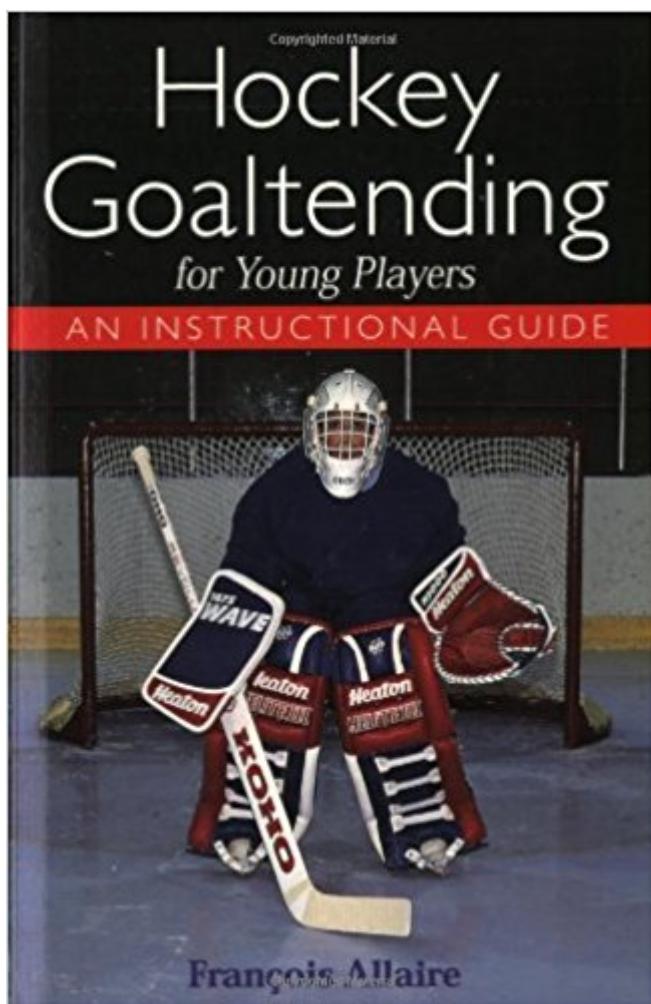


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# Hockey Goaltending For Young Players: An Instructional Guide



## **Synopsis**

This book is an indispensable guide on preparation and training techniques specifically designed for young hockey goalies. The author provides a four-year development plan, which highlights the following areas: basic and advanced skating techniques training methods for both on and off the ice an evaluation of goalies the roles of the coach The numerous color photographs, diagrams and step-bystep illustrations are complemented by an accessible but comprehensive text. For the parent of a young goalie, the amateur hockey coach, or the aspiring all-star net-minder, *Hockey Goaltending for Young Players* contains loads of instructional information on how to improve your goaltending skills.

## **Book Information**

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## **Customer Reviews**

François Allaire is a goalie coach for the NHL's legendary Montreal Canadiens. He has traveled across Europe conducting clinics on how to effectively coach and train goalies. His vast experience with both young and professional players allows him to be an authoritative voice on the subject.

I bought this book for my son who has been a goaltender for 8 years. He has absorbed everything he could on goaltending and found this book to teach a vast amount of information that he had never heard of, techniques that were immensely helpful and positive for goaltending. After reading the book he attended the goalie camp which was awesome. Françoise and his staff were very personable and charismatic, taught the attendees with a lot of patience and with a system where they could understand and retain the information easily. This family is highly behind Allaire on his

books, videos and teachings! Thanks Francoise for sharing your knowledge and giving so much of yourself to the goalie minded youth of today!

The goaltender is the most neglected position on the hockey team. The rationale may be coaches not knowing where to start. Patrick Roys' former mentor Francois Allaire offers a structured program that takes away the guess work involved. The coach follows the program in progression with a purpose instead of just keeping the goalies busy or having them face a barrage of unproductive shots.

great diagrams,pictures and instructions

Goaltenders seem to be loners on a team, however the position is very simple...One needs to build a strong foundation of skills that are developed in a structured and logical manner. Francois addresses these areas, and provides an A-1 training and development guide to be applied on a season long and year long basis. He also addresses the mental aspects that are so critical to a person playing goal. The one area he does not address adequately is females, ie., different physiological builds and some the protective equipment is different. He tends to cater the text to the rep and travel level of team and does not cover the parent/coach/goalie relationship to any degree, however it is a very good book !!. I have read about 10 other books on goaltending, I am writing one for adult beginners as I teach adults 18 to 55 how to play goal...it is a treat!!!

This is a very good book for non goalies (parents, coaches & kids starting out to play goal. It provides a good plan for developing skills over a three to four year plan. It is geared for the serious coach (rep) & young goalie, but not for adult beginners. After teaching goaltending for 15 years , I developed a guide for adult beginners men & n women and you can contact me at the email below for other info. The Allaire book is an excellent technical starting point and have used it myself, **HOWEVER ADULT BEGINNERS ARE DIFFERENT**

I've been a hockey goalie during 18 years. Now it's time for me to get involved in a different way... as a coach. The young goaler has a lot to learn and a coach can do a lot of damage if he doesn't communicate properly the techniques. The book is a very good tool for the coach. It describes clearly the basic techniques and there are a lot of pictures that illustrate them. I coach 9 yo kids, and I've been able to use many of the drills described in the book.

This is an excellent book for goalie coaches & coaches at the rep or house league level who require assistance in establishing a training and development program for young player and can be applied to adults as well. I have written a guide for adults as we are built differently. email if u r interested and is for both men & women

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