

Supporting a Goalkeeper Who is in Low Confidence



Get Ahead Of The Issue - Know Your Keepers!

- On The Pitch : Strengths, Areas Of Improvement, Goals
- Off The Pitch : Other Passions, Family, History, Trauma, Successes
- Include Them In Planning And Decision-Making
- Personality Assessments : Forms Of Effective Feedback, What Makes Them “Tick”, What Can You Do to Help Them Be The Best Version Of Themselves?
- “They Won’t Care How Much You Know, Until They Know How Much You Care”

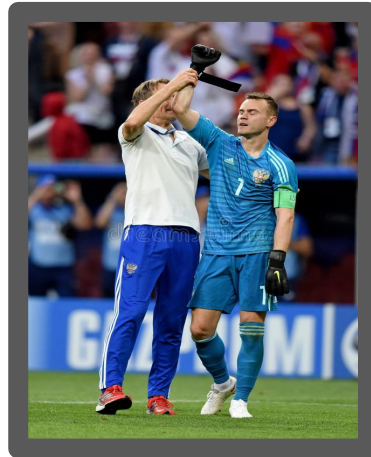
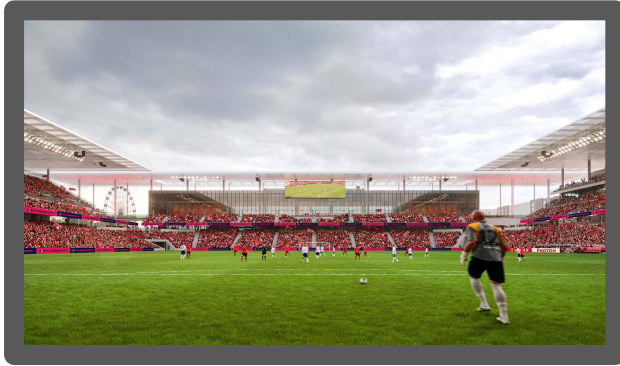
	--	-	-/+	+	++
1. I am a 'worrier'	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I make friends easily	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I have a vivid imagination	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I trust others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I complete tasks successfully	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I get angry easily	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I really enjoy large parties and gatherings	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I think art is important	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. I use and manipulate others to get my own way	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. I don't like things to be a mess - I like to tidy up	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	--	-	-/+	+	++
11. I often feel sad	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. I like to take charge of situations and events	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Addressing Low Confidence In Your Goalkeepers

- Create a Positive Space
- Listen
 - Talk less, listen more
 - Allow athlete to guide conversation
 - Determine situations that are mentally challenging
 - Seek the “why”
- Develop Strategies



Managing The Low Confidence



- Place the GK in a training environment where they will succeed.
- Encourage them to visualize positive situations that they have experienced and remember how that made them feel.
- Suggest using the external view technique by imagining they are watching themselves play.
- Utilize senses such as smell, sound and visualization.
- Have a mental game plan in place.
- Bring in mental sports performance professionals if necessary.

Special Considerations

- Male vs Female
- Age - Foundation, YDP, Semi-Pro, Pro
- Level Of Play - Elite vs Amateur



Controlling The Controllable

- Prepare Ahead of Time
- Establishing Positive Relationships
- Understand and Process What Is Within Our Control And What Isn't - Focus On the Controllable
- Critical Confidence Equation
Self Confidence = Self Belief x Evidence

