



INTERNATIONAL
COACHING
SYMPOSIUM
CZECHIA
Prague

2024 IIHF INTERNATIONAL COACHING SYMPOSIUM



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MAY 18-20



ICE HOCKEY
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Mental skills development

Dr. David Scott

FUTURE STARS DEVELOPMENT

"The most important
piece of ice is the six
inches of ice between
your two ears"





David Scott
Professor of Sport
Psychology, University of
New Brunswick, Fredericton,
New Brunswick, Canada

23 years in the NHL (Last 15
with the Montreal Canadiens

Laval Rocket (AHL)

Moncton Wildcats (QMJHL)

Dauphin Kings (MJHL)

Czech Parahockey Team



FUTURE STARS DEVELOPMENT

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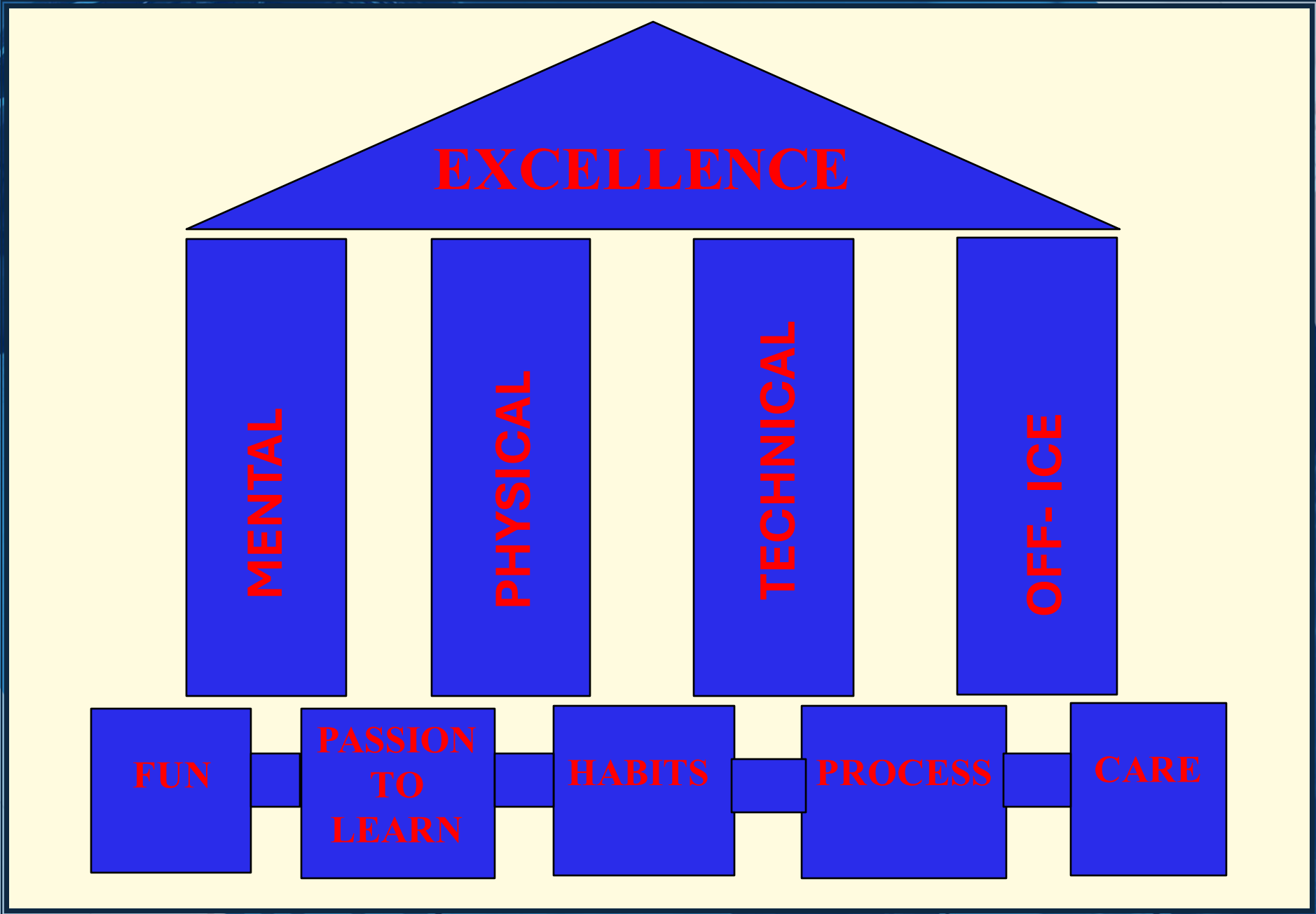




"Dave Scott doesn't know the meaning of the word 'fear.' Of course, if you look at his grades, you'll realize that he doesn't know the meaning of a lot of words."

