

Welcome!

Congratulations on registering for Puckmasters Hockey Training!

You are now part of an organization dedicated to helping improve playing skills through positive, energetic instruction and communication. Our coaching philosophy is based on the concept that all students are individuals and given the proper skills and motivation they will ultimately achieve their best, whether it be in hockey or in everyday activities.

Wishing you all the best in becoming the best you can be,

*The contest lasts for moments,
Though the training's taken years,
It wasn't the winning alone,
That was worth the work and tears.*

*The applause will be forgotten,
The prize will be misplaced,
But the long hard hours of practice,
Will never be replaced.*

*For in deciding to win,
You build a skill,
You learn that winning,
Depends on will.*

*You never grow by how much you win,
You only grow by how much you put in.*

*So any new challenge,
You've just begun,
Put forth your best,
And you've already won.*

-- WA. Clennan

Your Puckmasters Personal Coach



MY NAME IS...

NAME: _____ JERSEY #: _____

TEAM NAME: _____

PHONE NUMBER: _____

COACHES INFO

PUCKMASTERS COACH'S NAME: _____

TEAM COACH'S NAME: _____

TEAM MANAGERS NAME: _____

TEAM ASSISTANT COACH'S NAME: _____

TEAM ROSTER

NAME: _____ PHONE: _____ #: _____

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WHO SAYS YOU CAN'T HAVE FUN AND STOP PUCKS AT THE SAME TIME?

Good Morning Fellow Goaltender,

Welcome to you very own Hockey Success Journal!
Print your name, phone and jersey number on the first page right away so if it is misplaced, it will find a way back to you.

Why keep goalie success journal? Keeping a goalie journal will help you become a better goaltender!
We've designed this journal to keep track of you win/loss record and your successes just like the pros!



Keeping a journal will allow you to focus, improve and have more fun plus you can show it to your friends, family and other team members!

Inside you'll find a place to record your games & practice schedules, your game and practice performances, as well as several pages of tips to becoming a better goaltender and a better person.

Have fun and make it a great seasons!!!

Pete Fry,

Founder Puckmasters Hockey Training Centers

PURPOSE

The purpose of the Puckmasters Success Journal is to train and build the mental part of your game. Ask any NHL player or coach how much of the game is mental. You will always get an answer of 90%.

Therefore, if the game is 90% mental, isn't it important we work on the mental game? If you answered yes, you are well on your way to being one of the greatest goaltenders! By using the Puckmasters Success Journal you are ahead of every goaltender who isn't using a Success Journal.

Your Puckmasters Success Journal will help to:

- Be mentally prepared for each game you play
- Get motivated for each game you play
- Improve mentally after each game you play
- Build your confidence each and every game you play.
- Prepare you for each practice you have
- Record your stats in a way that you can analyze to improve your game
- Become a team player
- Learn and improve from mistakes you make
- Keep notes from you training at Puckmasters

BENEFITS TO YOU!

The 10 Key Benefits of You Using the Puckmasters Success Journal:

1. You will be mentally prepared for each game you play
2. You will be motivated for each game you play
3. You will improve mentally after each and every game you play
4. You will gain confidence each and every game you play
5. You will be prepared for each practice you have
6. You will record your stats including Goals Against Average (GAA), Save Percentage, and where the shots came from in a way that you can analyze to improve your game
7. You will become a team player
8. You will learn and improve from mistakes you make
9. You will keep notes from your training at Puckmasters to help you improve
10. You will be able to look back later in life and see how you've progressed.



WHEN TO USE YOUR PUCKMASTERS SUCCESS JOURNAL

Your Puckmasters Success Journal has been designed to be used

- Before your games
- After your games
- Before your practices
- After your practices
- After your Puckmasters training sessions
- When you need a confidence boost

When you want to analyze and improve on your production on the ice, the three most important words to be successful with your journal are:

“Take Action Now!”

Good luck, and if you have any questions, contact your Personal Coach the Puckmasters Hockey Training Centre nearest you.



