Taylor & Francis Online

Home ▶ All Journals ▶ Behavioral Sciences ▶ International Review of Sport and Exercise Psychology ▶ List of Issues ▶ Volume 6, Issue 1 ▶ Dueling in the penalty box: evidence-bas ....

International Review of Sport and Exercise Psychology ›

Volume 6, 2013 - Issue 1

4,885 Views | 39 CrossRef citations to date | 52 Altmetric

Article

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

Daniel Memmert, Stefanie Hüttermann, Norbert Hagemann, Florian Loffing & Bernd Strauss

Pages 209-229 | Received 23 Oct 2012, Accepted 23 May 2013, Published online: 30 Jul 2013

Cite this article https://doi.org/10.1080/1750984X.2013.811533

Sample our Behavioral Sciences Journals

>> Sign in here to start your access to the latest two volumes for 14 days

Full Article | Figures & data | References | Citations | Metrics

Reprints & Permissions | Read this article | Share

Abstract

In soccer, penalty kicks can decide the outcome of a match and in recent years, much effort has been invested in trying to identify the factors that influence successful performance. This overview presents some of the most important findings in order to compile a reliable set of facts that can improve the probability of success for either penalty takers or goalkeepers. Particular attention is paid to various strategic aspects in the shooter–goalkeeper interaction as previous research suggests that the chances of success on both sides may be greatly enhanced by applying findings from research in sport psychology. The article ends with a checklist that goalkeepers and penalty takers

may use to improve their chances of success alongside recommendations to continue and intensify the efforts to carry out ecologically valid experiments in future research.

Keywords:

penalty shootout | goalkeeper | penalty taker | choking

Previous article | View issue table of contents | Next article

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.

Related research

People also read | Recommended articles | Cited by 39

Personality in sport: a comprehensive review

Mark S. Allen et al.
International Review of Sport and Exercise Psychology
Published online: 11 Mar 2013

Kicks from the penalty mark in soccer: The roles of stress,skill, and fatigue for kick outcomes

Geir Jordet et al.

Journal of Sports Sciences
Published online: 18 Feb 2007

Penalty kick outcomes in UEFA club competitions (2010-2015): The roles of situational, individual and performance factors >

Carlos H. Almeida et al.
International Journal of Performance Analysis in Sport
Published online: 3 Apr 2017

View more

Copyright © 2026 Informa UK Limited Privacy policy

Cookies Terms & conditions Accessibility

Registered in England & Wales No. 01072954
5 Howick Place | London | SW1P 1WG