



As an ice hockey goalie, having confidence in the following three areas is crucial:

1. **Positioning and Angles:** Confidence in your positioning and angles is essential. This means understanding where to be in the crease relative to the puck, the shooter, and your net. Proper positioning minimizes the openings a shooter has to score, and being confident in this aspect allows you to stay calm and make more effective saves.
2. **Rebound Control:** Managing rebounds effectively is a key component of goaltending. Confidence in your ability to control or direct rebounds to safe areas reduces the chances of second-chance opportunities for the opposing team. This includes catching pucks, using your stick to steer them away, or controlling them with your pads.
3. **Mental Resilience:** Being mentally resilient is crucial for a goalie. This includes maintaining confidence even after allowing a goal, staying focused throughout the game, and not letting distractions or mistakes affect your performance. Confidence in your mental toughness helps you recover quickly from setbacks and maintain a high level of play.

Building confidence in these areas involves practice, experience, and a positive mindset. Working on your skills, learning from each game, and focusing on your strengths can help you develop the confidence needed to excel as a goalie.