SEVEN MENTAL HABITS OF A HIGHLY SUCCESSFUL GOALTENDER

1. Set goals and reviews them on a regular basis
2. Visualizes before games and practices
3. Reviews mistakes and learns from them
4. Focuses on successes to build confidence
5. Has fun
6. Looks for reasons to play well
7. Always speaks positively

SEVEN PHYSICAL HABITS OF A HIGHLY SUCCESSFUL GOALTENDER

1. I am on a regular fitness program
2. I practice like I play in a game
3. I am first on and last off the ice
4. I eat nutritious food to fuel my body
5. I give 100% every time I step on the ice
6. I drink lots of water
7. I specifically work on one skill every time I practice

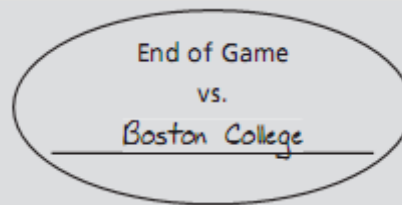
PRE-GAME WORKSHEET INSTRUCTIONS

1. Mindmap:

Preparing for your game involves End Point Visualization (EPV) which is a technique proven to improve athletes' performances immensely. You begin with a "mindmap" to paint the picture for yourself of how you want the game to turn out.

Step 1: Write the name of the team you will be playing against on the line in the circle:

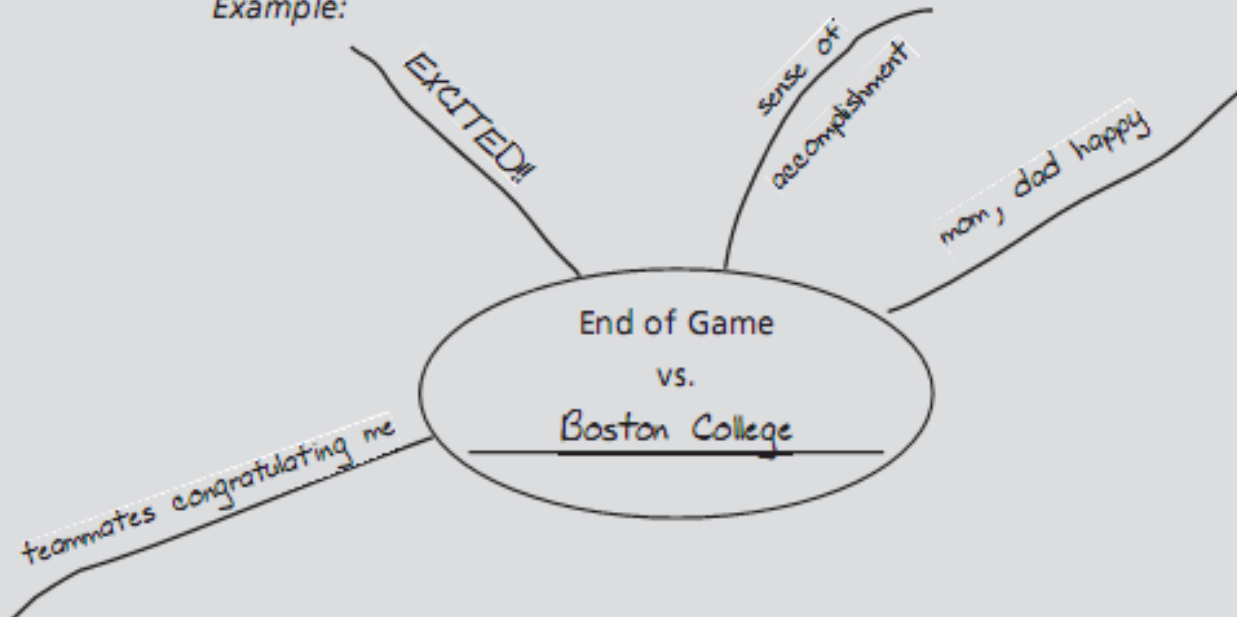
Example:



Step 2: Ask yourself, *"If I can have my game finish any way I want, what would it look like and how will I feel at the end of the game?"*

Step 3: Each time an answer pops into your head, draw a line off the circle and write the thought (in three words or less) on the line.

