

Hitting the bullseye: Using scoring- chances successfully

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We decide, where we aim!



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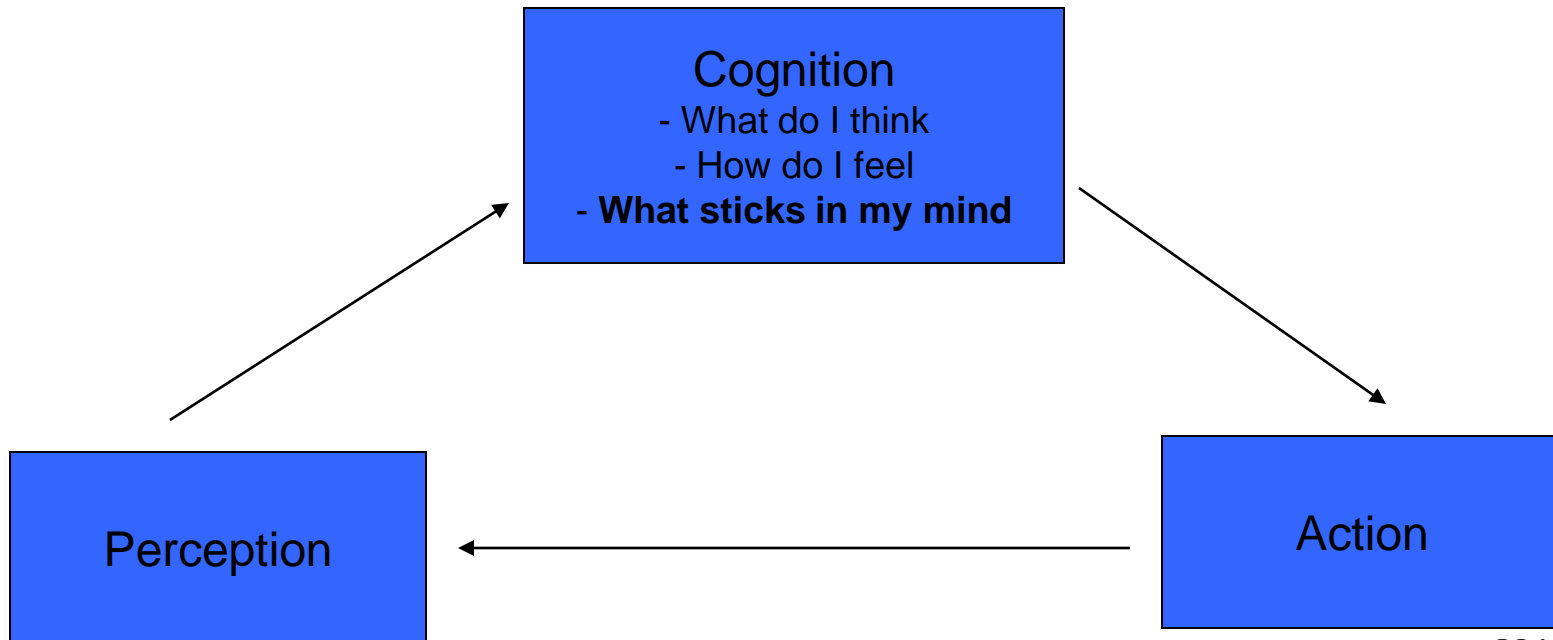
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„How“ do we aim?

