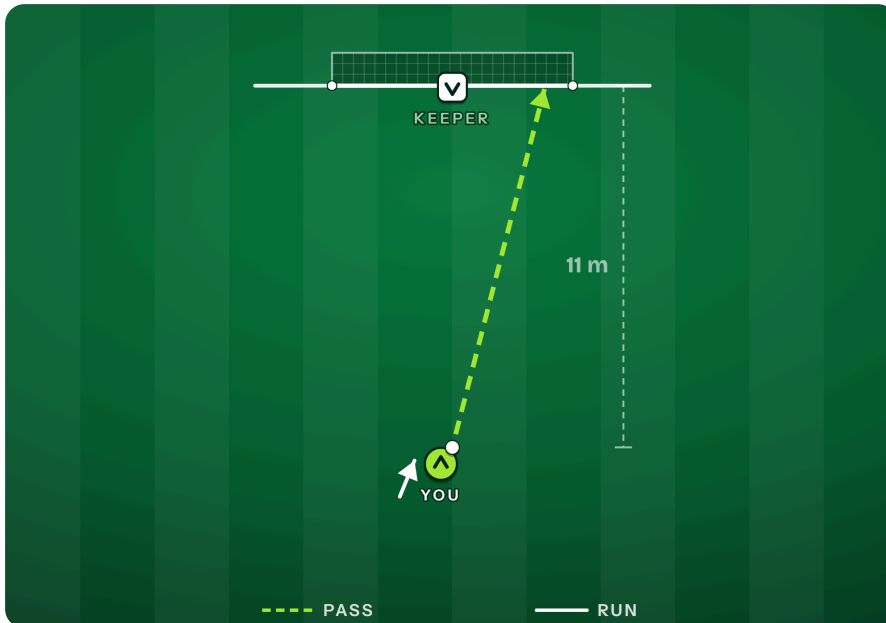




Set up

A goal

Ball on the spot

11 m on an 11v11 pitch

A friend in goal

Dose

2 rounds of 5 penalties

Round 2: add a forfeit

2 rounds of 5 penalties, with pressure added in round 2 (the Football Reach target, not an FA rule).

What it trains

A calm penalty routine for every kick, practised without pressure, then with a little. Meta-analyses found that, in experiments, routines and pressure training both helped performance under pressure; shootout studies show links only. A penalty is a skill to practise, not a lottery.

How it works

- 1 Use the penalty mark on the pitch you play on: 11 m out in 11v11 (under-14s and up). Under-8s to under-13s play 5v5, 7v7 or 9v9, so use the mark on that pitch.
- 2 A friend or parent goes in goal (or stands behind you as a watcher) and blows a whistle, or says go, for each kick.
- 3 Place the ball, walk back the same number of steps every time, breathe out, and look at the goal and the keeper.
- 4 Pick your corner early and stick to it. Wait for the whistle, take your time, then shoot.
- 5 Round 1: 5 penalties with no pressure. Round 2: 5 more with a little pressure, such as points, someone watching, or a forfeit for each miss (5 keepy-ups).

Coaching points

- 1 **Pick your corner early**
Before the whistle, look at the goal and the keeper, pick your corner early and stick to it through your run-up. In top-level shootouts, looking away from the keeper was more common on kicks where a miss meant defeat, and those kicks scored less often (a link, not proof).
- 2 **Take time after the whistle**
You do not have to go the moment the whistle blows. Breathe out, then start your run-up. Pressure matters: in 409 international shootout kicks, how much a kick mattered was linked to misses, while skill and tiredness mattered less.

× **Not this:** Rushing: running up the moment the whistle goes. In those shootouts, rushing was also more common on kicks where a miss meant defeat, which scored less often (a link, not proof).

↗ HARDER

Raise the stakes, not the tiredness: more watchers, a running score, or sudden death (one miss ends it). Keep the routine the same.

↘ EASIER

No goal? Use two cones as posts (5 m apart suits younger players) and move the spot closer. Stay on round 1 until the routine feels automatic.

🛡 Safety

- Only use a goal that is pegged or weighted down, and never hang or climb on the frame.
- On hard ground the keeper stays on their feet: no diving saves.
- Warm up first. Play on flat grass or a pitch, never a road or driveway, and keep windows, cars and onlookers clear of the goal and the space behind it.
- If a shot hits the keeper in the head, stop. If in doubt, sit them out: a suspected concussion means stop straight away, no training for at least 24 hours and no matches for at least 21 days (UK concussion guidelines).
- Warm up first. Stop if anything hurts and tell an adult.

📅 Track 12 weeks (tick each session)

W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐



Watch Archie show it

footballreach.com/drills/the-penalty-routine

Then take the free test at footballreach.com