# 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?

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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

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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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