THE POWER WITHIN
DISCOVERING THE PATH TO ELITE GOALTENDING

BY: MIKE VALLEY & JUSTIN GOLDMAN

ABOUT THE BOOK: Dallas Stars goalie coach Mike Valley and USA Hockey goalie scout Justin Goldman have joined forces to co-author a comprehensive book dedicated to elevating and enhancing your mental game. Through the concept of the Three Pillars of Elite Goaltending, readers will receive professional and exclusive insights from a handful of NHL goaltenders on a myriad 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.

More than two years in the making, “The Power Within” includes 25 chapters of insights on the path to becoming elite. Learn from NHL goalies and goalie coaches that have produced successful careers at the highest levels, and get great advice from them on a variety of topics. Available as a paperback in exclusive locations, only a limited number of books will be produced, so click here to secure your copy of The Power Within today!

ABOUT THE AUTHORS: Dallas Stars goalie coach Mike Valley brings progressive 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 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 and a writer for NHL.com, Goldman is recognized as a literary pioneer for the goaltending community and mentors goalies of all ages in Minnesota.

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