

Field Hockey



Teens Can Dream

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Teens Can Dream is a company dedicated in helping teens, preteens and young adults gain inspiration and knowledge on how to navigate through this stressful, fast moving world. With short stories, audios, positive affirmations and books on multiple topics, as well as chat rooms and Q&A, we are confident there is something for everyone. Visit our site at:

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unlock your true potential.

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Warning: The information you are about to read can dramatically increase your skill level and enhance many other areas of your life according to the level of your belief. So, if you're serious in becoming a better athlete, read this article multiple times until you have it virtually memorized.

The following article is designed to help you help you increase your overall skills in field hockey.



Are you nervous about your odds of making the team? Maybe you feel you have issues with passing? Maybe it's shooting? Maybe it's your stick skills? If you're a defender, maybe it's not being able to stop the opposing team player often enough? For midfielders or those in forward positions, maybe your shots aren't accurate? Whatever it may be, I'm going to help you grow beyond it as you learn to become a better player through the power of your mind.

Regardless of what your desire is, this article is designed to help make your dreams a reality. A common mistake so many kids, teens and even adults make is focusing on what we **don't** want to happen. For instance, you might say things like "I can't seem to pass accurately." "I can't score." As a goalie, "I can't stop the ball." "Something is wrong with me." Well, you're right! Something is wrong with you; it's your thoughts. Oh sure, you may need more coaching and/or a change in your style or approach which—of course—is a normal

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progression of growing with the game as your body grows in strength. But by and large, you must focus your thoughts in one direction if you truly want to make the team and become a great player.

The examples of negative thinking (in the previous paragraph) can dramatically reduce your chances of making the team and may hinder you from becoming a better player, and they will especially prevent you from becoming a great player. It's because your mind works in two parts. First, you have the conscious part of the mind, which is what we use to talk, think, be active and—of course—play field hockey with. But, science has told us this is less than 10% of the overall brain function. The vast majority comes from our subconscious mind, which is where all the magic happens.

Think of the subconscious as not being able to distinguish fact from fiction, right from wrong or left from right. It only knows what you tell it with your thoughts and what you feed it with your feelings. What you need to further understand is that anything you say consciously with strong feelings, the subconscious part of the mind hears and takes it to heart. It does not discriminate whatsoever. It believes whatever you tell it. This is why pathological liars actually believe their lies. They consistently tell themselves over and over

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that the subject they are talking about is the truth, when in fact we may know that it is not. Yet, after a while, they actually believe their own lies. For this reason, you want to be very careful about what you say and especially about how you think and feel.

The subconscious mind is universally tied to everyone and everything. In essence, it's like living the story of Aladdin and the Genie. Every time you tell yourself how poorly you're playing, the Genie—your subconscious mind—says, “your wish is my command,” and therefore you are the creator of your own demise. It's okay to take notice of the fact that you're passing, shooting, defending or everything may not be **on** in any given game. But, when you mentally tell yourself over and over that you are a bad player, your wish is granted and you start sliding down that hill at a faster pace. Eventually the coach pulls you out to have a chat, and if nothing changes, the coach may pull you out altogether. If you think this way during tryouts, you may cause your own failure to make the team without being aware of it.

What happens to your mind when your teammate slides into your position and does very well? Does your mind start to wander with fear? Do you start having thoughts of “What if she takes my starting position?” “I'll be sitting on the bench. OMG, the college scouts

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are going to look at her and not me!” “I’ve got to do better.” “But I’m doing such a horrible job.” “I can’t believe how poorly I’m doing.” This sort of internal monologue can go on for quite some time. Fear starts controlling your mind, and your thoughts run wild. You might even be having thoughts of not liking your teammate or saying things, in your mind, like “she’s not as good as me and in fact no one even likes her. She’s horrible. I hope she doesn’t make the team. She doesn’t deserve to be on the team.” This kind of dialogue will continue for as long as **you** allow.

There is a quick exercise to reverse this. Think of fear as an acronym. F.E.A.R. = False Evidence Appearing Real. Regardless of where you are on the roster, you have to focus your thoughts constructively on what you **want** to happen and not on what you **don’t** want to happen. The thoughts I mentioned above are coming from your current beliefs and thinking habits. Unfortunately your subconscious will begin to hear them and the chaos will begin to form in your life. An important fact to remember is that when you attract chaos into your life it doesn’t come with a letter in advance telling you what’s going to happen. It’s going to be very random events. It could be a rolled ankle. It could be a bruised elbow from falling or maybe it’s

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getting poked in the eye by something. Again, you will not be warned in advance of what may happen.

