



# Hockey Tough 2nd Edition

*Saul Miller*

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Hockey is a game of speed, agility, power, and skill. It's also a game of intimidation, urgency, pressure, and isolation. The best players aren't just physically gifted; they're also mentally tough. They step on the ice with poise, tenacity, and focus. With *Hockey Tough*, so can you.

*Hockey Tough* builds on the physical skills by strengthening the mental factors that apply directly to the game. You'll learn how to control your emotions and maintain composure, stay focused in clutch situations, play aggressively—not carelessly—and improve the team's performance game in and game out.

Throughout, performance consultant Saul Miller presents the training techniques he has taught hockey players and teams for more than 40 years at every level from college to European leagues, from Olympics to NHL. With insights, anecdotes, and advice from elite players, such as Sidney Crosby, Daniel Sedin, Brendan Gallagher, Ryan Getzlaf, and Mark Messier, *Hockey Tough* is essential to becoming a complete player on and off the ice.

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