



MIND THE NET GOALTENDING

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Seven Steps to Success

1) Set a Goal

Know where you want to go. Know the path you should take to get there and be prepared to do what it takes to achieve your goal. Adversity and hurdles may stand in your way but a clear vision will not deny the persistent goaltender. All goaltenders face these hurdles but it is those that keep an eye on what they want that will have the diligence to move forward. They may be slowed but they will not be deterred.

2) Have Patience

All goaltenders face adversity, pressure and set backs over their careers, however, it is the goaltender that can keep their mission and passion alive that will, in time, eliminate the vast majority of their age competition. Passion and patience may just get you to your goal.

3) Self Development

You will receive guidance over your career but do not rely on this guidance for performance success. Success is driven internally. Reach out and embrace quality guidance, but the bulk of your growth, as a goaltender, must come from your own passion for improving technical, athletic responses.

4) Technical Passion

Consistency is founded upon strong positional play, which is a collection of technical and athletic assets. The goaltender that puts their body consistently into position will limit the risk of the attack and drive save consistency forward. There is nothing magic; it is simply a statistical and geometric fact.

5) Athletic Passion

As the goaltender matures this area becomes more prominent. The goaltender that has a strong desire to move up the hockey ladder will not find success without this input. Fitness plays an equal part along side the technical and mental aspects in the fulfilment of the position. A goaltender who is confident in their fitness level will be a better goaltender.

6) Understand Your Body

Understanding how your body works, the ability to get your body and brain ready to perform is vital. Know what it takes to give your game the best chance of success. Rest, eating right, proper warm up and practice habits all get the body ready and willing to perform instinctually.

7) Be a Student of the Game

Tactical and transitional activity feed directly into the individual and team tactics of forwards and defensemen. The goaltender that does not thoughtfully digest this information is missing out on another competitive edge. This information feeds directly into the goaltender's play, anticipation, positional selection, tactical responses and transitional success.