

PRE-GAME WORKSHEET

Date: _____

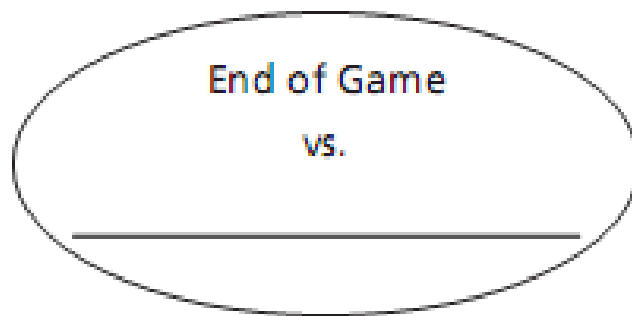
Location: _____

Team Playing: _____

Time: _____

“When you are prepared, you feel confident.”

1. Mindmap



2. Video tape your picture

Play it forward

Play it backward

3. Make your end-point picture real!

What did you see? (eg: puck hitting mesh of net)

What did you hear? (eg: crowd cheering)

What did you feel? (eg: sense of accomplishment)

4. Three reasons for playing well:

- ---
- ---
- ---

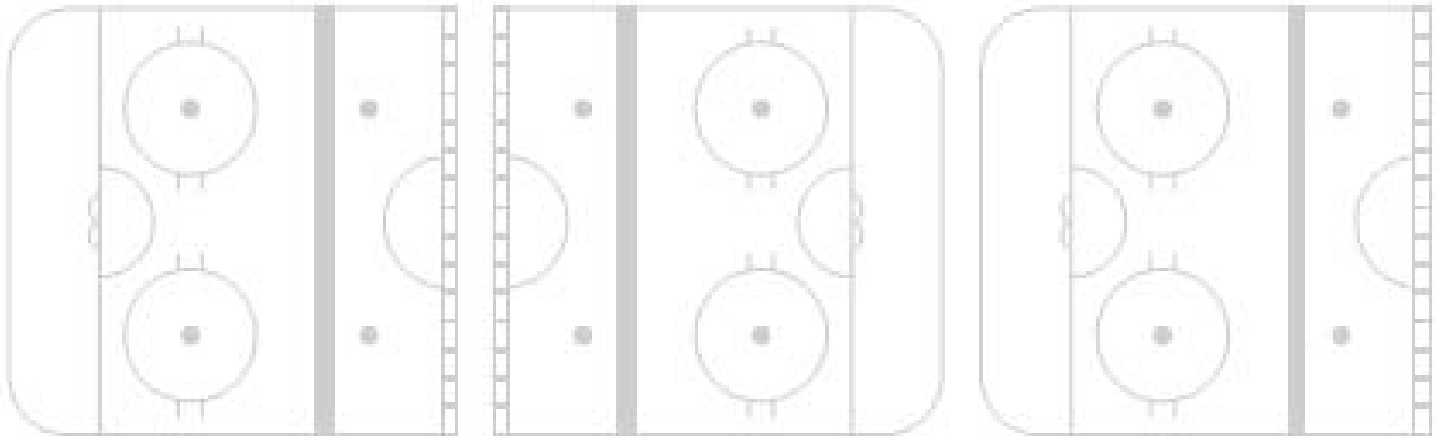
5. Three reason I deserve to play well:

- ---
- ---
- ---

IN-GAME WORKSHEET

Success Recorder's Name: _____

1. Shots, Saves, and Goals



1st Period Shots

2nd Period Shots

3rd Period Shots

X = Shot

⊗ = Goal

Total Saves _____ / Total Shots _____ = _____ % Save Percentage

2. Type of Saves

- Blocker Save
- Right Pad Save
- Paddle Down Save
- Butterfly Save
- Glove Save
- Left Pad Save
- Stick Save
- Pad Stack

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3. Puck Plays

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POST-GAME WORKSHEET

1. Three personal successes:

- _____
- _____
- _____

2. Three team contributions

- _____
- _____
- _____

3. Goals let in/what I learned/why I am better now:

- _____
- _____
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“I give 100% every time I step on the ice.”

PRACTICE WORKSHEET

Date: _____

Location: _____

Time: _____

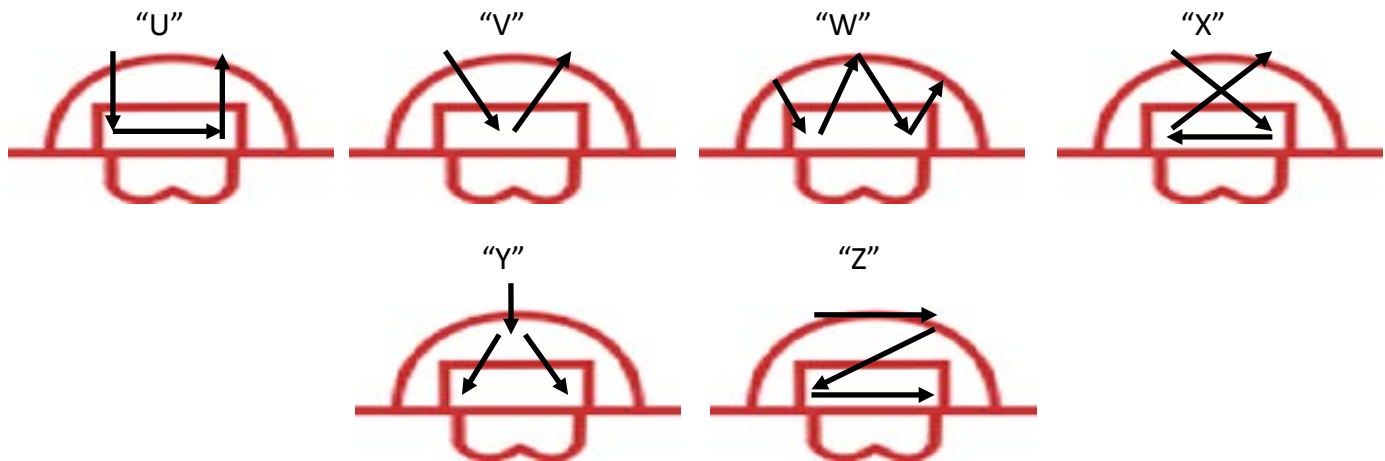
1. Skating Mastery

___ Forwards Skating

___ Backwards Skating

___ T-Glides

___ Side Shuffle



2. Butterfly Mastery

___ Compact

___ Fan Pads

___ Proper Leg Push Off

___ Stick in Front

___ Catching Glove Open

3. Puckhandling Mastery

___ Forehand Passing

___ Stopping Puck Behind Net

___ Backhand Passing

4. Rebound Control Mastery

___ Directing puck with stick

___ Directing puck with pads

___ Smothering puck

___ Square up to puck after shot

5. Save Selection Mastery

___ Blocker Save

___ Glove Save

___ Right Pad Save

___ Left Pad Save

___ Paddle Down Save

___ Stick Save

___ Butterfly Save

___ Pad Stack

PUCKMASTERS SESSION WORKSHEET

Date: _____

Topic: _____

Your Personal Coach's Name: _____

1. What's the best thing I learned at Puckmasters today?

• _____

2. What are some of the reasons why I'm a better goaltender because of my training sessions?

• _____

• _____

• _____

3. What are some things from my sessions that I can work on?

• _____

• _____

• _____

4. What is one example of something in my session I really enjoyed?

• _____

5. What are 3 examples of success I had in my session today?

• _____

• _____

• _____