

THE PENALTY KICK



CARD #5

- 1** **Identify** the Penal Offence – Direct Free Kick in the penalty area.
- 2** Give your decision with **confidence** and **calmness**.
- 3** Good blast of the whistle and **point** towards the penalty mark.
- 4** **Move** towards the penalty mark with **assurance**.
- 5** Remember to carry out **disciplinary sanctions** if required e.g. denial of an obvious goal scoring opportunity.
- 6** **Identify** the kicker and the ball is on the penalty mark.
- 7** Ensure goalkeeper is on the **goal line** between the **goalposts**.
- 8** Sweep the edge of the penalty area to ensure all players are outside the penalty area and **9.15 metres** from the ball.
- 9** Position yourself to **ensure** you can **see** everything.
- 10** **Blow** your **whistle** for the taking of the penalty kick and observe outcome and encroachment.



Get into Refereeing

