



# Best Tournament *BLUEPRINT*

Follow these performance tips and you will be completely prepared to play your best for every tournament game.

# HOW TO PREPARE FOR EVERY GAME

Fuel	<i>Physical</i>	Fitness	Focus	<i>Mental</i>	Confidence
<b>BEFORE</b>			<b>BEFORE</b>		
<b>Night Before:</b>	Stretch Before Bed Balanced Meal ( + lots of water) 8 hours of sleep		<b>Night Before:</b>	Review the Previous Game	
<b>Morning Of:</b>	Balanced Breakfast ( + lots of water) Something Active (if night game)		<b>Morning Of:</b>	Review Team/Individual Strategy	
<b>Pre-Game Meal:</b>	"Timing" - 3, 2 or 1 hr before Do most of your hydrating 2 hours out		<b>Pre-Game Confidence:</b>	Review Greatest Hits	
<b>Pre-Game Prep:</b>	Complete Off-Ice Warm-Up - all 3 parts Sip water		<b>Pre-Game Focus:</b>	Pre-Game Notes: 3 "You" Goals	
<b>DURING</b>			<b>DURING</b>		
Finish Your Water Bottle • Out-work • Out-hustle			"Flush" Negatives • Focus on Top 3 • Help Teammates		
<b>AFTER</b>			<b>AFTER</b>		
<b>Cool-Down:</b>	Complete Cool-Down - all 3 parts		<b>Post-Game Review:</b>	Were pre-game goals met? Add to Greatest Hits Celebrate or Mope Quickly	
<b>Re-Fuel &amp; Re-Hydrate:</b>	Have The Best Recovery Drink Ever Drink More Water				
<b>Post-Game Meal:</b>	Balanced & Avoid Fast Food If late at night, make it small				

To listen to Coach Kim review perfect game preparation and recovery, click on the link below:  
[http://totalfemalehockey.com/tournament\\_blueprint/Coach\\_Blueprint\\_Basics.mp3](http://totalfemalehockey.com/tournament_blueprint/Coach_Blueprint_Basics.mp3)

# YOUR BEST GAME: MORNING, NOON & NIGHT

Your pre-game preparation is going to look a little different depending on whether your game is in the morning, afternoon or evening. Here are some tips on how to “tweak” your pre-game preparation to make sure you have your best game no matter what time of day it is.

## MORNING GAME

### Pre-Game Meal:

I don't expect you to get up at 5am to have a full breakfast before your 8am game. Realistically, you will be eating 90 minutes or one hour before you hit the ice. Eat something that will give you lots of energy, but not weigh you down. The closer you get to game time, the less fat and protein you want to eat (because these take more energy and more time to digest). Remember - you have to take in energy in order to have energy.

### Pre-Game Warm-Up:

Doing an off-ice warm-up is especially important before a morning game. If you don't have time to go through a complete dynamic warm-up, at least go through the 1 minute warm-ups a few times (on the next page).

### Post-Game Recovery:

This is critical when you have another game (or two) later in the day. Take in your post-game recovery fuel, go for a jog, and stretch and you'll be well on your way to a speedy recovery.

## AFTERNOON GAME

### Pre-Game Meal:

With a game at 1 or 2pm, you have no excuse for not eating a good pre-game meal. If you already played a morning game, your post-game meal might also be your pre-game meal. In this case, make sure you are taking in some protein to help your muscles recover, some healthy fats to keep you from feeling hungry half way through the game, and some complex carbohydrates to give you lots of energy. And drink more water.

### Pre-Game Warm-Up:

When you've already played a game in the morning, your afternoon warm-up serves 2 purposes. It will help your muscles to recover from the previous game and get you ready for the next one. You may be tired from the 1st game, but if you don't warm-up properly, you won't be able to perform your best for the 2nd game.

### Post-Game Recovery:

Cool-down! If you've already played 2 games, you really need to jog and stretch. The same post-game nutrition rules apply.

## EVENING GAME

### Pre-Game Meal:

There is no “ideal” time to eat before a 7pm game. The general rule is that the further away it is from game time (ie. 3 hours), the more protein and fat that can be in the meal. As you get closer to game time, focus on high-energy carbohydrates (whole grain when possible) and small amounts of protein. Experiment and figure out the timing and foods that work best for you.

### Pre-Game Warm-Up:

You should have lots of time to go through a complete off-ice warm-up. Go for a jog, do your dynamic stretches (“stretching while moving”) and finish with a high-intensity agility drill that will get you 100% prepared to hit the ice.

### Post-Game Recovery:

You need to eat something before going to bed to replace the energy you used during the game. Eat something light (not greasy fast food) and drink another bottle of water. Take 10 minutes to stretch before going to bed - your body will thank you!

Need more help with hockey-specific nutrition? You'll find a complete nutrition plan, with specific meals and strategies you can use at home and on the road in the [Best Hockey Season Ever System](#).

# 1 MINUTE OFF-ICE WARM-UPS

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You know that you are supposed to warm-up before you hit the ice.

But sometimes you just don't have the time or energy during a busy tournament to get it done.

With all the driving between rinks and pre-game pep talks, sometimes there isn't enough time left to fit in a complete 15 minute off-ice warm-up. A proper off-ice warm-up is not only possible, but absolutely necessary - especially when you've only got a few minutes to skate once you step on the ice and you are playing multiple games in one day.

**Here are two 1 minute warm-ups that you can do absolutely anywhere:**

## *One-Minute Warm-Up #1*

- ==> 20 jumping jacks
- ==> 10 straight leg kicks (5 each leg)
- ==> 20 high knees
- ==> 10 alternating forward lunges (5 each leg)

To watch the video of this warm-up, click the link below:

<http://www.youtube.com/watch?v=wRi61WNikeQ>

## *One-Minute Warm-Up #2*

- ==> 20 "in and outs"
- ==> 10 alternating side lunges (5 each leg)
- ==> 20 "foot switches"
- ==> 10 side kicks (5 each leg)

To watch the video of this warm-up, click the link below:

<http://www.youtube.com/watch?v=-kzI5WmNlk8>

Even just running through one of these warm-ups once will get your hockey muscles warmed up and your heart rate elevated before hitting the ice. Run through one 5 times in a row and I guarantee that you will come flying out of the gate in the first period.

You may not be able to spend 15 minutes doing a complete off-ice warm-up, especially at a tournament, but you can always find a couple of extra minutes to get ready before taking the ice.