Example:



PRE-GAME WORKSHEET INSTRUCTIONS (CONTINUED)

2. Videotape Your Picture

Now that you've established a picture of what your end-point should be, you need to bring that picture back to the starting point.

Step 1: Take the picture from the mindmap exercise and pretend to put it into a videotape.

Step 2: Now press the rewind button, and play the game in reverse. Do this from the end of the game right through to the beginning of the game.

End of Game	3 rd Period	2 nd Period	1 st Period
Teammates Congratulating me	Game winning Glove save!	Stop all shots On a penalty kill	Lots of pad saves controlling rebounds

3. Make Your End-Point Picture Real!

Now take all of your thoughts from above, put them together and take a photograph of how the game will end up.

Step 1: Add sights to the picture

Example:

What do you see?

- You and a teammate high-fiving each other celebrate your victory.
- Looking on the score clock and seeing your team with more goals than the other team.

PRE-GAME WORKSHEET INSTRUCTIONS (CONTINUED)

Step 2: Add sounds to the picture:

Example:

What do you hear?

- You might hear the final buzzer sounding and at the same time get the same you have every time your team wins.

Step 3: Add feelings to the picture:

Example:

What do you feel?

- You might feel elation! Excitement! Energized!

4. Three Reason for Playing Well

If you have powerful enough reasons behind something, you will usually accomplish it! Write down at least three reasons.

Example:

- To help my team win

5. Three Reasons Why I Deserve to Play Well

Same as above.

Example:

- I worked hard in practice

IN-GAME WORKSHEET INSTRUCTIONS

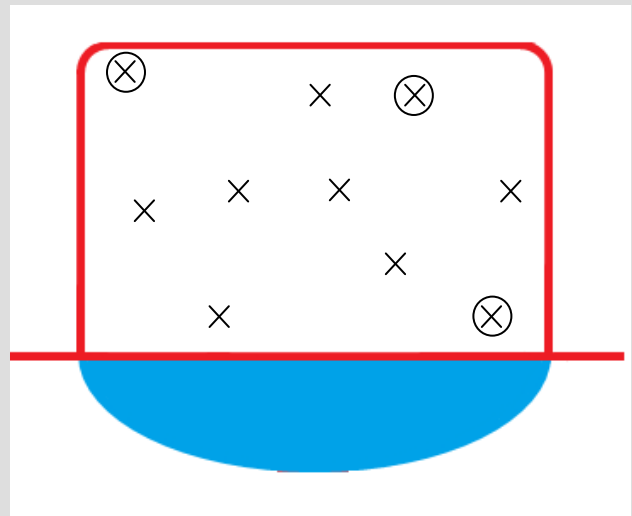
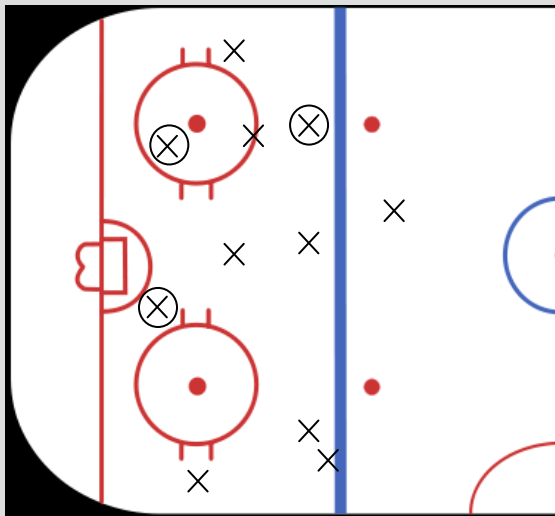
This is to be given to a coach, parent, or friend, to record your game statistics while you are playing.

1. Shots, Where they came from, and Goals Against.

Step 1: Write down every shot, where it came from, where it hit the net, and whether it was a goal or a save

- X for shot
- Circle the letter if it's a goal.

Example:



Step 2: total the goals and shots for the game and write them in the space provided.