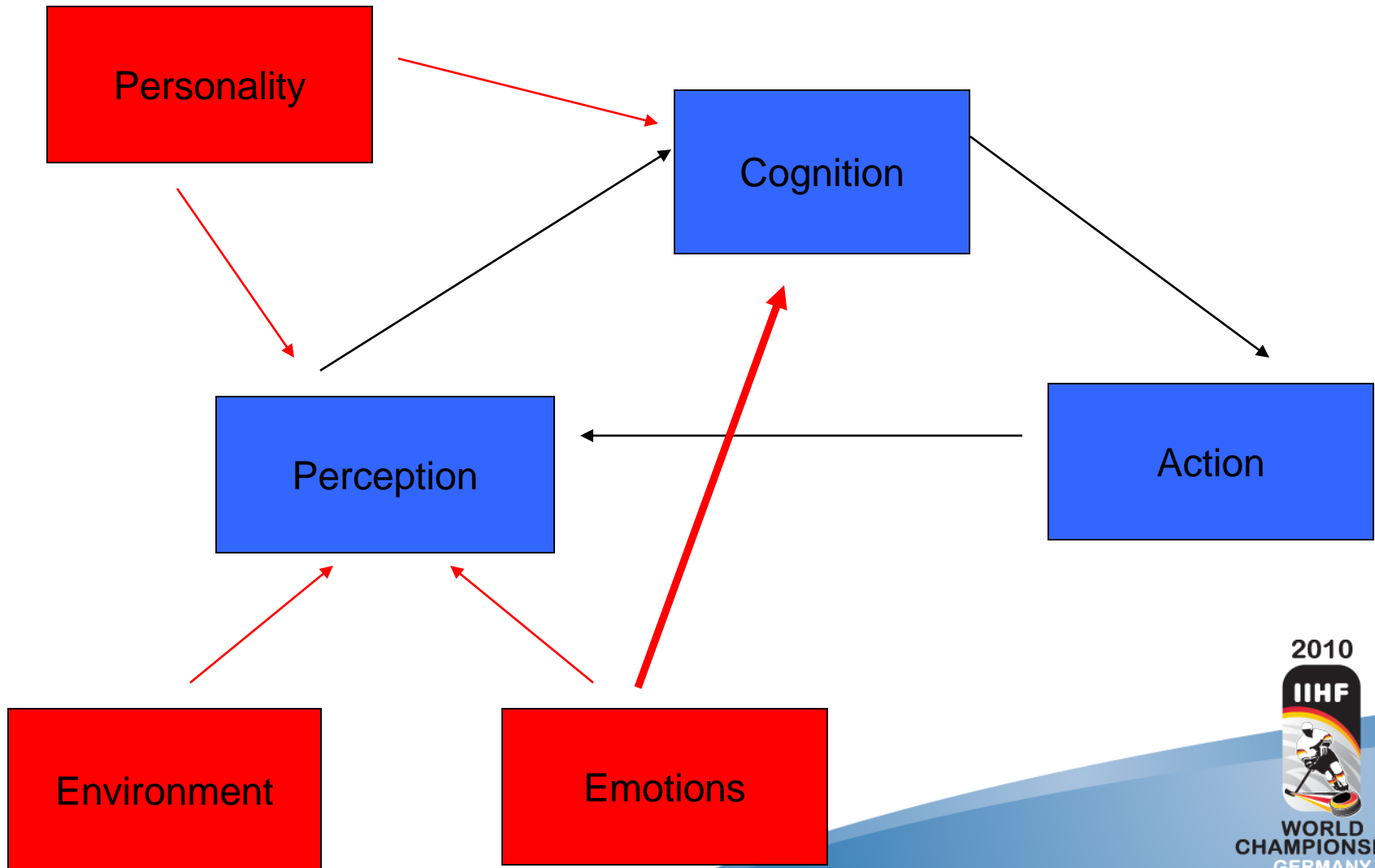


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„How“ do we aim?



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Goalsetting

Score!!!

Don't miss the net!



Hit the net!

