



Penalty Shootout Starter Resource

The Group Stage of Euros 2024 is almost at an end, which means the knockout stage will commence. This means that we probably see some penalty shootouts.



Skills

Identify components of fitness and skills required in the following roles:

1. Goal Keeper
2. Penalty taker

Preparation

Discuss the psychological and physical preparation methods required for the following roles:

1. Goal Keeper
2. Penalty taker

Performance

Penalty shootouts take place after at least 120 minutes of play.

Suggest the effects this could have on performance during the shootout.