



# Kicks from the Penalty Mark

# Near End of Game

- ◆ Remind teams that score is tied and game goes straight to Kicks from the Penalty Mark at end if score remains tied.
- ◆ Only players who were on the field at the end of game time may participate in kicks.
- ◆ Let coaches know when there is 2 minutes left, allow subs as usual.
- ◆ At the final whistle, do not allow players to leave the field or enter the field. No substitutions after the final whistle.

# Set Up

- ◆ Allow one coach from each team to enter field to manage their team in the centre circle area.
- ◆ Choose which goal to use. Soft ground, sun in keepers eyes – choose other goal. If no difference, toss a coin.
- ◆ Toss coin to decide who shoots first. Away team calls and winner decides who shoots first.
- ◆ If one team has fewer players then other team must reduce number of players on the field to be equal.
- ◆ Confirm location of Penalty Mark 11 m (12 yards) from the goal line – on grass, use a cone to mark the distance – set it one metre away from the spot.

# Positions

No AAR

CR checks all ready, ball in correct place, whistles kick, watches for fake kicks, records score

AR1 watches for GK leaving line early, checks other GK is not interfering

- Goalkeeper (GK)
- Defender
- Attacker
- Referee

AR2 monitors teams, keeps back up list of shooters and goals



# Kick Mechanics

- ◆ Record the number of each kicker - they cannot repeat until all members of the team on the field have kicked
- ◆ When referees, keeper, and kicker are ready, blow whistle
- ◆ Circle number if they scored, cross out if they do not score
- ◆ Kick is complete when ball stops, goes out of play, or there is an offence
- ◆ Kicker may not touch the ball a second time
- ◆ Teams alternate for 5 kicks each

# Outcome

- ◆ If at the end of 5 kicks each, one team has more goals than the other, they win.
- ◆ If score is tied, kicks continue until one team has more goals after an equal number of kicks.
- ◆ If before 5 kicks are taken for each team, one team cannot get as many goals after 5 kicks, no more kicks are taken. For example, if the score is 3 – 0 after 3 kicks each, or 4 – 1 after 4 kicks by the first team and 3 kicks by the second, the game is ended.

# Penalty Kick Rules

- ◆ The kicker may not make a mark on the field (e.g., by scuffing the grass or turf – some players try to remove grass behind ball)
- ◆ The player taking the penalty kick must kick the ball forward; backheeling is permitted provided the ball moves forward.
- ◆ When the ball is kicked, the defending goalkeeper must have at least part of one foot touching, or in line with, the goal line. (the keeper can jump and wave their arms so long as one foot is in line with the goal line)
- ◆ The ball is in play when it is kicked and clearly moves.

# Common Offences

- ◆ If the keeper moves off the line before the kick is taken:
  - ◆ Ball goes in goal = goal
  - ◆ Ball does not go in = redo, warn keeper
- ◆ If the kicker runs up to the ball then does a fake kick before taking a real kick = No goal
- ◆ A kicker is allowed to fake during the run-up, such as a stutter step, but cannot fake the kick
- ◆ If the kicker takes two touches on the ball = No goal