



COACHING CONVENTION 2025

Syllabus of minimum content: UEFA Goalkeeper A diploma

Introduction

“Quality coaching is much more than teaching a sport. Coaches coach the person rather than the sport and so contribute to their participants’ development socially and emotionally, as well as physically and technically. Quality coaching is therefore more athlete-centred and athlete-driven, more focused on values and respect. Coaches play an important role in promoting enjoyable sports participation, helping people achieve their potential and enhancing individual and team performance.”

[Building your Coach Developer Workforce](#), International Council for Coaching Excellence (ICCE), 2024

UEFA adopts a competence-based approach to its diploma courses and their syllabuses of minimum content. **Quality coach education** is student-centred and output-focused, meaning it is based on the coaches’ occupational profile and required competencies and produces relevant learning outcomes for those coaches. This is a move away from the traditional teacher-centred, input-focused model.

UEFA provides syllabuses of minimum content to help national associations create consistent, effective UEFA diploma courses that result in coherent, comparable qualifications. The aim is not to dictate how associations design their courses but to provide a selection of evidence-based options derived from best practices. Our hope is that associations will draw on these best practices to design courses and qualifications that meet the needs of their coaches. Professional judgement that takes into account the association’s unique experience, expertise and context is not only encouraged but central to this process.

The vast majority of coaching competences are applicable to both **male and female players**, but some do require knowledge or adaptations that are specific to men or women, boys or girls. They are identified in the SMC with the symbols ♀♂. The specificities should be taught as part of the core content to equip all coaches with the skills to confidently coach men and women, boys and girls. Guidance on delivery methods and ready-to-use content can be found in the **Framework for Coaching Female Players**.

The syllabus for the **UEFA Goalkeeper A diploma** provides a comprehensive framework that defines the advanced competencies and learning outcomes required for goalkeeper coaches operating at the elite level of both youth and senior football.

Coach profile

Coaches awarded a UEFA Goalkeeper A diploma must have a clear understanding of how to coach elite youth and senior goalkeepers in professional football. They must be able to provide a positive developmental experience that enhances players’ performance, knowledge and skill.

To achieve this, they must perform the **functions** listed in the **four areas** below:

Goalkeeper coach

- Model professional and ethical behaviour on and off the pitch, promoting a development-driven approach to coaching and creating a high-performance environment
- Have a holistic (multidisciplinary) understanding of the game and how it affects the goalkeeper’s role and performance
- Design and deliver goalkeeper-specific programmes that align with elite performance standards, using reality-based learning and tailored coaching models to meet individual and team objectives
- Communicate and engage with goalkeepers’ support networks (e.g. family, school, community) to align developmental goals and establish meaningful career pathways

- Support the development of youth goalkeepers and goalkeeper coaches of youth teams by influencing long-term strategies, sharing expertise and aligning individual development plans with team objectives

Goalkeeper and team

- Establish an environment that helps each goalkeeper develop strategies to achieve their own personal performance objectives
- Create effective support environments that enhance goalkeepers' confidence, resilience and integration in the team

Training environment

- Provide an effective training environment to build or maintain goalkeeper performance as part of a successful team
- Create and implement an annual periodisation plan to ensure the progressive development of individual goalkeepers in the short, medium and long-term
- Conduct training sessions that achieve consistently high performance
- Help goalkeepers build and maintain their own individual physical and psychological performance
- Analyse goalkeepers' actions during matches to understand and measure performance
- Evaluate technical and tactical training sessions and adapt plans accordingly

Matches

- Perform all matchday duties (before, during and after the matches) efficiently and professionally
- Prepare goalkeepers to perform effectively in competition
- Perform live goalkeeping analyses to understand and measure performance and communicate effectively with goalkeepers at half-time and post-match
- Use match analysis as a learning tool, evaluating performance in collaboration with the coaching team to inform future training

Learning outcomes

Goalkeeper coach	
Competence	Module
- Coaching elite youth and professional adult goalkeepers^{9σ} - Demonstrating positive and ethical behaviour on and off the pitch - Operating effectively as a member of support staff to help the head coach achieve their objectives for the team - Consistently modelling positive attitudes and behaviour as regards learning, development and high performance on and off the pitch - Managing expectations of goalkeeper performance^{9σ} - Continually challenging performance parameters to enhance progress - Understanding, managing and dealing with high levels of pressure and workload	Philosophy, values and beliefs
- Applying the methodology of reality-based learning and understanding how it influences development and performance^{9σ} - Effectively and purposefully applying a variety of teaching, learning and leadership styles (coaching models) - Coaching the goalkeepers in a manner appropriate to the needs of the team and its performance goals, with a clear understanding of how different game situations affect the activities used^{9σ} - Promoting a performance development approach, including the importance of positive rivalry and playing to win - Allowing players to explore and experiment in search of effective solutions	Teaching methodology: art of coaching
- Leading and collaborating positively and effectively with coaching and other support staff in the player and team development process - Cooperating with staff involved in scouting, selecting and recruiting new players - Understanding the benefits of a diverse coaching and support staff - Communicating effectively with the goalkeepers to design their individual development plans - Producing the youth teams' goalkeeper development strategies - Supporting the development of goalkeeper coaches working with youth teams	Collaboration
The goalkeeper coach section of the course requires at least 15 hours of reality-based education .	

