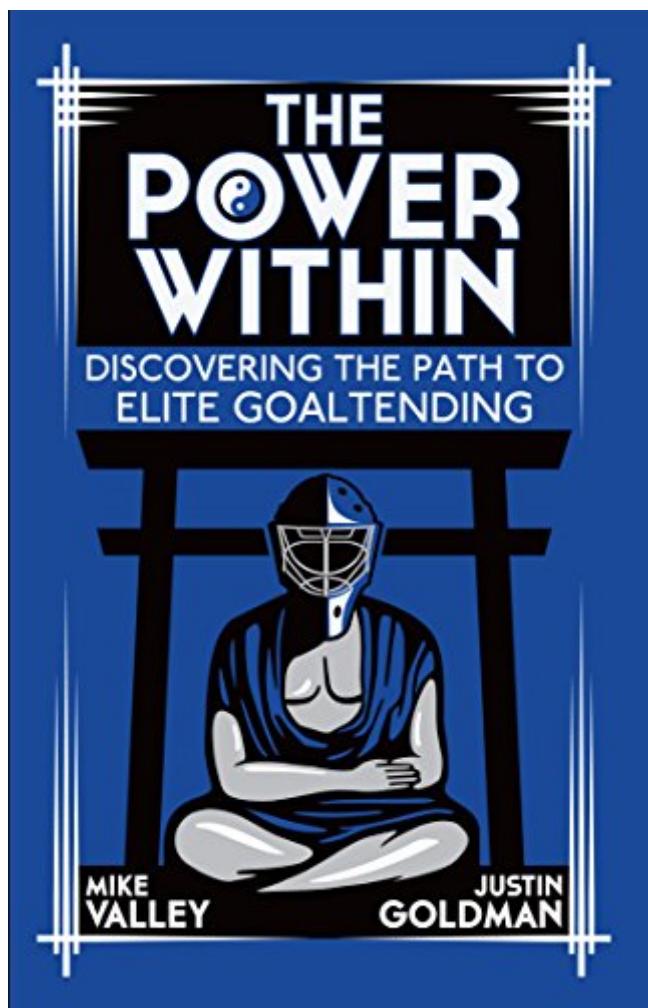


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# The Power Within: Discovering The Path To Elite Goaltending



## Synopsis

**ABOUT THE BOOK:** Dallas Stars goaltending coach Mike Valley and USA Hockey goaltending scout Justin Goldman have joined forces to co-author a comprehensive book dedicated to elevating and enhancing your mental game. Through the carefully constructed concept of the Three Pillars of Elite Goaltending, readers will receive professional and exclusive insights from a handful of NHL goaltenders and goalie coaches on a multitude of performance-related topics. Whether you are just learning how to play the position or you're at the junior, college, or pro ranks, this book is a terrific guide to help you discover your own unique path to becoming an elite goaltender. Not only does this book offer enriching insights for goalies of all ages and skill levels, it also takes you deep into the mind of an NHL goaltender. By giving you a rare glimpse of how these elite goalies have overcome different emotional and mental obstacles in their careers, you will gain an edge on the competition when it comes to the toughest aspects of playing the position. Combined with special lessons from both authors, this book provides you with an opportunity to gain wisdom from true goalie masters. More than two years in the making, "The Power Within" includes 25 chapters of literature focused on topics never before covered in this manner. It is the ultimate companion in your path to developing the mental skills needed to perform at an elite level.

**NHL GOALTENDERS:** The book includes exclusive and personal interviews with Pekka Rinne (Nashville Predators), Niklas Backstrom (Minnesota Wild), Marty Turco (Dallas Stars, Chicago Blackhawks, Boston Bruins), Tomas Vokoun (Nashville Predators, Florida Panthers, Pittsburgh Penguins), Brian Elliott (St. Louis Blues), Richard Bachman (Dallas Stars, Edmonton Oilers), and Chris Mason (Winnipeg Jets). It also includes interviews with two master goalie coaches, Mitch Korn (Nashville Predators) and Erik Granqvist (Farjestad - Swedish Hockey League). A special thanks to all 10 elite goaltenders and goalie coaches for their willingness to participate in this book.

