

Mindset Principles & Philosophies for Success

The Competitive Advantage for Goalkeepers Going Pro

by Andreas Papakostas – Olympic GK Academy

1. Never ever, let yourself get lazy or bored @ the basics & fundamentals.
2. Fall in love with every aspect of your results, the great, the good, the bad & the ugly.
3. Always love, respect, value, appreciate, serve, help and inspire all goalkeepers at all ages, all levels both in your team, in your club and your opponents.
4. Must work more on your mindset then any training.
5. Understand the importance of the 3 phases of what is goalkeeping.
6. Understand your biggest competition is your mindset. Your next biggest competition is the other goalkeeper that is training just a little bit harder than you, wants it a little bit more than you, working on their mindset a little bit more than you. Especially when you are tired, sore, unhappy, upset.
7. Take care of your body, mind and your equipment.
8. Make sure that your training consists of 80/20% principal.
9. Listen to podcasts and watch more games without criticizing or judgement.
10. Never feel that you have arrived at your destination, even if you feel you are at your destination.
11. Be grateful and thankful to your parents who invest in training & time.
12. Be aware of your body language as it reflects your self-talk.
13. Train as if you are always being evaluated & trying out for the national team.
14. Games are the test. Trainings are your studying.
15. There is training, and there is training to develop.
16. There is no winning or losing in GK. There is executing & learning.
17. 100% effort, every training, every drill, every session, every practice, every game, EVERYTIME.
18. Understand the difference between Vocal & Communicating. One is noise. The other is directing, inspiring & leading.
19. Any setback is designed for a comeback. Failure is feedback.
20. If you believe you can, you are right. If you believe you can't, you are also right. Your belief is either serving your goals/dreams and aspirations or they are destroying your goals/dreams and aspirations.

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We Don't Talk About Developing Goalkeepers...We Do It!

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