



Insights and Fundamentals for Goalies

September 2018 Edition

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Hello Goalies:

Welcome to the Sept 2018 Edition of Insights and Fundamentals for Goalies.

We all know that being a goaltender is one of the hardest positions in sports and the hardest position in hockey. It's important we embrace that challenge and take the good with the bad (tough) that comes in the job description.

However, through hard work and preparation, you can prevent some of those tough moments.

It's important that you take charge of your game and be detail orientated in everything you do. As a goalie the smallest mistakes can lead to a goal. Thus, it's crucial that you work on building these habits on everything you do, such as school homework.

September 2018 at Bridgedale

Throughout the year I send off-ice assignments to help the Bridgedale goalies take charge of the different aspects of their game. I do this mainly through the use of monthly topics.

Monthly Topic - Building a Pre-Game Routine

The first assignment of this school year is about your pre-game preparation. It is about ***building a pre-game routine***.

Most athletes are creatures of habit. One reason for this is that these habits help create a comfort level, and that in turn helps boost their confidence going into their event.

The greatest athletes in the world are the ones who are detail-oriented and focused on what they can control to help them have success during the rigors of competition.

As I mentioned earlier, you play the hardest position in hockey. It's critical that you do everything in your power to be prepared for each game. A pre-game routine allows you to build confidence and comfort in your preparation because you repeat the same activity, which in turn allows you to think less about whether or not you're prepared to play.

Having a pre-game routine is not about superstition

In saying that I don't want you to think of your routine as superstition. Those are two separate things.

According to an article by Prettytough.com, "superstition is the belief that something has significant power or 'luck' with no logical reasoning behind it." On the other hand, they say a routine has meaningful action behind it.

Matt Krug, the President of Midwest Institute of Performance, Inc., says, "pre-game routines are important because they help transfer comfortable feelings or 'confidence' to less familiar, more anxious situations."

It's important that you go into a game eliminating as many questions as you can, so you can focus purely on stopping the puck. You shouldn't have to think about how you're going to stretch or tape your stick for the upcoming game.

You should have a plan

A couple of my pre-game routines when I played were to listen to the same song on repeat and doing the same dynamic warm up 45 minutes prior to the game.

Now, there are going to be times when you can't get your entire pre-game warm up in because of travel mishaps, or you're on a road trip and don't have the same amount of time as when you're at home. It's important that you're able to adjust your routine and not get overwhelmed because you can't do it in its entirety. This is something you can work on prior to practice. You can do a smaller version of your pre-game routine before to give you a back up plan.

If you want to be the best goalie at your level and reach your goals it's important you take every step necessary to create success for yourself. Please go over your pre-game routine with me in the next couple of weeks.

Best regards,

Oliver

Links to Relevant Videos and Articles

I am an avid sports fan and love to read about sports. And all my articles will contain various examples from all kinds of different sports. Here are links to two articles and three videos to help you develop your pre-game routine:

<https://www.nhl.com/predators/news/my-game-day-routine-ryan-suter/c-547676>

This is an article going over Ryan Suter's pre-game routine.

https://www.huffingtonpost.com/2015/10/19/pregame-secrets-student-athletes_n_7832954.html

This is an article designed to help give you some ideas you can add in yours.

<https://www.youtube.com/watch?v=PkSNiUe78N0>

This video focuses on Capitals Stanley Cup winning goalie Braden Holtby's pre-game routine. He is an example of an athlete who is a creature of habit. I had the opportunity to watch him play against the Blackhawks this year and he has a routine for every situation (T.V. time out, warm up, post goal against, crease warm up).

<https://www.youtube.com/watch?v=4C0x06qgUFo>

This video shows the Canucks and gives you an idea of how they focus on each aspect of preparation to be as prepared as possible.

https://www.youtube.com/watch?v=d0ag_a_bgZM

The final video looks at Warriors star Stephen Curry's shooting warm up to show you another elite athlete who doesn't miss a detail and helps him be the best shooter in the NBA.