The aim of this study was to find out the effect of imagery in soccer players' perceptions of anxiety during penalty kick. This study was experimental and the researcher used simple random sampling method to select 40 men soccer players out of 200 players, aged 18–35 years, and measured their level of anxiety using the SCAI questionnaire. The players followed the imagery programme for 10 weeks and 4 days every week, and the researcher compared the pre-test and post-test scores using the 't' test. The results showed that imagery practice had a positive effect on reducing anxiety, and imagery practice combined with kick training had more of an effect on reducing anxiety than just kick practice during penalty kick.