Fran O'Brien, college rugby coach





Fun

- No bad days – just some challenging days
- Listen to the right voice
- Focus on what you are going to do
- Fear of failure



Fun

- Get the environment right
FOR THE
PLAYERS

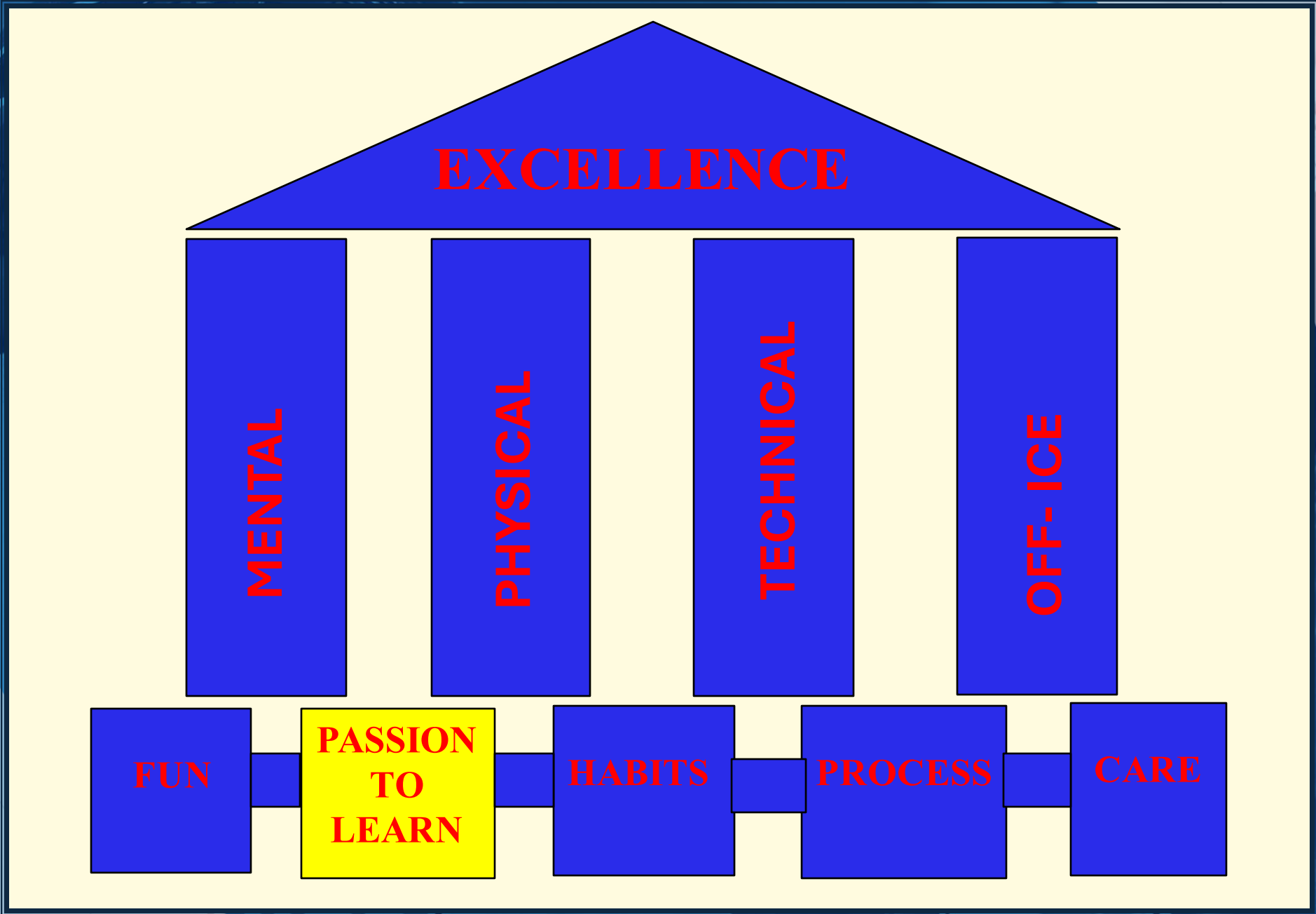




Fun

- Get the environment right
- “It’s not the mountain ahead of you that wears you out but the pebble in your shoe”





