

Intermission Gut-Check- All scenarios

Intermission Gut-Check

How to use this page: If you need/want a quick affirmation to get your head on straight in between periods despite what may have just happened, locate your current situation and ignore the rest. Regardless of what just happened, you still have a job to do.

Remember, whatever just happened doesn't have to keep happening.

Tied

You're in a game of chess, exchanging piece for piece until either team finds an opening. You can't control what happens at the other end, only what you're doing. Your team will need you at some point so be ready to do your job. Continue to do the little things right. You don't have to be perfect, but you have to be very, very good.

Up by 1

Opposition will play with more desperation that will come in waves, especially as it gets later in the game. You won't have to do it all by yourself, but you need to maintain your habits and continue to do the little things your team needs. Reframe any pressure you might feel as excitement for being trusted in an important role.

Up by 2 or more

Opponents will make a push, with times of dormancy. Defend the pushes, and give them a good reason to stay dormant. Prepare for some momentum shifts. Complacency by your team is expected when up by a few goals, be ready to have your teams back when it happens. You still have a job to do.

Down by 1

Opposition will make a push for some insurance but tendencies are to hang on to a lead. Stop the few waves that come and give your team the best chance to tie it up. As it gets later in the game, your team may take more chances. Expect some to backfire and come back your way for a chance against. Do your job.

Down by 2 or more

Everyone loves a good comeback story, and everyone respects an opponent who won't go away. Your team will get chances, the more pucks you stop, the higher value each chance is. Even if your team appears to give up, that doesn't stop you from doing your job.

Close score but high mismatch

It might be your day to be a hero and win a game you're not supposed to and keep your team within reach despite being outgunned. On the flip-side, maybe your team is Goliath and can't find the net. Chances will come, stay sharp and do your job.



This document may be used as a reminder for a goaltender about what's ahead while in an intermission. The truth is there's no way to know for sure what lies ahead, so a mental re-set may be necessary to keep competing. Select your scenario, give it a read, and always compete.