The Goalkeeper

The goalkeeper must appear cold, apparently detached from the pressures, demonstrating tranquility trying to manage emotions. You should never, absolutely, show fragile when it is put into question after an error, but rather must make it appear (even when it does not) that he had been behind the error. His work must be performed very quickly, with immediate and rapid decision made safely.
 The goalkeeper, to be able to be a good player, as well as having a necessary technical foundation and a physical aptitude for the role, must be rapidly analyzed and decision-making skills out of the ordinary must, to succeed in this endeavor, having the enormous mental capacity . The field must remain a realm almost inviolable, absolutely impervious to the "bad thoughts" that can undermine self-esteem in their technical means.
This does not mean dealing commitments without adequate competitive tension, however, in my opinion, if well channeled can only bring benefits to the performance of the goalkeeper. It would be no need to turn this into a competitive tension charging excessive anxiety-provoking, although it is certainly not easy. Interventions to make the first few minutes, even with the steps as easy as referrals or outputs comrades in peace, often permanently removes the anxiety from the mind of the goalkeeper, so it would indicate that the goalkeepers were taken increasing responsibility, both in the construction of the game that raises to maintain this level of calm for the most concentrated number of minutes possible.
Maintain concentration for the duration of the race is the most difficult, because the lack of constant stress for the entire ninety minutes ago dropped the goalkeeper in a state of psychological isolation.
This isolation can be perceived receiving stimuli of different types can occur due to lack of sustained commitment, for example, when your team plays in attack for several minutes consecutively; can happen due to shortfalls due to a result of attention now closed, as a large victory, or to atmospheric stimuli, such as when it is very cold and inactivity for some minutes can also result in numbness of cognitive abilities.
In these aforementioned situations of psychological isolation, the goalkeeper is often led to think of things that have nothing to do with the game you are playing. Can you think of his wife, his girlfriend, friends, or "lost" in the choreography and chorus of supporters. To return immediately to be on the field, the goalkeeper must use special precautions, such as screaming and giving directions to his companions, though not necessary at this time, do some jumping and stretching exercises, a return that is in focus; and believe it is crucial for this enterprise and the "desire to participate" in a goalkeeper.

 Taken from theses THE DOOR AND HIS PHILOSOPHY Fabrizio Lorieri  TRAINER OF THECATEGORY 'UEFA PRO "