Goalkeeper and team	
Competence	Module
- Understanding the profile and role of the goalkeepers based on tactical team expectations in a variety of competitions^{9σ} - Designing effective support systems to enhance each goalkeeper's overall development and performance - Evaluating and designing objectives to continually improve goalkeepers' individual development plans - Managing each goalkeeper's own expectations and the expectations of their entourage	Knowing the goalkeeper
- Understanding the team's goalkeeper profile and how it fits into the overall team recruitment strategy^{9σ} - Designing the process of identifying and recruiting goalkeepers^{9σ} - Understanding what constitutes a successful development pathway for goalkeepers based on data and research^{9σ} - Co-designing the team's talent development pathway for goalkeepers	Talent identification and recruitment
- Understanding and enhancing each goalkeeper's technical abilities to develop and maintain individual and team performance - Ensuring the goalkeepers understand and positively influence the tactical strategy defined by the head coach^{9σ}	Technical & tactical development
- Understanding and evaluating the intensity and scheduling of competitive matches and the effects on goalkeepers' physical performance - Identifying, developing and improving key physical components that enhance goalkeepers' technical and tactical performance - Planning, delivering and reviewing field-based and gym fitness training sessions, when appropriate in cooperation with support staff, taking account of the physical goal of the session, expected physical load, appropriate content, exercises and recovery - Using fitness tests to assess goalkeepers' physical qualities and readiness to perform, and demonstrating an ability to interpret test results^{9σ}	Fitness development
- Preparing and helping goalkeepers to deal with the following performance factors: - Dealing with pressure and stress^{9σ} - Juggling their professional football and private lives - Mental training to enhance performance - Developing the players' performance mindset including learning, commitment, effort, grit, resilience and self-regulation - Developing goalkeepers' problem-solving, decision-making, information processing, curiosity and creativity - Knowing how to build a goalkeeper's confidence, concentration and emotional control	Psychological development

Developing goalkeepers' ability to deal with high expectations and potentially negative experiences so that they can maintain a positive mindset⁹⁰	
- Creating a positive, supportive environment by developing team spirit, cooperation, interdependence, self-regulation and discipline⁹⁰ - Helping each goalkeeper become a strong, integrated team member through positive and proactive behaviour, action and communication - Ensuring goalkeepers understand how positive lifestyles and prosocial behaviour affect performance - Understanding the basics of ethnicity, religion and gender and societal issues such as substance abuse - Understanding traditional and social media and how either can affect team cohesion and performance if misused	Social development
The goalkeeper and team section of the course requires at least 30 hours of reality-based education.	

Training environment	
Competence	Module
- Using a variety of coaching styles and methods effectively to develop interaction and connection with the goalkeepers and outfield players - Understanding of the elite game and how it impacts training session design - Developing problem-solving abilities based on decision-making techniques underpinned by technical proficiency - Developing goalkeepers' communication skills, based on a range of tactical solutions	Training session design and content
- Creating and implementing an integrated annual periodisation plan for goalkeepers, in line with overall team plans - Outlining clear outcomes for the training sessions, while understanding the various benefits provided by different types of training session - Ability to prepare, execute and review training sessions in conjunction with other staff, and immediately adapt to ad hoc changes imposed by the head coach or circumstance - Designing goalkeepers' individual performance plans^{9σ} - Constantly reviewing and reflecting to enhance overall performance	Planning, delivering and reviewing
- Inspiring the goalkeepers and the team with positive and ethical behaviour - Building confidence and providing knowledge and opportunities for goalkeepers to develop, refine and execute their own individual decision-making skills in conjunction with tactical team plans - Motivating and pushing goalkeepers during training sessions - Developing and encouraging a winning mentality	Motivational learning environment
- Creating a safe and ethical working environment - Safeguarding the health and welfare of players^{9σ} - Being aware of the needs and backgrounds of each individual player - Understanding the health and performance benefits of good lifestyle habits relating to nutrition, hydration and sleep - Knowing the child and youth safeguarding guidelines and legislation and protecting the rights of children and teenagers playing football, preventing and responding to any form of harm¹ - Knowing the team's or organisation's code of conduct and acting accordingly - Learning and maintaining the skills to apply first aid and cardiopulmonary resuscitation (CPR) effectively - Understanding anti-doping responsibilities	Health and welfare

¹ For more information on child and youth safeguarding, please visit the UEFA Safeguarding Platform: www.uefa-safeguarding.eu ² The course must include micro-group work overseen by the course educator in the participants' work environments.

