

ChalkTalk

Penalty Kicks

In taking penalty kicks...

- Know which side you are going to kick to and don't change your mind.
- Look for a target, such as the rear support post of the goal
- Place the ball lightly on the grass, make sure it is not in a hole
- Look at both posts to deceive the keeper
- Once you know where your target is, don't take your eyes off of the ball
- After shooting, run forward for a possible rebound off of the keeper

Note to all players:

If the ball bounces off of the post, the shooter cannot kick it again. Make sure you sprint in to score on the rebound, or in the case of defending, to clear it out. The best place that you can line up for either offense or defense is the intersection of the penalty box and the penalty arc. This is the shortest distance to goal and frequently will allow you to win the rebounds.

Note to the keeper:

Your first step should be taken out toward the kicker to immediately narrow the angle. This step can usually be taken slightly before the ball is kicked without drawing a foul. The keeper is allowed to move along her goal line. I would recommend some movement back and forth along the line to make the kicker think twice about their target, but don't be off-balance when the shot is taken.

At this level of play I do not recommend that you try to guess which way they are shooting since many shots are directly to the keeper.

Remember that in a tournament shootout (tie-breaker) that it is only necessary to stop the ball, not win possession.