Example:

Total Saves 24 / Total Shots 27 = .889 % Save Percentage

IN-GAME WORKSHEET INSTRUCTIONS (CONTINUED)

2. Type of saves

For every save made, write down the type of save.

Example:

- Blocker save
- Glove save

3. Puck Plays

For every good puck play such as passes, calling to teammates, stopping dump-ins, puck control and freezing play.

- Stopped puck on dump in to slow down break out
- Let teammates know when powerplay was over

POST-GAME WORKSHEET INSTRUCTIONS

1. Three personal successes:

Write down at least three personal successes you had during the game.

Example:

- Used stick to deflect puck to corner
- Made 4 glove saves

2. Three team contributions

Write at least three team contributions you made during the game.

Example:

- Informed team of when penalty was expired

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

Describe the shots taken against you that resulted in goals, what you learned from each one, and why you are a better goaltender now because you had the opportunity to learn

- Breakaway – didn't back up to quickly
- Point shots, stayed up instead of dropping down right away

PRACTICE WORKSHEET INSTRUCTIONS

(CONTINUED)

4. Rebound Control Mastery

Check off every action you performed to perfect your rebound control.

Example:

Directing puck with stick

Smothering puck

Directing puck with pads

Square up to puck after shot

5. Save Selection Mastery

Check off every save you made to keep track of where your strengths are.

Example:

Blocker Save

Paddle Down Save

Glove Save

Stick Save

Right Pad Save

Butterfly Save

Left Pad Save

Pad Stack

PUCKMASTERS SESSION WORKSHEET

INSTRUCTIONS

This is done to keep track of your success in each of your Puckmasters 1-on-1 training sessions and to give you a good recording of what you accomplished each session.

1. What you learned:

Write at least one thing you learned at Puckmasters today:

Example:

- To always keep my eyes on the puck!

2. Why you are a better goaltender:

Write at least three reasons why you are a better goaltender because of your training today.

Example:

- I have a faster glove hand!

3. What are some of the things you can improve on:

Write at least three things you can work on.

Example:

- Lateral movement with butterfly slide

4. What you really enjoyed

Write at least one thing you really enjoyed about your training session

Example:

- Played a game of rebound!

5. Other Success

Write at least three other things you did well during your session.

Example:

- Stacked the pads!

PRE-GAME WORKSHEET

Date: _____

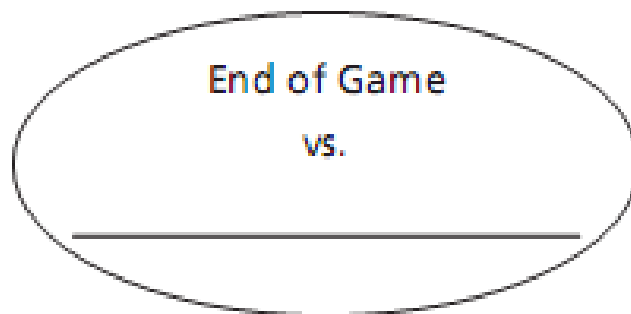
Location: _____

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:

