



# MIND THE NET GOALTENDING

[www.mtngoaltending.com](http://www.mtngoaltending.com)

## Using Water Bottle Reminders

“Playing in the moment” is a common catch phrase told to, and used by, goalies at various times during a hockey season in an attempt to get goalies to only worry about what is happening in the here and now. This phrase is used to try to get goalies to stop worrying about goals against or bad games from the past and from thinking about possible future events such as a win or loss, loss of playing time or future hockey goals, during a hockey game. The reason why being in the present is so key is that hockey is a moving game that requires full attention and focus being paid to the goalie’s job of keeping the puck out of the net.

As a way to keep oneself paying attention to the here and now of a hockey game goalies can use what MTN refers to as water bottle (or goalie stick) reminders. Water bottle reminders start with a goalie coming up with three keys to that goalie’s success. Now, each key to success must be phrased in a manner that is productive and in the present tense. By being in the present tense, with a productive phrase, the goalie can avoid negative thoughts that can derail a goalie’s confidence or focus. Some examples of present tense, productive phrases may be:

“I will have fun and be a warrior!”

“I will enjoy this time on the ice.”

“I will play one situation/one save at a time.”

“I play my best when I trust my instincts.”

“I will be aggressive and smart.”

“I will be like velcro.”

“I will control the game.”

“I will be calm, cool and collected at all times.”

...or whatever else a goalie finds as a key to when they have been successful.

Another option is to go work with the phrases to answer “I play my best when:”

“I am having fun and being a warrior!”

“I am aggressive on pass outs.”

“I am sticky like velcro.”

“I am focused and in control.”

After the goalie has come up with the three keys to their success they must wrap their water bottle in white hockey tape and write their name or nickname on one side of the water bottle. On the other side of the bottle they must write the heading “Three Keys to My Success:” or “I play my best when:”. Now, underneath the heading the goaltender must write out their three keys to

their success. If the goalie does not use a water bottle the “Three Keys” can be written on the shaft or back of the paddle of the goalie stick(s).

	<b>I play my best when:</b>
	1: _____
	2: _____
	3: _____
<b><a href="http://www.mtn goaltending.com">www.mtngoaltending.com</a></b>	<b>MTN GOALTENDING</b> <i>Have fun and be a Warrior!</i>
<small>Front: (Box for position only)</small>	<small>Back: (Box for position only)</small>

*Here is an example of an MTN Goaltending exclusive water bottle NOW Available for purchase.*

The beauty of the water bottle reminders is that the goalie has three productive phrases that can help to keep a goalie grounded and focused on the task at hand during a game. Whether a goalie reviews the three keys at the start of the game, at every whistle, after key saves or goals against is a personal choice.

Just remember that the key to the water bottle reminders is to help a goalie to stay in the right frame of mind, in the present state of any hockey game, to help a goalie to play closer or at their optimal level.