

Analysis of Performance: Saving a Penalty

You must stand on the goal line. You have more chance of saving the penalty if you stand in the centre of the goal mouth facing the taker.

You must remain relatively still until the taker makes contact with the ball.

When the taker looks up to pick his 'spot' try to look as large as possible. This will make the goal seem smaller and the taker may become nervous and misplace his shot wide or over the bar.

Also, watch the taker's eyes to see where he will shoot. However this cannot be relied upon as he may just look in the opposite direction to where he will shoot to fool you.

Watch the position of the taker's foot. Usually the ball will go in whichever direction his instep on his foot is facing. Once again, this cannot be relied upon because accomplished takers can fool you with a disguised shot with the outside of their foot.

Dive in whichever way you think the ball will go with your arms outstretched as soon as the taker makes contact with the ball. This requires speed and reaction time.

If you have dived the right way lock your arms straight and position your hands behind the ball.

Do not bother catching the ball as you may fumble the ball into your own net.

If the ball does not go out of play you must quickly retrieve the ball or clear before an attacker can follow up the shot.

If you dive the wrong way, stretch your legs to try and block the ball.

Good examples of the model performance for saving a penalty are David Seaman's exploits in the shootout at Euro 96 in the semi-final match against Germany.

Zac Mckenzie

Questions

Where does the goalkeeper stand?

On his goal line in between the posts facing the taker.

When is a penalty awarded?

When a defending player commits a foul on an attacker in his penalty area

How far away do other players have to stand?

At least ten yards behind the penalty spot but in the field of play.

What happens if the goalkeeper breaks the rules?

If the taker scores the goal stands. If the ball goes directly out of play then the kick is retaken.

What happens if the taker breaks the rules?

If the taker scores it is retaken. If he does not then play proceeds.

What happens if a team mate of the 'keeper moves within 10 yards of the taker?

A goal would stand. If the kick is missed it would be retaken.

What would happen if an attacker moved within 10 yards and touched the rebounded ball i.e. if the penalty is saved or comes off the goal?

An indirect free kick would be given to the defending team.