



## Goaltender's Game-Day Toolkit

As goalies, our job is simple: To stop the puck, and give our team the best possible chance to win the game. The purpose of this toolkit is to help goalies identify mental imagery, affirmations, and techniques to feel good and perform your best. Tailor it and use it to your needs, and make it your game!

### Positive Imagery

Think about a game when you played your best. See the movements, feel the saves, experience the emotions—and bring that energy with you onto the ice.

### Quotes

Do you have a quote that motivates or inspires you? Here's one to get you started:

*"You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You must do the thing you think you cannot do."*

- Eleanor Roosevelt

### ABC's

Simple phrases of how we want to feel and play.

Example:

A: Awareness - of the play, of my positioning, of the game

B: Big - play big, play confident, own the crease

C: Confident - in my abilities, my team and our game

A:

B:

C:

### Focal Point

What is one thing you can do for a quick reminder or positive pick-up? Examples include taping your ABCs on your stick or blocker, or having a phrase or word you can tell yourself and focus on.

### Affirmations

Be a competitor

It's your game

*You are what you think*

If you think you are beaten you are;

If you think you dare not, you don't;

If you want to win but think you can't;

It's almost a cinch you won't.

If you think you'll lose you're lost;

For out of the world we find

Success begins with a fellow's will;

It's all in a state of mind.

Life's battles don't always go

To the stronger and faster man,

But sooner or later the man who wins

Is the man who thinks he can.

-Author Unknown

In India, elephants are used for manual labor. When an elephant is small and weighs approximately 200 pounds, it is securely tied with a heavy-duty rope. In between 'jobs' the elephant tries to break through its limitation. The calf whines, tugs, and even tries to chew through the rope-but it is unable to break free.

Finally, the elephant gives up its will and accepts his circumstances. The elephant believes there is absolutely no chance to free himself and overcome his limitation. In doing so, he misses out on his defining moment.

Don't act like an elephant. Size up and break through the confining ropes in your mind. When you're faced with change, change your perspective. When you're overwhelmed with something new; change your view. Use affirmations, to eradicate limitations and nothing will be impossible for you!

## It's your game!