



# MENTAL SKILLS

Mental skills are a huge part of a high-performing players qualities. Throughout the players journey, players will have to call upon different skills at different times to ensure their talent development progresses as they would like.

The following are mental skills that a player will benefit from. It is important that these skills are developed over the course of their journey. It is important that hockey coaches recognise opportunities to develop players' mental skills. (It is equally important to recognise that the brain matures much later than our physical capabilities and therefore, we should be careful about basing significant non-selection decisions on 'poor' mental skills / adolescent behaviours).

When someone has robust mental skills, not only do they have a strong combination of the skills set out below, but they also show consistency in delivering them through training and at Elite Level through the toughest competition.