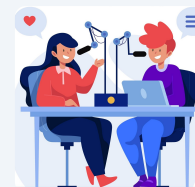


The Radio Show

Name:

Date:



An expert reports

Listen to the beginning of a radio show in which an expert reports on her area of specialization.



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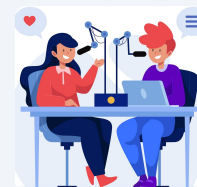
Your questions

Which questions would you like to ask the expert?

The Radio Show

Name:

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The second part of the radio show

Listen to how the program continues and what questions some listeners have asked.



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For each statement, decide if it's true or false.

Advanced analytics help teams identify patterns and trends that might not be visible to the naked eye.

☐ True ☐ False

Coaches cannot use analytics to tailor their approach based on the strengths and weaknesses of their players.

☐ True ☐ False

Analytics play no role in player development.

☐ True ☐ False

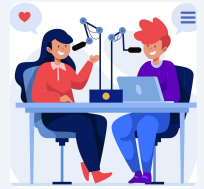
Advanced analytics provide a data-driven approach to ice hockey, allowing teams to perform at their highest potential.

☐ True ☐ False

The Radio Show

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Choose the correct answer for each question.

What is one primary benefit of mental conditioning for ice hockey players?

- ☐ It helps them manage stress and stay focused. ☐ It enhances their physical strength.
☐ It increases their social skills. ☐ It improves their dietary habits.

How does visualization benefit ice hockey players?

- ☐ By improving their physical endurance. ☐ By increasing their muscle mass.
☐ By enhancing their skating speed. ☐ By reducing anxiety and building confidence.

What is the purpose of mindfulness training in ice hockey?

- ☐ To enhance their dietary habits. ☐ To help players stay present and focused.
☐ To increase their social skills. ☐ To improve their physical strength.

Which technique is used by ice hockey players to mentally rehearse their moves?

- ☐ Dietary supplements. ☐ Visualization. ☐ Physical conditioning. ☐ Social interaction.

Why is mental toughness important for ice hockey players?

- ☐ It enhances their dietary habits. ☐ It increases their social skills.
☐ It improves their physical strength. ☐ It helps them push through difficult situations.

What does mental conditioning help players do off the ice?

- ☐ Enhance their dietary habits. ☐ Increase their muscle mass. ☐ Maintain a positive mindset.
☐ Improve their skating speed.

What aspect of mental conditioning helps players remain focused on their current task?

- ☐ Social interaction. ☐ Mindfulness training. ☐ Dietary supplements.
☐ Physical conditioning.

What is a potential outcome of effective mental conditioning for ice hockey players?

- ☐ Enhanced muscle mass. ☐ Greater overall success. ☐ Improved dietary habits.
☐ Increased social skills.



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