



# THE MASK

NEWSLETTER

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## Passion in practice

As goaltending coaches we often tell our goaltenders to work hard in practice, then the games are easy. Watching my two goaltenders Evan Mosher and Marco Cousineau of the P.E.I. Rocket (QMJHL), I can't help but to reflect on a visit to Montreal's Bell Centre, the home of the Canadiens.

I was visiting my friend/mentor Rollie Melanson, goaltending coach of the Canadiens at the time and the Toronto Maple Leafs were in town. Rollie invited me to the Canadiens pre-game practice with goaltenders José Théodore and Cristobel Huet.

This day was a great confirmation to me as I watched two top NHL goaltenders working hard on rebound control, angles and leg recovery and were very determined in their work ethic and focus.

As a coach I preach all the time on the little details, work ethic, focus and desire to compete for every start.

As the Canadiens finished practice and I went down to talk to Huet and



**P.E.I. Rocket goaltender Evan Mosher cuts off the shooting angle from the opposition. Hard work on this during your practices will help you during a game situation to react quicker.**



**Even a seasoned veteran like Ed Belfour continued to practice his techniques after being in the NHL for numerous seasons.**

Théodore in the dressing room, we decided to watch the Leafs practice as well.

We sat down and watched Ed Belfour and Trevor Kidd practice. Rollie mentioned to me how incredible it was that at age 38, Belfour was still one of the top goalies in the NHL. As practice moved along we watched how detailed Belfour was.

He was working on his angle shots and playing the rebounds and covering the puck...every time. It was amazing to see the consistent save selections these elite goaltenders continue to practice day in and day out!

So young goaltenders out there who wish to aspire to a higher level should start with their work in practice and give great attention to details and show passion to be the best.

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