

## **What makes the perfect World Cup shootout penalty?**

**Video transcript: Match of the Day presenter Gary Lineker introduces the ultimate guide to World Cup penalty shootouts**

Penalty shootouts: just the thought is enough to give any England fan a nightmare.

England have the worst record in penalty shootouts at World Cups, losing on penalties three times and only scoring from seven of the 14 shoot-out penalties they've taken.

Italy's Roberto Baggio said his penalty miss in the 1994 final affected him for years.

Often cruel, always captivating, shoot-outs were introduced to the World Cup in 1978, but the first one actually took place when West Germany defeated France 5-4 in 1982.

Since then, shoot-outs have decided two finals and become a source of huge debate.

THIS is the ultimate guide to World Cup penalty shoot-outs...

*Please note: all statistics in this guide are correct from prior to the 2014 Fifa World Cup in Brazil*