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So England have completed the latest game in their build up to the World Cup in Rio de Janeiro, and Roy Hodgson has just three friendlies left in which to prepare his squad before they meet Italy in their open-

ing match on 14 June. It can't be an easy ask for the amiable coach who must spend every waking hour plotting and planning his tactics for Rio, but then has only a very limited amount of time during the domestic season in which to drill his players as he would like. With so much expectation and hype about to dominate the media as the World Cup draws near, this must be a source of great frustration.

But, undeterred, the England manager is leaving no stone unturned and has been focusing on an area in which England have an awful record in recent years – the dreaded penalty shoot-out. England have won only one of these nail-biting, sudden death dramas since 1990 when they managed to beat Spain during Euro '96.

The England cricket team were playing India at Lord's at the time, and it was clear to me in the commentary box that many of our faithful listeners on the ground had tuned in to the commentary from the football instead. Cheers started to break out whenever England scored, which proved quite a distraction to the cricketers, and when

I also abandoned the Test, turned towards the television and commented on the football, the roars from the crowd grew so loud that the cricket had to stop until it was over.

Oh yes, we all love a penalty shoot-out! Apart from the players whose gaunt, agonised faces reveal the torture they must endure in order to keep the hopes of millions of fans alive. (And also to avoid the cruel headlines and photos in the next day's newspapers.)

'Oh yes, we all love a penalty shoot-out!'

It looks so easy, doesn't it? Just one man to beat standing 12 yards away in a net eight yards wide and eight feet high. How can you possibly miss? Pressure, that's how, and Hodgson has turned to the

rugby coach, Dave Reddin, to help his footballers in this key part of the game. Reddin is renowned as an expert in strengthening sportsmen's mind-sets and played a substantial part in developing Jonny Wilkinson into the finest kicker in world rugby. The question is, can Reddin transfer his rugby skills to World Cup football and prevent us suffering another heartbreaking exit?