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Basic-Perception-Principle



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Basic-Perception-Principle in hockey

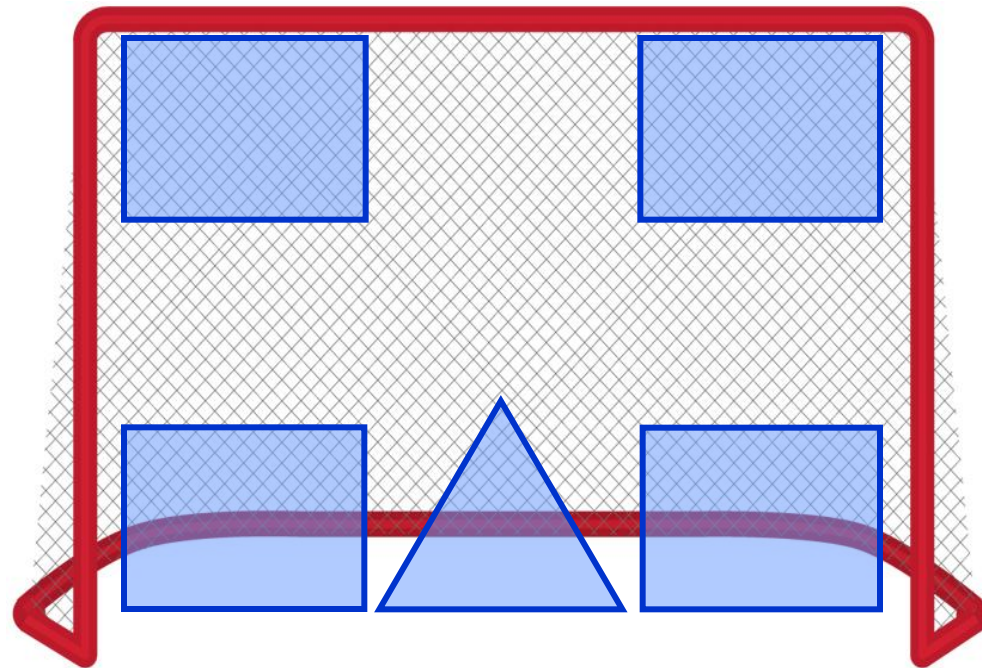


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Basic-Perception-Principle in hockey

Do I see the goalie – or do I see the openings!?

It is my decision!!!



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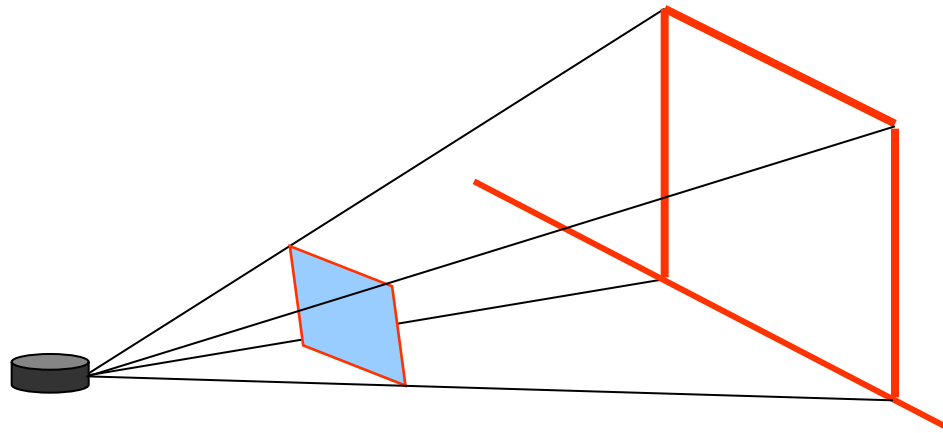
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Basic-Perception-Principle in hockey

Do I see the goalie – or do I see the openings!?

It is my decision!!!



