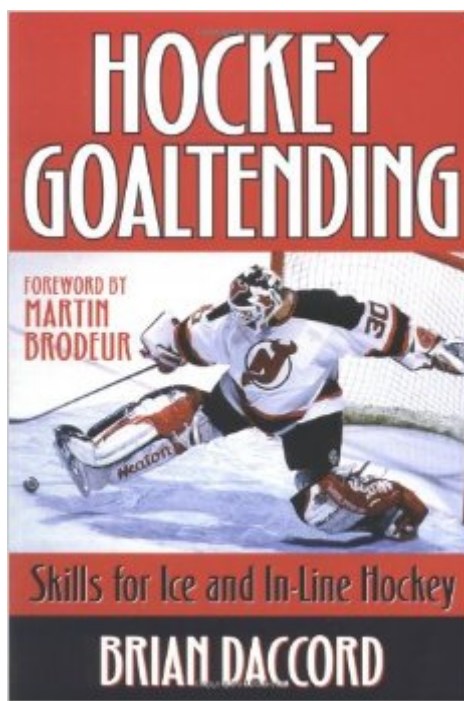


The book was found

Hockey Goaltending



Synopsis

Any player who's ever strapped on skates knows that quality goaltending and winning hockey go hand in hand. As a goaltender in low-scoring games, you have little margin for error in trying to keep your team in the game. In wide-open games, you're the last line of defense with little support from your teammates. A sure-fire guide to reaching your potential in the net, *Hockey Goaltending* provides a well-illustrated and comprehensive look at mastering the unique skills and challenges faced by goaltenders. Accompanying 135 photos and illustrations is detailed instruction on the fundamental skills required to play goal, strategies for dealing with every shooting situation, and complete off-ice conditioning programs. Written for coaches and goaltenders in both ice and roller hockey, you'll find everything you need to prepare in practice and perform in games. Profiles of top NHL goaltenders in each chapter add even greater insight into proven techniques and tactics. *Hockey Goaltending* gives beginning- and intermediate-level players solid advice for choosing proper equipment and mental training tips for handling the pressures of hockey's toughest position. Don't let this one get by you-*Hockey Goaltending* may be your ticket to becoming an elite goalie in your league this season.

Book Information

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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (35 customer reviews)

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Customer Reviews

Brian D'accord provides the reader with a thorough description of what it takes to be a successful goaltender, from equipment selection, conditioning, and techniques and drills. As a long time goaltender and goalie coach, i was familiar with a great deal of the material, but for a coach not familiar with the position, or a young player starting out, it is an excellent resource. The book goes

beyond the usual "how to make a glove save, stick save, etc." to cover things like the mental aspects of goaltending, and how to anticipate where shots are likely to go based on whether the shooter is on their off-wing or short side, for example. good visual images and lots of photo illustrations help to make this a worthwhile read for players and coaches alike.

This is a great book on goaltending. Do not listen to the other reviews that say this book is for beginners. I've read this book many times. It covers flexibility and strength, and everything else you need to know. This is a great tool for figuring out what your doing wrong when your not playing so well. There is no such thing as a goalie that is so advanced that he does not need to read this book. Also, read what Martan Brodeur has to say in his foward at the beginning of this book!

This book covers it all, and if you were to seriously follow everything carefully in this book and work it into your game, I would bet your game would improve by at least 30%. The nicely done photographs help a lot too. This book even teaches you how to improve your speed and quickness, and teaches you how to juggle to improve coordination. If you are a goalie novice to elite I would suggest this book very much.

This book really covers it all. From physical conditioning to being mentally strong Hockey Goaltending is stuffed with information. What I like most about this book is that it is so easy to pick up and read. You could flip to any random page, read it and feel like you learned something. I often just flip through it reading random sections the day of a game. It has full on and off season conditioning programs with all the different exercises used for it in the book. The DVD demonstrates many of the different exercises for the training program as well as most of the techniques from the book. Like I said before Hockey Goaltending covers it all and it's great for beginners and vet's of the position alike.

I am a beginner at the position and use this book as a guide to what I need to learn. I recommend this to all goaltenders or those interested in becoming a goalie. Good stuff. I also have "The trend quickest ways to improve your game" and "10 simple tricks the pros use" both good.

Offering a well writen and condensed description of both Ice and Roller/Street hockey for a person wishing to learn the How To's of Hockey Goaltending. It has great descriptions backed up with photo's to truely give the reader an idea of what is being described. I am in my first year of a Roller

Hockey league and have found this book to be outstanding for my level of play. My game has drastically improved and my understanding of the position has too. I would recommend this book for any and beginner to intermediate levels of players.

This is the best book of goaltending I had the chance to read. Even if all the techniques are not fully detailed, it gives you all the important rules to remember when you're between the pipes and also lot of useful tricks. I have learned something on each page I read. "Il est vraiment bien!"

Pretty good book for beginners and oldbies alike. Weather you are just starting to learn the position, or are coming back after a long hiatus and need some refreshers, this book has you covered. I didn't think anything would ever replace "Jacques Plante: On Goaltending" in my goalie bag, but this book managed. With useful exercises, diet ideas, quick tips and easy to understand terminology (It won't make a beginner feel like a outsider) this book is great. It even has a section devoted to the roller hockey goaltender. The only flaw I can think of is that it is a little outdated with the equipment, but every book will have that problem eventually seeing how equipment is always changing and evolving with the game. So if you are looking for a book to pick up and get you on the road to your NHL career or just was to brush up for that beer league this summer, look no further.

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