Passion to Learn

- Set process goals
- “I don’t like sushi”
- Be humble



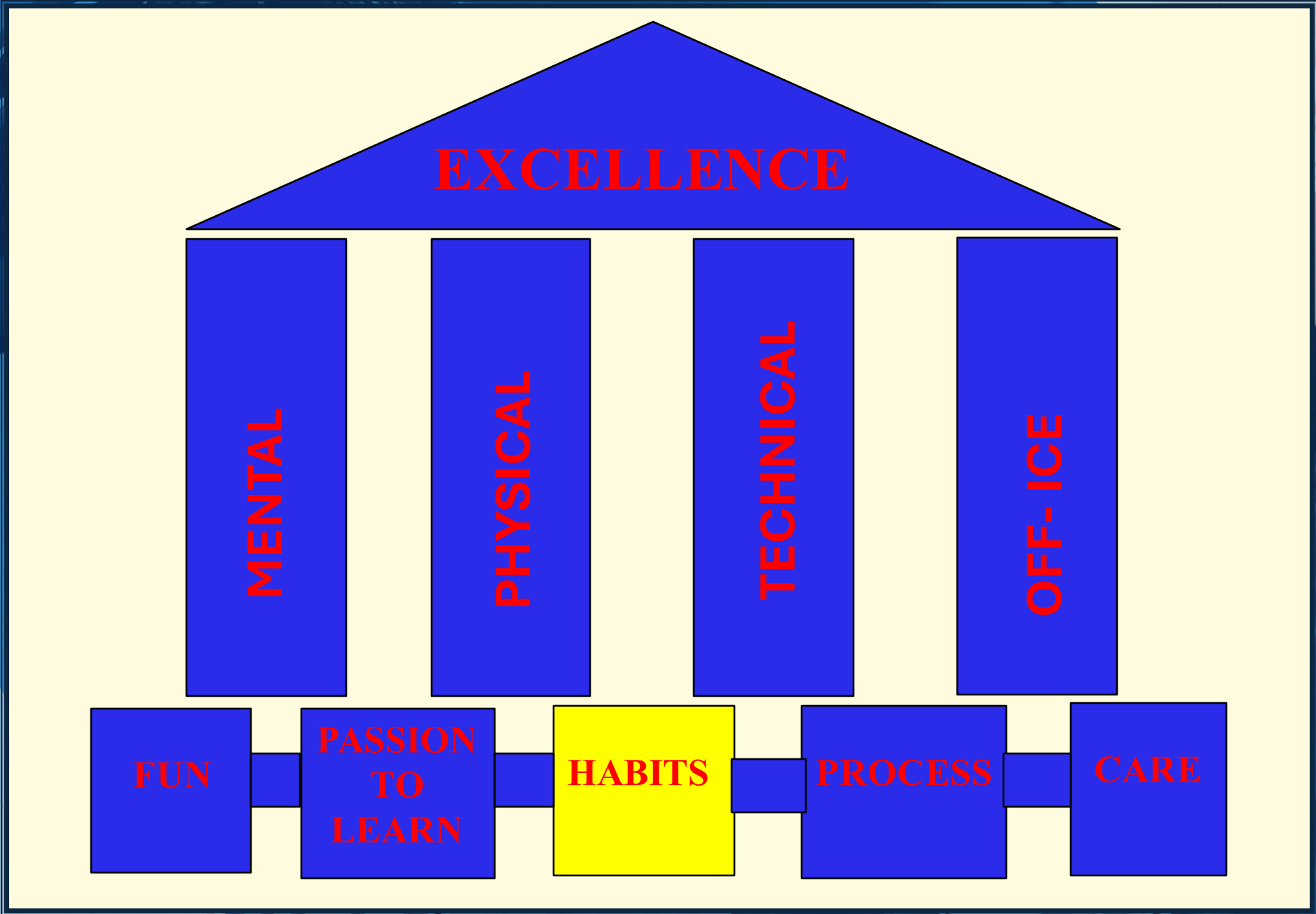
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FINISHED FILES ARE THE RESULT OF MANY YEARS OF SCIENTIFIC STUDY COMBINED WITH THE EXPERIENCE OF MANY YEARS.