**TOPICS COVERED:** With nearly 200 pages worth of content, you are sure to take away plenty of insights on the process of becoming an elite goaltender. Some of the topics include: Confidence, Discipline, Focus, Trusting the Process, Self-Visualization, Withdrawal, Meditation, Playing in the Moment, Pre-Game Routine, Playing Through Adversity, Balance, Egolessness, and much more. Whether you are a parent, coach, or a young goalie just learning how to stop the puck, you are sure to learn valuable lessons that will make you a more well-rounded and consistent performer.

## Book Information

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## **Customer Reviews**

As parents of 2 goalies, we have read many "goalie instructional" books and have been very fortunate to have great goalie trainers and mentors. I only wish *The Power Within* was available 10 years ago. This is the definitive goalie guide that will elevate your game by educating your mind and mental processing to a new level. The dynamic relationship of the 3 Pillars for Goalies creates a positive and unique approach that any level goalie will benefit from and create new foundational strengths to build upon. The candid and open interviews with some of the world's best goalies and goalie educators/mentors provides important insight into real world application of the principles discussed. The book can be read by any level goalie, though provides a wonderful opportunity for parents to share in the position through the lens of "being behind the mask". Clearly, one of the best ways we as parents can show love and support to our goalie inspired children is to read the book with them - as a parent, I have been inspired and challenged by the writings not only in better understanding my son's position as a goalie, but also how to excel in my own professional career. The principles discussed and applied can positively impact the classroom, other sports, and relationships. Leadership, character development, forgiveness, and ego management apply to all walks of life. My favorite chapter is "Why being wrong is right". I would highly recommend this book to all goalies, their parents, any coach that comes in contact with goalies (all coaches) and defenseman - we expect much from our goalies; goalies expect much from themselves - finally the

book that meets the challenge. Thank you to Mr Goldman and Mr Valley for a job well done and being vulnerable and insightful enough to bring the spiritual and emotional aspects to the printed page - as a world community of hockey players and families, we will all benefit on and off the ice - regardless of the scoreboard. M. Melin Minneapolis, MN

There's some great info/interviews in here but you have to get past a couple glaring issues. First, this book spends an unbelievable amount of time advertising itself... while you're reading it. Page after page of, "when you get to the part of this book that..." and "This book is going to..." Ok... great... how about instead of repeatedly telling us what's in the book, we just skip to writing the book. The other issue is that the authors tend to work the purple prose too hard. For a book supposedly readable by younger/teenage goaltenders, there is an awful lot of \$10 words used... language no teenage goalie is going to want to read and, frankly, I can't think of a lot of teenagers that would have the faintest clue what parts of the book are saying. If you can work past the overachieving language, the pages of telling you what's in the book, and some of the more touchy-feely stuff, there's actually some very interesting interviews, mental strategies, and ways of looking at playing the position that I found very helpful.

This book is a tremendous resource for goalies of all ages. The mental aspect of goaltending is paid very little attention, especially in youth hockey. The lessons and strategies of this book address relevant questions and issues that face goalies of any level. The insights from some of the game's best have helped to drastically improve my approach to the mental game. It also serves as a great reference when I am looking for advice on a specific issue. Overall, this is a must read for any goalie looking to develop their mental game.

This book is very, very special. My son is re reading it for the second time to soak in all the valuable information. It's an easie read for a 13 years old boy and has tought him mental skills that he uses every game. It helped me as a parent of a goalie to understand the fragile mind set of a goalie. This book is a bible of a goalie mental perspective. I highly recommend it .

This book was recommended to me and my goalies from the fine team at G3 Lacrosse. Any lacrosse coach or goalie who has a desire to learn more and improve a goalie's 'mental game' should pick up a copy of this book ASAP! I've purchased three additional copies of the e-book for goalies at both the high school and collegiate level. The consensus from these athletes has been

overwhelmingly positive!

Almost done reading and it has been great so far. Different from what I thought it was going to be like. Instead of giving you instructions and a set path, it gives examples or different views from a variety of goalies and it allows you to piece together what seems to work best and what doesn't. Best suited for goalies 14 and up but also has some relatable points for younger goalies.

This book has application much broader than just hockey. There are many great pointers here that are key to success in almost any sport or profession. Definitely a valuable tool for anyone in sports or business.

I've been playing goalie for 22+ years and this book has really cleared up and reassured some issues that all goalies face. There are many quotes and paragraphs in this book that translate to life as well.

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