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

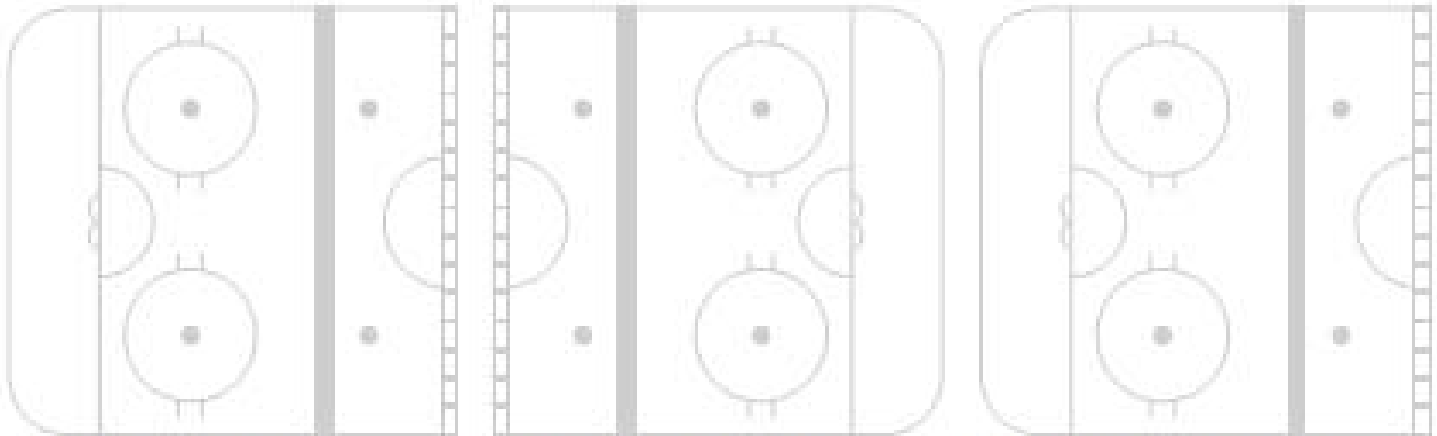
5. Three reason I deserve to play well:

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

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: _____

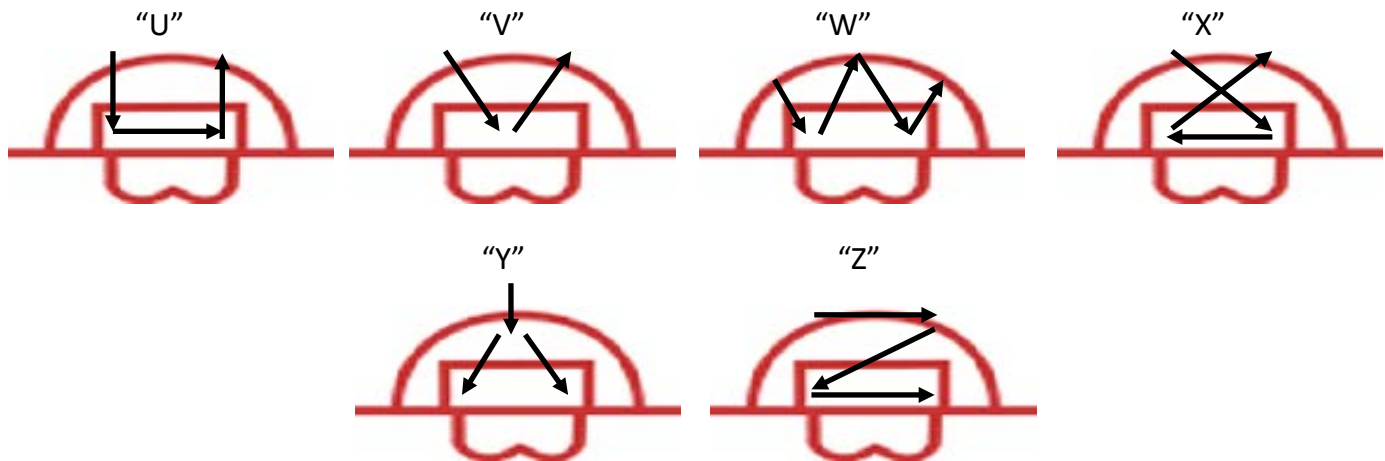
1. Skating Mastery

___ 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?

• _____

• _____

• _____



	Knees bent	Back Straight	Head up	Stick in front of body, in control	Consistency	Net Awareness		Stance	Head up	Net Awareness	Challenges Shooter	Rebound Control	Tracks Puck	Body Control	Puck Control
Stance							Glove Save								
Forward/Backward Skating							Blocker Save								
Lateral Movement							Stick Save								
Recovery							Pad Save								
Stops and Starts							Angles								
							Passing								

KEY: (6) ALLSTAR, (5) PRO, (4) JUNIOR, (3) MINOR, (2) ROOKIE, (1) BEGINNER

COMMENTS

GOALIE EVALUATION