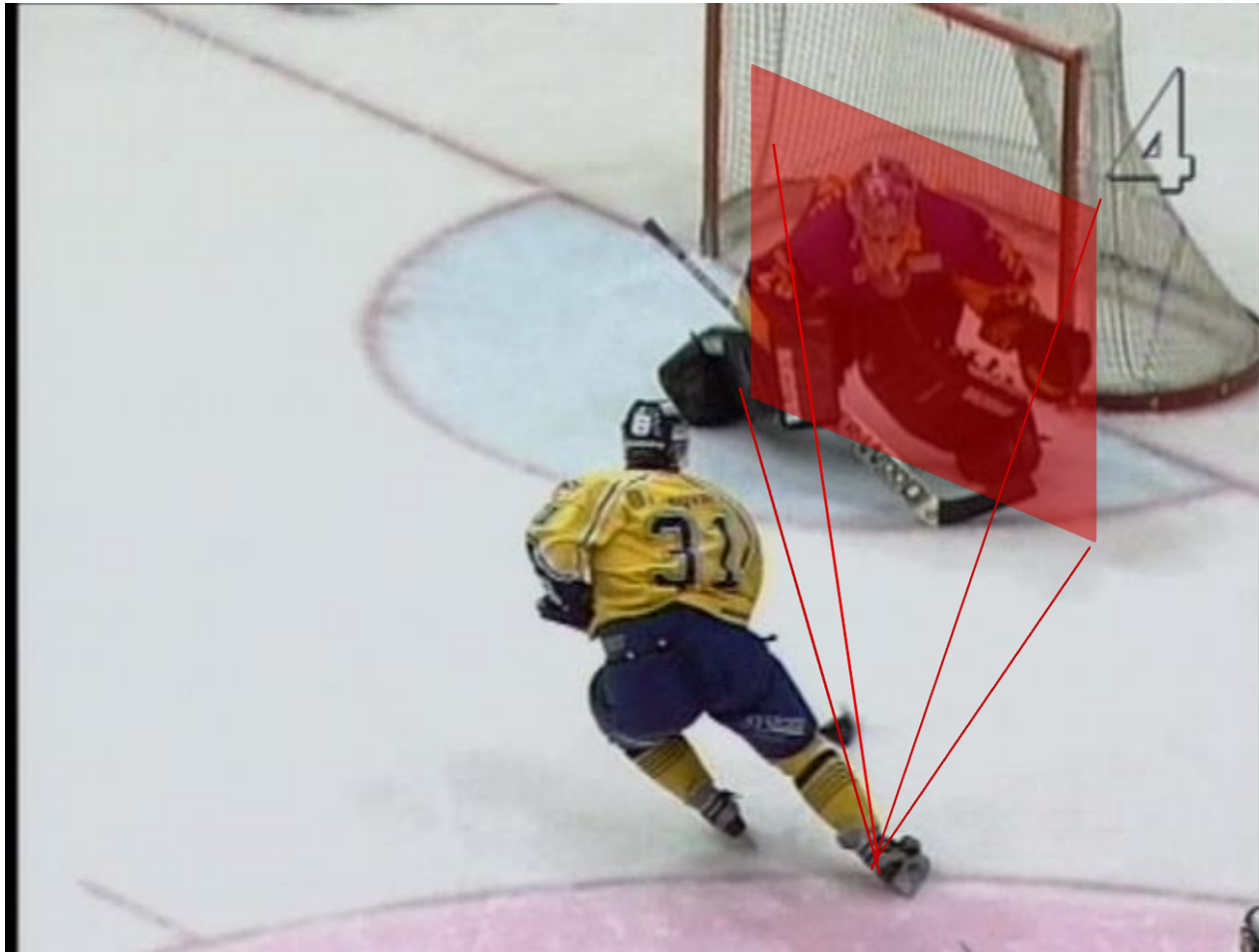
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Basic-Perception-Principle in hockey

