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Dueling in the penalty box: evidence-based recommendations on how shooters and goalkeepers can win penalty shootouts in soccer

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Notes

1. In 1997, a rule change was designed to give goalkeepers a better chance in a shootout by allowing them to move along the line at any time but not forward toward the penalty taker. Before the rule change, goalkeepers had to remain stationary in the center of the goal until the ball was kicked. However, since the introduction of this rule, penalty takers have increasingly turned to a kicking technique first popularized by the soccer legend Pelé in the 1970s and commonly known as the 'Paradinha' (little stop). Using this technique, penalty takers stop their movement as they are about to take the penalty sending the goalkeeper the wrong way with a dummy before aiming the ball into the empty corner of the goal. In response to this behavioral pattern of penalty takers, in 2010 a new rule was introduced prohibiting a stop at the end of the run-up.

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