

## **Mental Training/Toughness**

### **The 5 R's for a goalie**

What should a goalie do after a goal is scored?

#### **Release**

Forget about feeling bad about letting one in. Is there an adjustment you can make such as bent knees and stick on the ice? Have the goalie skate around the net or to the side boards and back. This is very common with NHL goalie.

#### **Relax**

Take a big breath or short drink of water and clear your head.

#### **Regroup**

Remember, you are a great goalie, hold your head high to show your team that you are strong and the opposing team was luck. Say to yourself, "I will stop the next one."

#### **Refocus**

Get back into the game and focus on your keys. Stance, movements, positioning.

#### **Ready**

Game on! Have the goalie hit each post with her stick, get into her stance, and ready to stop the next one.

Remember, most goals can be attributed to something that happened in the offensive end. If there is a goal, it normally means the ring got by 5 other players first.

Attached is a link with further details.

<http://goaliestore.com/board/forum/the-goalie-doctor/the-doctor-on-ice/bandits-goalie-school-forum/archived-bandits-articles/76237-the-5-r-s>

### **Younger goalies**

This is probably too much for a 8 year old right, but the same concepts apply.

- Don't worry about the last goal, stop the next one,
- Take a breather/refreshers by either having a drink or a skate around their net,
- Let's stop the next one.