Just know that negative thoughts create negative outcomes, and the more negativity or chaos you create in your mind, the more chaos you attract to you, and therefore you create this never-ending cycle of events you don't want to happen but, nonetheless, keep attracting to you.

So, when this F.E.A.R. creeps into your mind, you need to recognize that it's your **ego** trying to take control. Just say things like "Oh, no you don't." "This is just false evidence appearing real." "This is a joke." "You don't control me." "I control me." Then start going into a mode of thank you's. "Thank you for the perfect passes; thank you for the perfect shots; thank you for my perfect defending skills; it's wonderful being a great goalie/forward/midfielder; I love scoring; it's such a fulfilling sensation to shoot accurately; it's fantastic being the best player I can be; it's incredible to always be starting in each game." Take notice that we are just focusing on you, and we are not thinking one way or another on the teammate that concerned you earlier. The goal is to focus your thoughts in one direction.

Catching the negative thoughts and preventing F.E.A.R. from capturing control of your mind, then

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going into the mode of thank you's, does two things. First, you are now in control of your thoughts by focusing them in one direction. This is the key to any type of success, no matter what you are doing. Second, you are being grateful for the simple things God has given you the ability to do, those things you have most likely taken for granted. In addition, you are no longer allowing your mind to have negative thoughts towards another player. It is imperative that you don't fall into that trap. By thinking negatively of another player, you are inviting chaos into your life, which will most likely hinder your own performance. Focus on saying thank you for all aspects of your game and this will keep your thoughts focused in one direction.

If you find yourself thinking or speaking negatively regarding someone else, pretend you have a mirror in front of you. I call this "the proverbial mirror method". Everything you think and speak bounces off the mirror and back onto the person thinking and speaking those thoughts. In essence, you're only hurting yourself when talking negatively about others. This can be a very effective exercise to help change your thinking habits.

Think back to the earlier paragraph, when I mentioned how pathological liars end up believing their own lies; you can use this process to your advantage.

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In essence, by saying thank you for things that haven't occurred yet, and by truly imagining a feeling of success, you are envisioning your desired results to yourself so much and so often that your subconscious finally believes it and then creates the magic of making your vision a reality. At this point, it's no longer your imagination but a fact.

A very common mistake athletes make is to want to beat someone else out of a position. Do not fall into this trap. As mentioned above, you will only sabotage your own chances for that position due to your negative thoughts attracting chaos into your life. Most likely your teammate will not have read anything like this article and therefore not understand how the magic of life unfolds. It could be that this teammate is having negative thoughts about you while trying to beat you out of that position. The truth is you will never know 100% of what's going on in someone else's head, so don't try to figure it out, and don't ask. Just focus on what **you** want. If you want to be at a starting player, then focus on being the best player for your desired position by focusing your thoughts in one direction.

You must change your thinking habits in order to focus on what **you** want. What you want is to be a better player. Focus on increasing the quality of your passes, shots, defense, screens, etc. Don't think about

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anyone else's downfalls. Just concern yourself with the skills you want and believe you already have those skills. If it's better passing you want, visualize yourself passing with perfection. Focus on seeing it well before the game. In fact, the night before the game while you're lying in bed prior to falling asleep, imagine yourself passing perfectly; watch where the ball goes while utilizing the best tool you have: your imagination. Did your teammate connect with your pass in perfect stride? Was your teammate able to shoot immediately due to the pass being placed perfectly for her? Was your fake pass perfect enough to give you the ability to blow by the defender? You want to see this ahead of time in order for it to become a reality. Try to fall asleep with that last image in your mind. It matters not what you want. What does matter is that you focus only on what **you** want and not what you think someone else may want. So don't allow F.E.A.R. to grip you.

Take a look at this study done by Dr. Blaslotto of the University of Chicago in regards to basketball. He split people into three groups and tested them on how many free throws they could make. He had the first group practice free throws every day for an hour. He had the second group just visualize making free throws. The third group did nothing. After 30 days

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he tested all three groups again. The first group improved by 24%. The second group improved by 23% without even touching a ball. The third group had no improvement, which was to be expected. There was only a 1% differential between those who physically practiced and those who mentally practiced. Think about how much you would improve if you did both! Keep in mind that although this study was done in the field of basketball, it really makes no difference which sport you apply it to, as the mind will produce results in whatever sport you are focusing on.