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Good Habits

- Develop mental toughness (grit and resilience) through habits



STUDIO C



Good Habits

- Develop mental toughness (grit and resilience) through habits
- Grit is the number one predictor of success



Good Habits

- Develop mental toughness through habits not motivation
- Behaviour = Choice
- Quality Training



Good Habits

- The way that a player thinks about practice will dictate how they approach it, the effort they put in, and how they respond to the challenges that they will face in the practice



Good Habits

- Without focus and intensity improvement will stop and practice will lack the intensity that is required to be successful in games. (This is a common problem because often we practice at a level of focus and intensity which is different from that needed in games)





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Good Habits

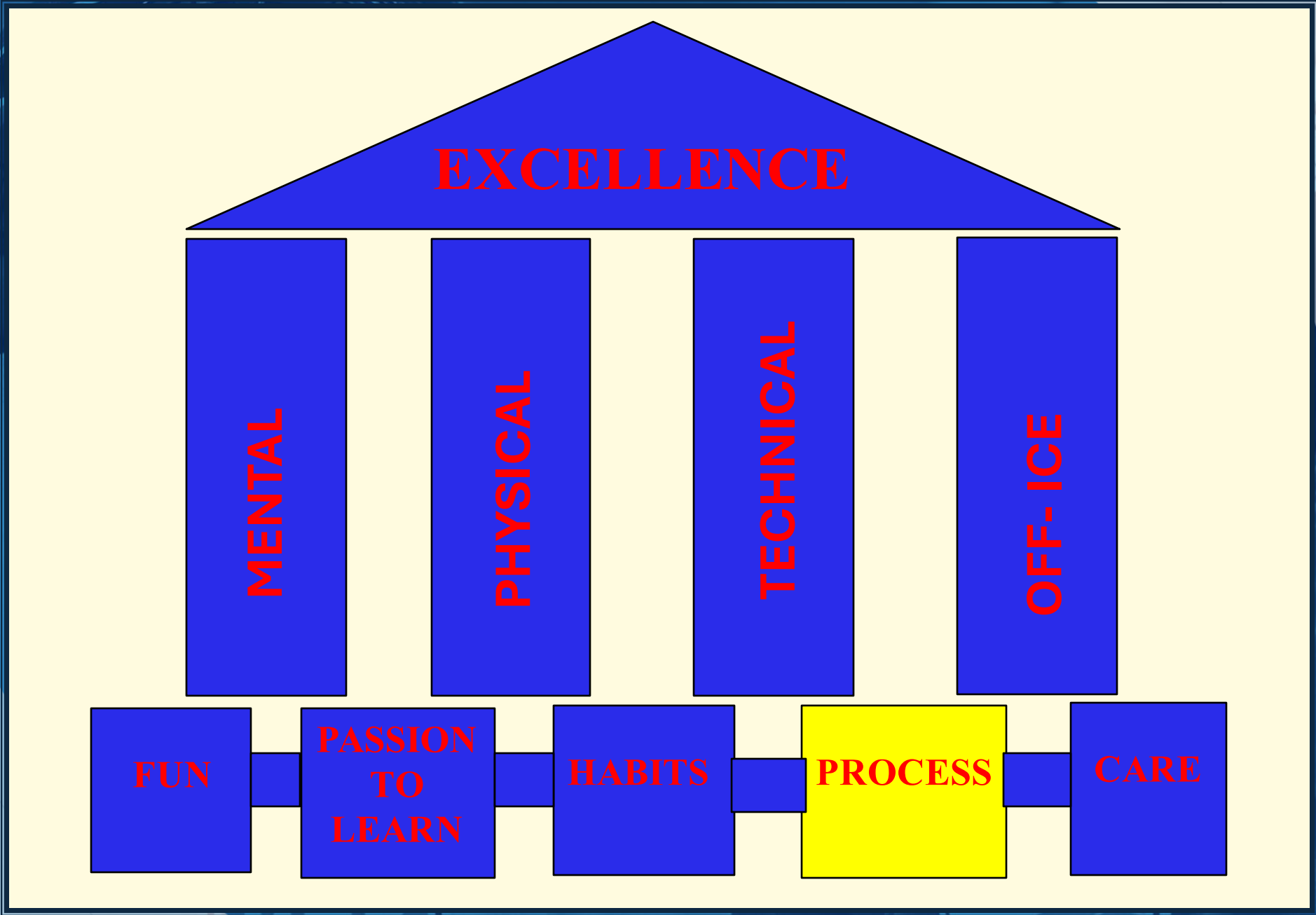
- Quality practice can sometimes cause mistakes to occur because players are pushing themselves beyond what is comfortable in order to improve. As a result, they are more likely to make a mistake



Good Habits

- The best players in the world struggle with mistakes all the time. So given that the best players in the world make mistakes, it is not the mistakes that are the problem. Rather, the difference that separates superstars from everyone else is not that they do not make mistakes, but how quickly they learn from them and improve

