

# Competition stability

**Sepp Maier (former FC Bayern Munich) on goals conceded in the FC Bayern members' magazine "51":**

*"I used to say that every goal I conceded was unstoppable. It was like a reflex, a protective attitude. Someone must have made the bad pass or lost the ball."*





# Train distractibility



## Training form:

The goalkeeper must stack the marker plates correctly when called by the coach until the color named by the coach is on top. The goalkeeper then practices falling flat from a seated position.

The goalkeeper practices blocking out the influence of disturbing factors.





Interview  
Psyche

## Oliver Baumann

about a moment in his  
career that allowed him to grow.





# Mental strength

A mentally strong goalkeeper...



... is convinced of his abilities.

... has a high level of motivation.

... considers things to be controllable.

... puts in more effort.

... can cope with failure.

... is looking for new challenges.

... does not get distracted.

... sticks to its goals.