The best part is that anyone can learn this “thinking stuff,” but like anything else it takes practice. You didn’t become a good field hockey player overnight did you? Of course not. Just like the many hours and hours of practice you’ve put into field hockey, you are also going to have to practice this “thinking stuff.” If you choose not to, you may fall into the trap so many people fall into of creating a life less than the life you or they deserve. Trust me, if you learn this now, this thinking stuff can carry you into the future and unfold a life you could only dream of.

So why don’t we already know this thinking stuff? Why didn’t my parents teach this to me? It seems so easy. Well, the simple truth is they were not taught themselves. Our habitual thinking habits are a learned

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behavior. Keep in mind that there are exceptions to the rule, but for most, the pattern of behavior was learned. This can be from a number of places such as your parents, grandparents, aunts and uncles, neighbors, teachers, or bosses at work. Regardless of where or how the behavior was learned, it's important just to know that most likely these other people themselves were raised the same way they are raising you. Think about it: people can only teach others what they themselves have been taught. In other words, if your parents have no knowledge of how to think in this manner, then how could they possibly teach it to you?

The truth is, I'm writing this for you, the teen. What I'm trying to teach you in this article is to understand how the magic of life works. Your thoughts end up forming your future. Nothing can happen without thought first. The trick here is using your thoughts constructively instead of destructively. As you practice changing your thinking habits, you will realize that focusing your thoughts in one direction will be one of the most important things you're going to learn in your life.

I'm going to end this with an affirmation. An affirmation is somewhat like a prayer, but you are **affirming** that which you desire is actually already in your possession. It ties into the "thank -you's" I

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mentioned above. You should say your affirmation multiple times a day; First thing in the morning, a couple times during the day and then especially at night just before falling asleep while lying in bed. This is the last thing you want to be thinking about prior to falling asleep. Remember when I mentioned the magic happens in the subconscious part of the mind? Well, the subconscious is always working but think about it as going into hyper speed while you're asleep because you won't have any conscious thoughts rattling around in your head and this enables the subconscious to begin the creating process from your last thoughts prior to sleep.

I first start by being thankful for all the things most of us take for granted. Besides giving thanks, this helps slow down the random thoughts popping into our heads and allows us to focus on the purpose of this affirmation.

Affirmation

Thank you God for my perfect body. Thank you for my wonderful home. Thank you for my family. Thank you for my coaches and my field hockey team. It feels wonderful being a great player. I love hearing my family, friends and teammates cheer when I play. I get

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a thrill out of watching my shots hit the net with perfection. I love playing with authority and passing with such ease and accuracy. It's an amazing sensation to play with such high skills but make it look so easy. It's exciting to know I play at such a high level. It feels incredible to help lead my team to victory. I look forward to all the practices that help increase my skills, and I love the excitement of the games. It's so much fun hanging out with my teammates and talking about the thrill of the game. I am an incredible field hockey player. Thank you, thank you, thank you.

Read this affirmation multiple times day and say it to yourself until you have it memorized. You should start using it well before tryouts and then throughout the season. Say it before every game such as the morning of; during the car ride; during warm ups; and while in the locker room. Your teammates, as well as the opposition, will be amazed at how fast you increased your skill level.

This affirmation is much shorter than what I use. But, it's a start and you can add things as you get it memorized. I've used certain words on purpose because some of the words such as feel, love, thrill, amazing and incredible are words that generate feelings. When you say affirmations, you want to say them with feeling. You do this by imagining the pictures in

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your mind and feeling the excitement of it coming into reality as you say the words. If all one does is repeat the words, it won't work. You have to instill a sense of strong feelings with a belief of already having that which you desire. Take notice that the affirmation is stated in the present tense. You're tricking your mind into thinking you've already made the team and that you are that fantastic player. How would you feel if you were that fantastic player right now? Capture that feeling and use it every time you say your affirmation.

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Note from the author: Please understand that this is a very short condensed story on how to change your thinking habits and improve your life. To get a deeper understanding on how to make your life better, I would suggest listening to many of the other short stories we have and reading my book, [Thinking In One Direction](#), as well as constantly looking at our site, www.teenscandream.com. The more you do this research and these exercises, and the deeper you learn, the faster and more permanent the changes can occur. When it comes to the mind, this thinking stuff will work according to **your** level of belief. It's your life so treat it as if there is nothing more important than making it better. Not only will you be happier, but everyone you touch throughout your life will be better for knowing you.

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