



# The Power Within: Discovering the Path to Elite Goaltending

*Mike Valley, Justin Goldman*

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**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.

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