

## ARE YOU A 'GIVE OR GET' PLAYER?



### Bantam AA Bears Pre-Game Preparation

#### Key Focus Areas:

Stop/ Starts	Net Drive	Support Puck	Protect House	First to Puck
Aggressive	Team Play	Intensity	Penalty Kill	Power Play
Move Feet	DSide of Puck	Backcheck	Forecheck	Regroup
Rebounds	Trap Puck	Contact	Good Angles	Communicate
Battle	Move Puck	Walk the Line	Hinge	Post-Up

Game Date:

Game Time:

Hours of sleep:

Glasses of water:

Pre-Game Meal:

Pre-Game Routine:

Choose 5 focus areas that will help your game today:

- 1.
- 2.
- 3.
- 4.
- 5.

What will you do to stay focused and 'give' throughout the game?

Post-Game Evaluation:

Rate each of your focus areas out of 5, 1 being poor and 5 being excellent

- 1.
- 2.
- 3.
- 4.
- 5.

Explain how you feel about your game today: