

The Power Within: Discovering the Path to Elite Goaltending

By Mike Valley, Justin Goldman

Download now

Read Online 

The Power Within: Discovering the Path to Elite Goaltending By Mike Valley, Justin Goldman

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.

 [Download The Power Within: Discovering the Path to Elite Go ...pdf](#)

 [Read Online The Power Within: Discovering the Path to Elite ...pdf](#)

The Power Within: Discovering the Path to Elite Goaltending

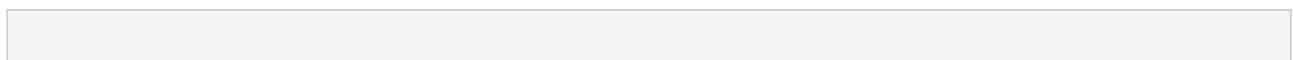
By Mike Valley, Justin Goldman

The Power Within: Discovering the Path to Elite Goaltending By Mike Valley, Justin Goldman

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.

The Power Within: Discovering the Path to Elite Goaltending By Mike Valley, Justin Goldman
Bibliography

- Sales Rank: #235946 in Books
- Published on: 2013-12-01
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .44" w x 6.00" l, .59 pounds
- Binding: Paperback
- 192 pages



 [Download The Power Within: Discovering the Path to Elite Go ...pdf](#)

 [Read Online The Power Within: Discovering the Path to Elite ...pdf](#)

Download and Read Free Online The Power Within: Discovering the Path to Elite Goaltending By Mike Valley, Justin Goldman

Editorial Review

About the Author

ABOUT THE AUTHORS: Dallas Stars goaltending coach Mike Valley brings a progressive mindset and advanced training techniques to all of his students. His dedication to the mastery of the position supports the "growth-focused" mindset he conveys to his athletes, both on and off the ice. In this book, Valley shares many of his ideas on what he considers to be the foundation of an elite goaltender. Since 2007, Justin Goldman has been publishing unique and in-depth content on all areas of the goaltending position. Currently a regional goalie scout for USA Hockey's National Team Development Program (NTDP) and a writer for NHL.com, Goldman is recognized as a literary pioneer for the goaltending community and mentors goalies of all ages and skill levels.

Users Review

From reader reviews:

Evelina Lewis:

Reading a book tends to be new life style in this era globalization. With reading through you can get a lot of information that could give you benefit in your life. Having book everyone in this world can easily share their idea. Textbooks can also inspire a lot of people. Plenty of author can inspire their reader with their story or even their experience. Not only situation that share in the guides. But also they write about advantage about something that you need illustration. How to get the good score toefl, or how to teach children, there are many kinds of book that you can get now. The authors on earth always try to improve their expertise in writing, they also doing some study before they write with their book. One of them is this The Power Within: Discovering the Path to Elite Goaltending.

Barbara Bell:

Spent a free a chance to be fun activity to complete! A lot of people spent their free time with their family, or their particular friends. Usually they undertaking activity like watching television, about to beach, or picnic inside park. They actually doing same every week. Do you feel it? Do you want to something different to fill your free time/ holiday? May be reading a book is usually option to fill your free time/ holiday. The first thing that you will ask may be what kinds of reserve that you should read. If you want to consider look for book, may be the reserve untitled The Power Within: Discovering the Path to Elite Goaltending can be excellent book to read. May be it could be best activity to you.

Anne Hahn:

Reading can called thoughts hangout, why? Because if you are reading a book particularly book entitled The Power Within: Discovering the Path to Elite Goaltending the mind will drift away trough every dimension, wandering in every aspect that maybe not known for but surely will end up your mind friends. Imaging each word written in a e-book then become one application form conclusion and explanation that maybe you

never get ahead of. The The Power Within: Discovering the Path to Elite Goaltending giving you yet another experience more than blown away your head but also giving you useful facts for your better life on this era. So now let us present to you the relaxing pattern the following is your body and mind will likely be pleased when you are finished examining it, like winning a sport. Do you want to try this extraordinary paying spare time activity?

Wade Diaz:

Do you like reading a guide? Confuse to looking for your best book? Or your book ended up being rare? Why so many concern for the book? But any people feel that they enjoy to get reading. Some people likes reading through, not only science book but additionally novel and The Power Within: Discovering the Path to Elite Goaltending or others sources were given know-how for you. After you know how the fantastic a book, you feel want to read more and more. Science reserve was created for teacher or students especially. Those textbooks are helping them to put their knowledge. In other case, beside science publication, any other book likes The Power Within: Discovering the Path to Elite Goaltending to make your spare time much more colorful. Many types of book like this one.

**Download and Read Online The Power Within: Discovering the Path to Elite Goaltending By Mike Valley, Justin Goldman
#CBEGZ23NYSM**

Read The Power Within: Discovering the Path to Elite Goaltending By Mike Valley, Justin Goldman for online ebook

The Power Within: Discovering the Path to Elite Goaltending By Mike Valley, Justin Goldman Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Power Within: Discovering the Path to Elite Goaltending By Mike Valley, Justin Goldman books to read online.

Online The Power Within: Discovering the Path to Elite Goaltending By Mike Valley, Justin Goldman ebook PDF download

The Power Within: Discovering the Path to Elite Goaltending By Mike Valley, Justin Goldman Doc

The Power Within: Discovering the Path to Elite Goaltending By Mike Valley, Justin Goldman Mobipocket

The Power Within: Discovering the Path to Elite Goaltending By Mike Valley, Justin Goldman EPub

CBEGZ23NYSM: The Power Within: Discovering the Path to Elite Goaltending By Mike Valley, Justin Goldman