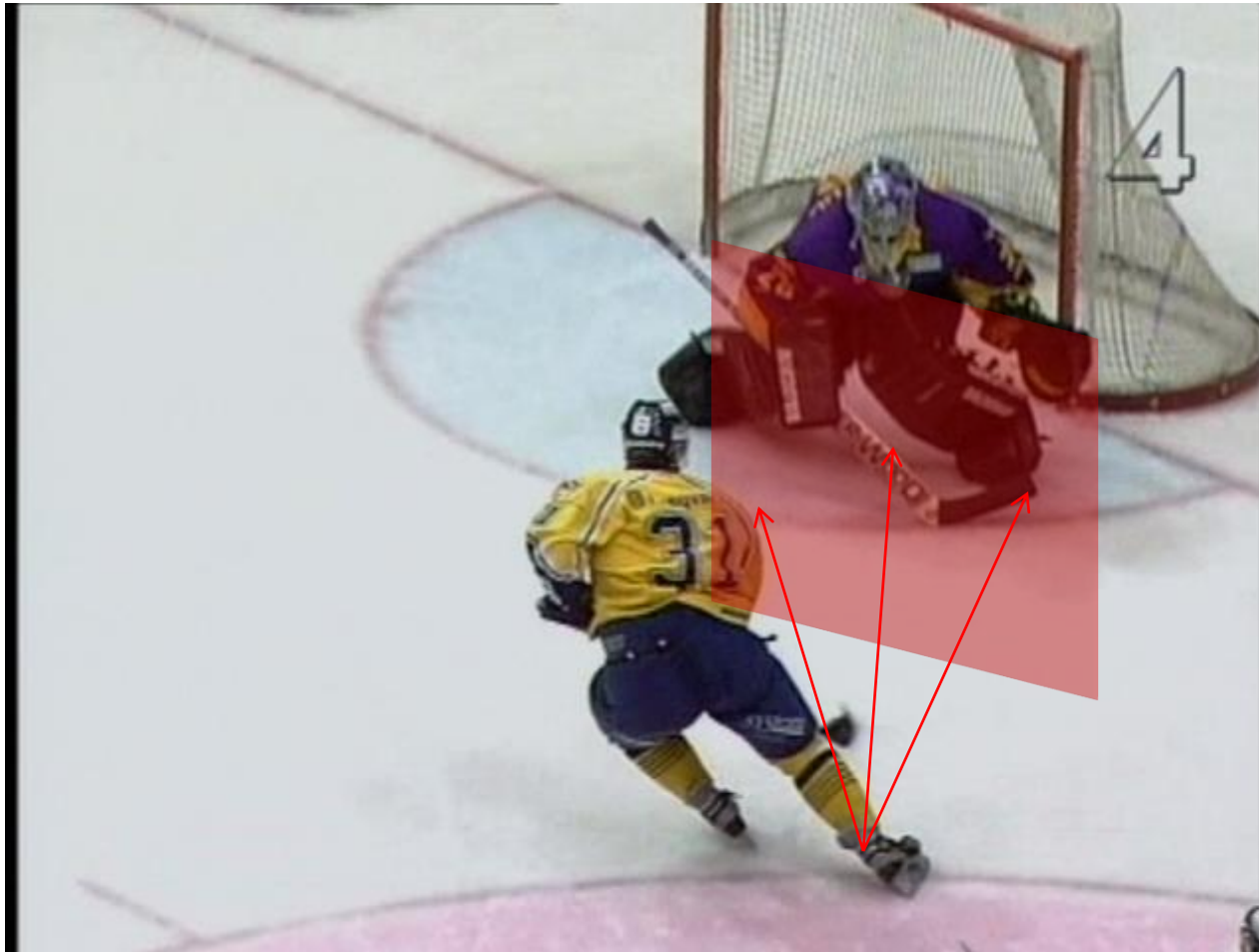


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Basic-Perception-Principle in hockey



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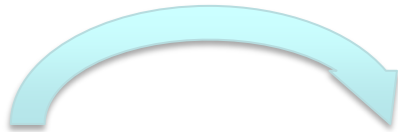


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- I am in control!!!!