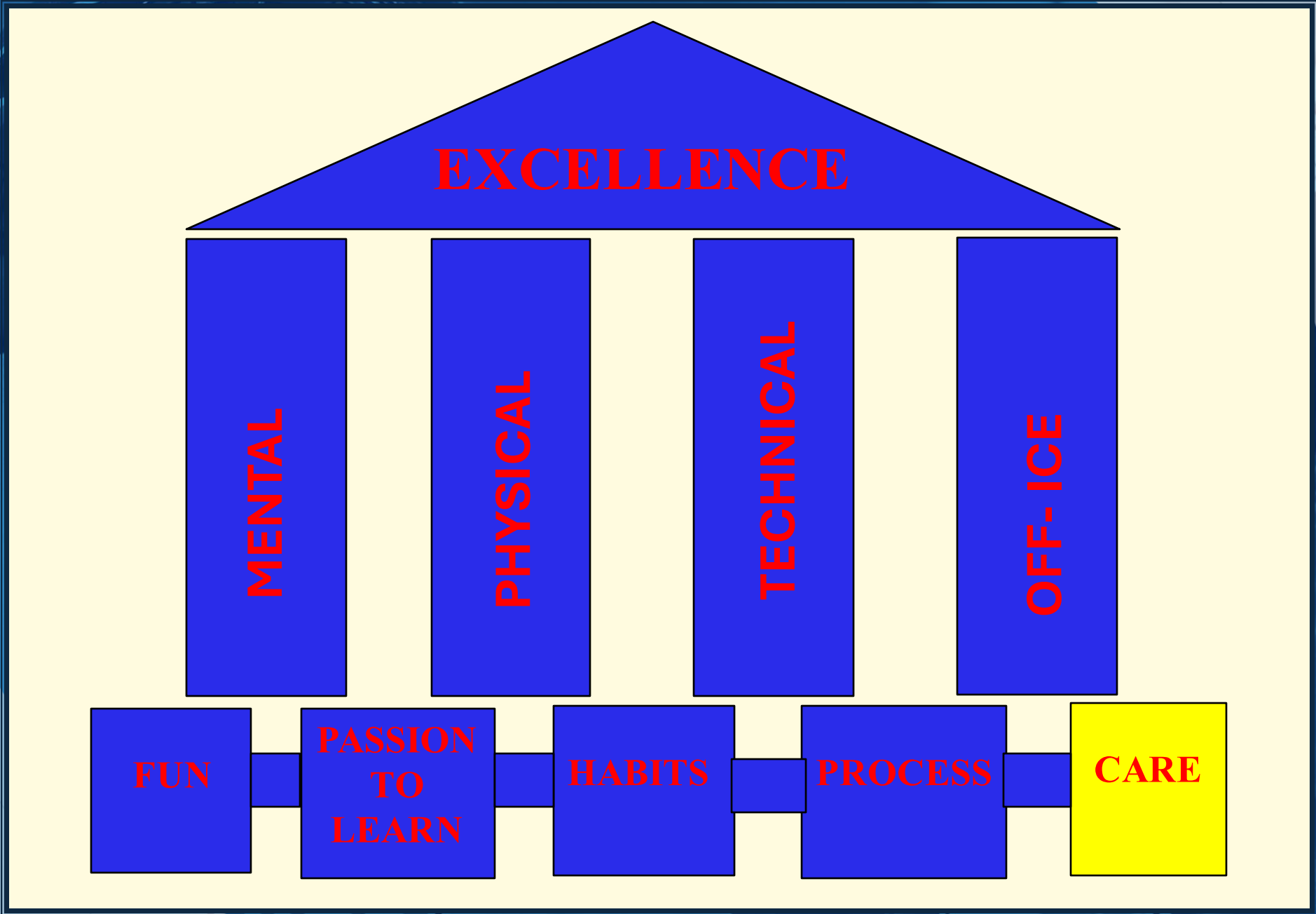




Process

- The outcome will take care of itself
- Do your job
- Control the controllables





Care

- The last and most important trait required by a coach is integrity. Be loyal, be supportive, be respectful, be honest and fair.

But above all - **care**





LOVE
THIS
GAME



Basic Mental Skills

1. Goal-Setting
2. Self-Confidence
3. Focusing
4. Imagery
5. Mindfulness
6. Responsibility
7. Routines



Mental Skills

- 1. Intensity**
- 2. Big Games**
- 3. Self-Talk**
- 4. Performance Slumps**
- 5. Fear of failure**
- 6. Emotions**
- 7. Expectations**



Advanced Mental Skills

- 1. Growth Mindset**
- 2. Ownership**
- 3. Risk Taking**
- 4. Long Term Vision**
- 5. Perfectionism**
- 6. Injury Rehabilitation**
- 7. Developing MST programmes**



Specialized Mental Skills

1. Mental Health



FUTURE STARS DEVELOPMENT

Thank You

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