

RESET ROUTINE

The 5 seconds that decide your next 5 saves.



LACOUVEE GOALTENDING



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ABOUT ME



HEY GOALIES!

My name is **Connor LaCouvee**. I'm a professional goalie with experience in the **NCAA, ECHL, AHL & Europe**.

I've faced a lot of pucks — and a lot of bad goals. The goalies who last aren't the ones who never get scored on. They're the ones who bounce back fastest.

That's a skill. You can train it like any save. This guide shows you how.

[NCAA](#)[ECHL](#)[AHL](#)[EUROPE](#)

PRESENT MIND.
NEXT SAVE.



READ THIS FIRST

▲ A reset is a **skill**. You train it — you don't just find it.

▲ There's no perfect routine. There's only yours.

▲ It won't feel natural at first. That's normal. Keep repping it.

▲ Practice it before you need it — not in the game for the first time.

▲ One bad goal is one goal. Your only job is the next save.



WATCH THE FULL BREAKDOWN FIRST

Build Your Reset Routine — lesson 6.2

THE PROBLEM

ONE GOAL BECOMES TWO

One goal doesn't beat you. What you do in the 5 seconds **after** it does.

The puck's in the net. Your head's still back there — replaying it, gripping the stick tighter, pressing to get it back. That's when the second one goes in.



IT'S NOT A TALENT PROBLEM. IT'S A **FOCUS PROBLEM** — AND FOCUS IS TRAINABLE.

TRAIN IT LIKE A **SAVE**

You don't **try harder** to make a glove save. You rep it until it's automatic.

Bouncing back is the same. A reset is a routine you build and rep — so when you need it most, you don't think. You run it. **Same routine, every goal.** The sameness is the point.



HOW IT WORKS

THE 3 INGREDIENTS

BREATH

One slow breath out. Drops the heart rate, clears the noise.

01

PHYSICAL CUE

One repeatable action you do the exact same way every time.

02

MENTAL CUE

One word or phrase that points you back to right now.

03



BREATH

Before anything else moves, you breathe. This is the switch that turns the panic off.

WHY IT WORKS

A goal spikes your heart rate and tightens you up. One controlled breath flips your body out of fight-or-flight so you can think again.

HOW TO DO IT

Big breath in through the nose. Long, slow breath out through the mouth. Make the **out** longer than the in — that's what calms you down.

WHEN TO DO IT

The second the puck crosses the line. Before you look at anyone, before you say a word. Breathe first.



PHYSICAL CUE

Give your body a job — a simple action it knows cold, so your mind is free to reset.

WHAT IT IS

One simple action you repeat the exact same way every time. Skate to the corner. Scrape the crease. Tap both posts. Pick one.

WHY IT WORKS

Movement breaks the freeze. A pattern your body already knows keeps you busy and resets your stance while your mind catches up.

KEEP IT SIMPLE

Same action, every goal. If you have to think about it, it's too complicated. Simple beats fancy.



MENTAL CUE

The last step points your focus forward — words that cut off the replay.

WHAT IT IS

One short word or phrase that drags your attention back to right now. "Next shot, next save." "Here." "Go."

WHY IT WORKS

You can't replay the last goal and say your cue at the same time. The words crowd out the noise and put you back in the present.

MAKE IT YOURS

Pick words you'd actually say. A line you borrowed from someone else won't hold up when the pressure's on.



PUT IT TOGETHER

BUILD YOURS

HERE'S MINE

BREATH	Deep breath out
CUE	Skate to the corner
WORDS	"Next shot, next save"

NOW BUILD YOURS

BREATH

CUE

WORDS

Lock the order. Same routine, every goal. Write it down and rep it until you don't have to think about it.



WATCH: BUILD YOUR RESET ROUTINE

Full walkthrough — lesson 6.2



PARK IT NOW REVIEW IT LATER

IN THE GAME

- Run your reset.
- Let the goal go.
- Lock onto the next shot.

AFTER THE GAME

- Watch the video.
- Talk to your coach.
- Find the why & fix it in practice.

Carrying the goal into your next shot helps no one. Studying it tomorrow makes you better. Two different moments — **don't mix them.**



MAKE IT AUTOMATIC

TRAIN IT IN PRACTICE

GOALTENDING IS 90% MENTAL.
IF YOU'RE NOT WORKING YOUR MIND IN PRACTICE,
YOU'RE ALREADY BEHIND.

You won't reset because you decided to in the moment. You'll reset because it's **what you do** — and that only happens if you build it in practice. Get beat in a drill? Run your full routine before the next shot. Breath, cue, words. Every time.





LET'S GO!

You've got a routine now. Rep it until it's automatic. Tag me on social **@lacouveegoaltending** — I love seeing you put in the work.

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CONTACT ME

SOCIAL MEDIA

@lacouveegoaltending

YOUTUBE

INSTAGRAM

FACEBOOK

TIKTOK

PHONE

+1 778 244 8347

WHATSAPP

+1 250 951 2806

EMAIL

lacouveegoaltending@gmail.com

WEBSITE

lacouveegoaltending.com