Top-Down

- ✓ Brain
- ✓ Body
- ✓ Stick
- ✓ Puck
- ✓ Net



Bottom-Up

- Net
- Puck
- Stick
- Body
- Brain

Top-Down

- ✓ Brain (Plan)
- ✓ Body
- ✓ Stick
- ✓ Puck
- ✓ Net



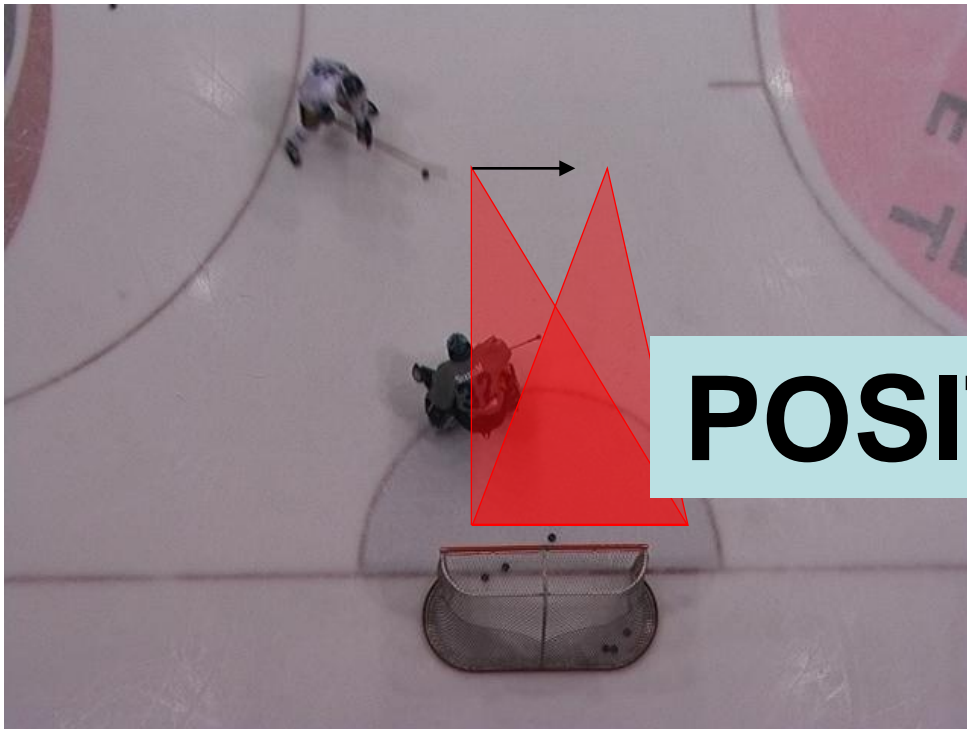
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- I am in control!!!

- I have options
- I know what to do
- I will do it
- I am in control!



POSITIV EMOTIONS!



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Three keys for „Hitting the bullseye“:

- Concentration
- Calmness
- Selfconfidence



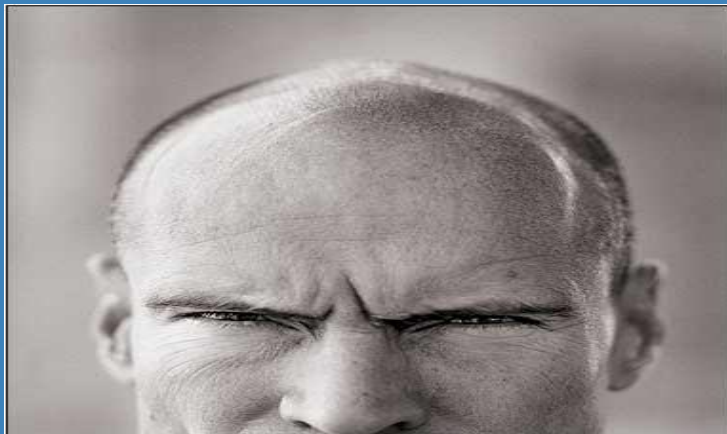
POSITIV EMOTIONS!!!

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I AIM!!!



I SHOOT!!!



I SCORE!!!

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Thank you!

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