



Goalie Mental Checklist

- Be ready right off of the opening faceoff!
- I will be ready whenever the puck is in my own end.
- I will talk and communicate to my teammates all game long.
- Be aggressive! Challenge the shooters to beat you.
- Control the play: either by playing the puck, holding it for whistles or putting it in play if your team
- has momentum.
- Remember body language is important: never let your shoulders sag and be a rock for your
- teammates.
- Control all rebounds. Smother the puck or direct it to a safe area.
- Visualize:
 - • A 2-on-1 break in which the shooter shoots and you make the save.
 - • A 2-on-1 break in which the player with the puck completes a pass and you come across
 - and make a save.
 - • A 3-on-2 break in which the opposition completes a pass and shoots while you make a
 - save.
 - • The other team's power play: visualize them moving it around and taking a point shot
 - while you make a glove save for a whistle.
 - • The other team's power play: visualize them moving it down low for a stuff or back-door
 - pass and you make the save.
 - • A dump on net and you leave it for your defenseman (do it to both sides); talk to him
- (TIME or MAN ON).
- • A breakaway save.