The **training environment** section of the course requires **at least 65 hours of reality-based education**.

Matches	
Competence	Module
- Understanding the goalkeeper's role and tasks in a variety of match situations relating to their own team and the opposition - Reading and analysing the game (pre-match, during the match and post-match) based on goalkeeper and team tasks and the opponents' performance - Developing and supporting goalkeepers' and outfield players' autonomy, involving them in the decision-making and problem-solving process	Match and performance analysis
- Coaching and managing the goalkeepers effectively during matches, including giving feedback - Preparing goalkeepers for matches as part of the team, in cooperation with coaching staff and a multidisciplinary team - Ensuring elite youth goalkeepers have an opportunity for effective game time as part of their final development phase - Analysing and evaluating goalkeeper performance during matches in cooperation with the other coaching staff² - Advising and supporting the head coach as necessary - Communicating effectively and respectfully with the match officials - Fully understanding the rules and the Laws of the Game	Match coaching
The matches section of the course requires at least 10 hours of reality-based education .	

Reality-based education	Minimum hours
Guided interactive content delivered and monitored by coach educators	50 hours
Practical work experience ²	70 hours
Minimum hours of reality-based education	120 hours
Minimum hours of theory and practice in the classroom (in person or online)	36 hours
Minimum hours of practice outside the classroom, including practical work experience	84 hours
Study visits ³	

² The course must include micro-group work overseen by the course educator in the participants' work environments.

³ Study visits to practical football environments can be included as a top up to the learning to enhance the participants' competence. The number of study-visit hours are in addition to the minimum hours of education.

Assessments

Please refer to Article 13 of the UEFA Coaching Convention for further details of the minimum requirements for assessments and what they must include.

Coaching role and context

Coaches awarded a UEFA Goalkeeper A diploma must have a clear understanding of how to coach elite youth and adult goalkeepers in a professional football environment.

To obtain a UEFA Goalkeeper A diploma, coaches must demonstrate that they have the following theoretical basis and practical ability to perform the functions listed in the four areas outlined below.

Theoretical: Understand and explain the theory that underpins the successful performance of the required functions.

Practical: Demonstrate an ability to perform the functions expected of them.

Goalkeeper coach

- Create and lead a high-performance environment that promotes ethical behaviour and continuous development
- Apply reality-based learning and varied coaching models to enhance goalkeeper and team performance
- Collaborate effectively with the head coach and multidisciplinary staff to align goalkeeper development with team objectives
- Lead and advise on the goalkeeper development pathway across youth and senior levels
- Communicate effectively with goalkeepers and their support networks to align individual development plans and career progression

Goalkeeper and team

- Design and implement individual development plans tailored to the needs of elite youth and senior goalkeepers
- Support the transition of youth goalkeepers into senior professional football through structured match exposure and development strategies
- Align goalkeeper performance with tactical team expectations in various competitive contexts
- Manage the expectations of goalkeepers and their entourage to support long-term development
- Contribute to the club's or team's goalkeeper recruitment and talent development strategy

Training environment

- Design and deliver integrated training plans, including annual periodisation, that reflect the demands of elite football
- Adapt training sessions to individual goalkeeper needs, team objectives and situational changes (e.g. injuries, match schedules)
- Evaluate and adjust training content based on performance analysis and feedback
- Foster a motivational learning environment that promotes autonomy, decision-making and a winning mentality
- Ensure a safe and ethical training environment that supports physical and psychological well-being

Matches

- Prepare goalkeepers for matchday performance through structured planning and collaboration with the coaching team
- Coach and manage goalkeepers effectively during matches, including by providing live feedback and post-match analysis
- Analyse goalkeeper performance in match contexts and use findings to inform future training
- Support goalkeeper autonomy by involving them in tactical decision-making and problem-solving
- Demonstrate consistent professional conduct and communication with players, staff and match officials

Personal coaching logbook (including reflections relating to men's and women's football)

- Plan and deliver safe and age-appropriate training sessions and development plans
- Analyse and review training sessions and match performance (including opponents)
- Show an ability to work consistently with elite goalkeepers on all aspects of their development
- Engage in ongoing self-evaluation and reflection and adapt future planning and coaching activities accordingly
- Collect and analyse anonymous 360-degree feedback from a variety of stakeholders
- Reflect on own coaching journey, including off-the-pitch challenges such as collaborating with other coaching staff or a multidisciplinary team



UEFA
ROUTE DE GENÈVE 46
CH-1260 NYON 2
SWITZERLAND
TELEPHONE: +41 848 00 27 27
TELEFAX: +41 848 01 27 27
UEFA.com