  
**5 minutes**

- Write down 3-5 mini goals for the event you are preparing for. On the phone or in a journal.
- Might be different for each event.
- Be consistent and track performance.
- Be clear in what you want to accomplish.



### Step 5

**Action Items**  
**5 minutes**

- List what steps are needed to achieve the goals you set in step 4.
- Will most likely change each event.
- Be as specific as possible.
- Take your time defining.

