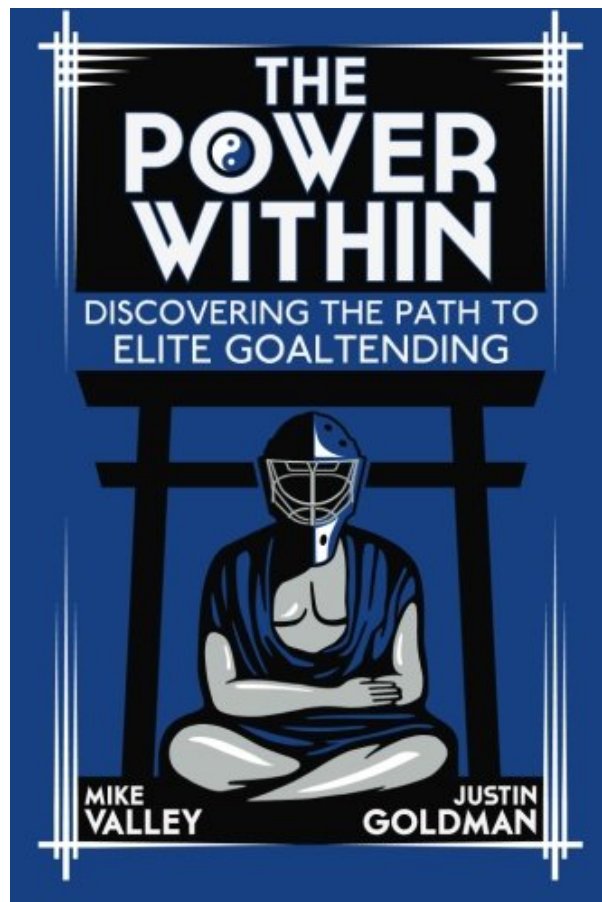
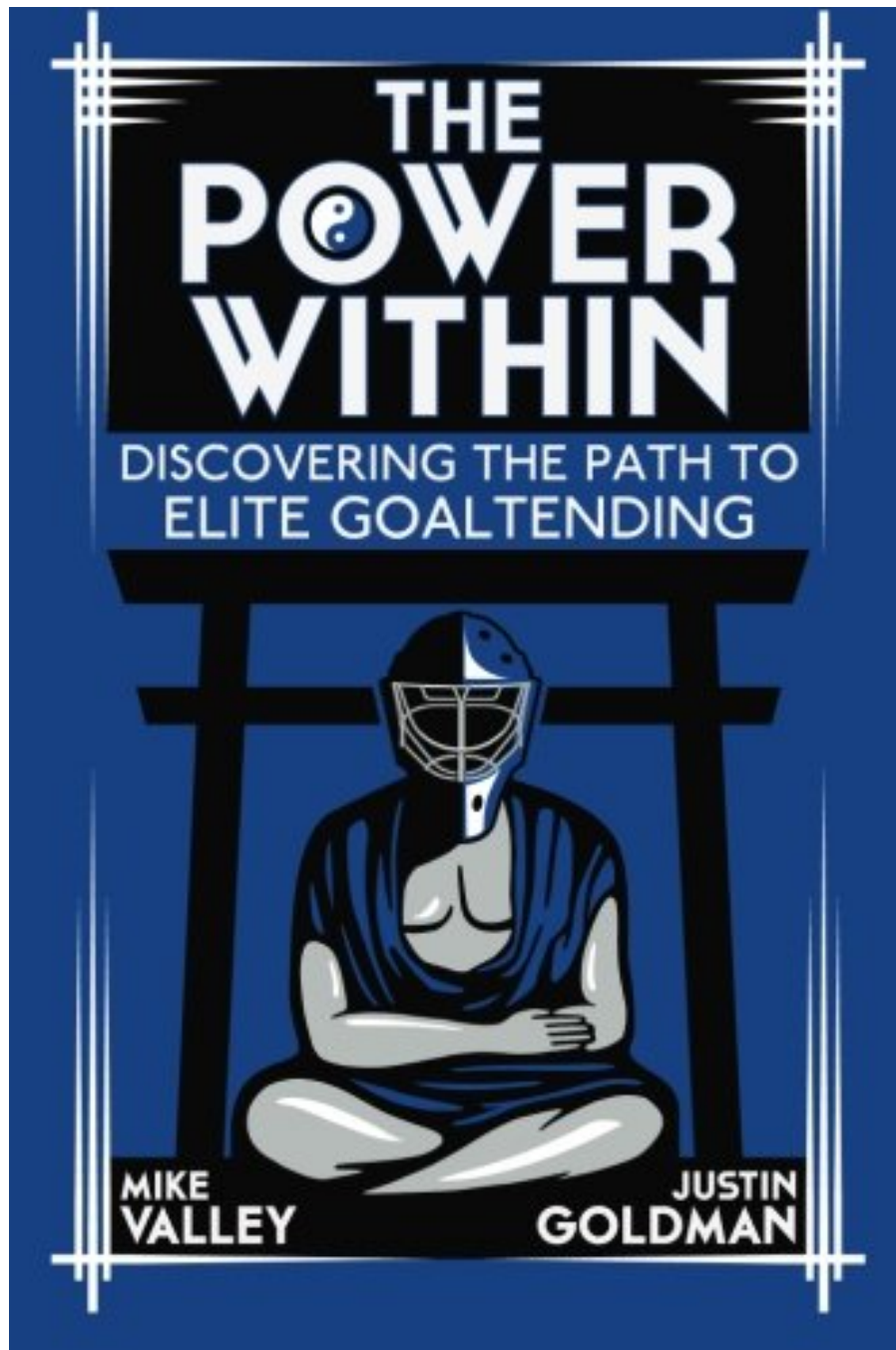


