

# THE ELITE LEVEL HOCKEY PLAYER

What does it take and how do I get there?

A personal plan

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Gregg Kennedy  
Director, Long Term Development  
Hockey Eastern Ontario



1. Why do you play hockey?

- 1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- 2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- 3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. Where do you want to go with hockey?

- In 1 year \_\_\_\_\_
- In 3 years \_\_\_\_\_
- In 5 years \_\_\_\_\_
- And beyond \_\_\_\_\_

3. What are your strengths as a hockey player?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

4. What are your weaknesses as a hockey player?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

5. What are the characteristics/qualities of the **PERFECT** hockey player?

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6. How does the **PRESENT** you compare to the player above?

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7. How will you close the gap between the **PRESENT** and the **PERFECT**?

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# ***GOAL SETTING***

**S**PECIFIC – Simplistically written and clearly define what YOU are going to do.

**M**EASURABLE – Tangible evidence that you have accomplished your goals

**A**TTAINABLE – Goals should stretch you slightly so you feel challenged, but defined well enough so that you can achieve them.

**R**ELEVANT – Your goals should be important to you they are your motivators.

**T**IME-BOUND – Definitive target date for completion of each goal and each action step along the way.



