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# Hockey Psyche

*William A Howatt, Brad MacKenzie*

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**Hockey Psyche** William A Howatt, Brad MacKenzie
Hockey Psyche is a mental science program for helping players who want to take their game to the next level by developing their intrapersonal skills. The core philosophy of Hockey Psyche is that where the mind goes the body must follow. Greatness starts from within. To become a champion, each player must learn to believe and, as Allan Andrews says, "dream big." Mental science can be defined as the study of thought with respect to how thoughts influence feelings and behaviours and ultimately a player's overall performance. Whether a player goes to their backyard to shoot a puck, sits quietly in their room thinking about what they will do in tonight's game, or looks for guidance to overcome a perceived fear, success begins with their thoughts. The greatest hockey players all have one thing in common: they believe they can win. We believe that hockey players will benefit as much from developing their mental skills as they will from developing their hockey skills. The reason is clear: The hockey pool gets smaller as a player moves from Novice Triple A to the NHL.

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