ELITESPORTIQ · THE ONE-CUE CARD · ONE PAGE, PRINT IT, ONE CARD PER GAME

Stop overthinking: the game-day card

The ice is for playing. This card is where the thinking goes. Fill in the top **before the game**, use the reset **on the bench**, and do the grading and the film questions **the next day**.

1 BEFORE THE GAME

MY ONE CUE

Short. About **the play**, not your body. Something **to do**, never something to avoid. For example: stop on pucks · middle lane · far pad · eyes up early · stick on puck · next shot.

IF-THEN PLANS: THE FIRST MISTAKE IS COMING

IF *I turn it over* **THEN** _____

IF *the coach yells* **THEN** _____

IF _____ **THEN** _____

2 ON THE BENCH · THE TEN-SECOND RESET, AFTER EVERY SHIFT

1. **Breathe out**
   One slow breath out. Two if there is time.
2. **Park it**
   One word or one small action that closes the last shift.
3. **Next job**
   Say the cue. Then watch the game, not the last shift.

MY PARK WORD OR ACTION

3 AFTER THE GAME · GRADE WHAT YOU CONTROL, NOT THE SCORESHEET

	THREE JOBS I CAN DO EVERY SHIFT	1ST PERIOD	2ND PERIOD	3RD PERIOD
A	*for example: head turns before the puck comes*	☐	☐	☐
B		☐	☐	☐
C		☐	☐	☐

Mark each period out of 5. Three jobs done is a good game, whatever the score was.

4 THE NEXT DAY · ON FILM, WHOLE SHIFTS, NOT ONLY THE MISTAKES

What did I see before the puck came?

What could I have done differently?

Would I do the same thing again?

One habit for next game (it becomes the cue):

THE FILM CHECK: FIVE SIGNS OF OVERTHINKING

- **Puck-locked eyes.** The head never turns before a pass arrives.
- **The extra touch.** Two or three seconds on the stick with a play open. NHL players average 1.29 seconds.
- **Feet that stop** the moment the puck comes.
- **The safe play** with nobody near: a rim, a chip, a pass straight back.
- **The quiet shift** after a turnover: shorter, and further from the puck.

FOR PARENTS: THE RIDE HOME

- **Say one thing first:** "I love watching you play."
- **Let the player start** the hockey talk, or not start it.
- **Ask, do not tell.** The questions in part 4 work in the car too.
- **Leave the coaching to the coach.** From the stands, cheer.

From the guide **Great in Practice, Lost in Games? How to Stop Overthinking in Hockey**, with every source linked.
Want a coach to build the cue and the reset with you? **elitesportiq.com/mental-performance**

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