# **THE POWER WITHIN: DISCOVERING THE PATH TO ELITE GOALTENDING BY MIKE VALLEY, JUSTIN GOLDMAN**



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## 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.

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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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5 of 5 people found the following review helpful.

A must read for Goalies and Parents and Coaches

By matthew mark melin

As parents of 2 goalies, we have read many "goalie instructional" books and have been very fortunate to have great goalie trainers and mentors. I only wish *The Power Within* was available 10 years ago. This is the definitive goalie guide that will elevate your game by educating your mind and mental processing to a new level. The dynamic relationship of the 3 Pillars for Goalies creates a positive and unique approach that any level goalie will benefit from and create new foundational strengths to build upon. The candid and open interviews with some of the world's best goalies and goalie educators/mentors provides important insight into real world application of the principles discussed. The book can be read by any level goalie, though provides a wonderful opportunity for parents to share in the position through the lens of "being behind the mask". Clearly, one of the best ways we as parents can show love and support to our goalie inspired children is to read the book with them - as a parent, I have been inspired and challenged by the writings not only in better understanding my son's position as a goalie, but also how to excel in my own professional career. The principles discussed and applied can positively impact the classroom, other sports, and relationships. Leadership, character development, forgiveness, and ego management apply to all walks of life. My favorite chapter is "Why being wrong is right". I would highly recommend this book to all goalies, their parents, any coach that comes in contact with goalies (all coaches) and defenseman - we expect much from our goalies; goalies expect much from themselves - finally the book that meets the challenge. Thank you to Mr Goldman and Mr Valley for a job well done and being vulnerable and insightful enough to bring the spiritual and emotional aspects to the printed page - as a world community of hockey players and families, we will all benefit on and off the ice - regardless of the scoreboard.

M. Melin Minneapolis, MN

4 of 4 people found the following review helpful.

First book of its kind for goalies

By Josh Robinson

Valley and Goldman hit a home run with *The Power Within*. The first book specifically on the mental side of goaltending. In-depth and truly honest interviews with some of the best goaltending minds today. My personal favorites from the book are Vokoun, and Erik Granqvist (goalie coach in Sweden). Any easy reading book with many deep topics that allow for you to reread the book numerous times and pick up more each chapter. I think with such a wide variety of goalies, coaches and people inputting into this book, every goalie will find one chapter or interview that really speaks to them and helps them learn about themselves and goaltending.

2 of 2 people found the following review helpful.

Must read for all aspiring Goalies

By Len Perno

This book is a fantastic tool for all goaltenders. And as a goalie, the more tools you have in your toolbox can only help you achieve bigger and better things. So much is taught and written about in regards to the technical side of goaltending, but not enough is written about regarding the mental wherewithal one needs to progress in this position. Having the right mental make-up is, in my opinion, more difficult to consistently

achieve and is more important to master than learning the technical side of goaltending. If you're passionate about goaltending and want to reach your full potential **THIS BOOK WILL ABSOLUTELY HELP YOU GET TO WHERE YOU WANT TO BE. IT IS A MUST READ.** I read *The Power Within* in early 2014 and as a college goalie coach at Geneseo State, I made a point to impart the information from this book on my goalies throughout the second-half of our 2013-14 season. And I truly believe it helped us get to the Division III Frozen Four this year(that may sound like a stretch to some, but I saw the difference). This book will be a required read for my goalies at Geneseo State this off-season(as well as my son when he gets a bit older) and something they will have on-hand to look back on throughout the season. I can't say enough about how solid of a product this is.

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