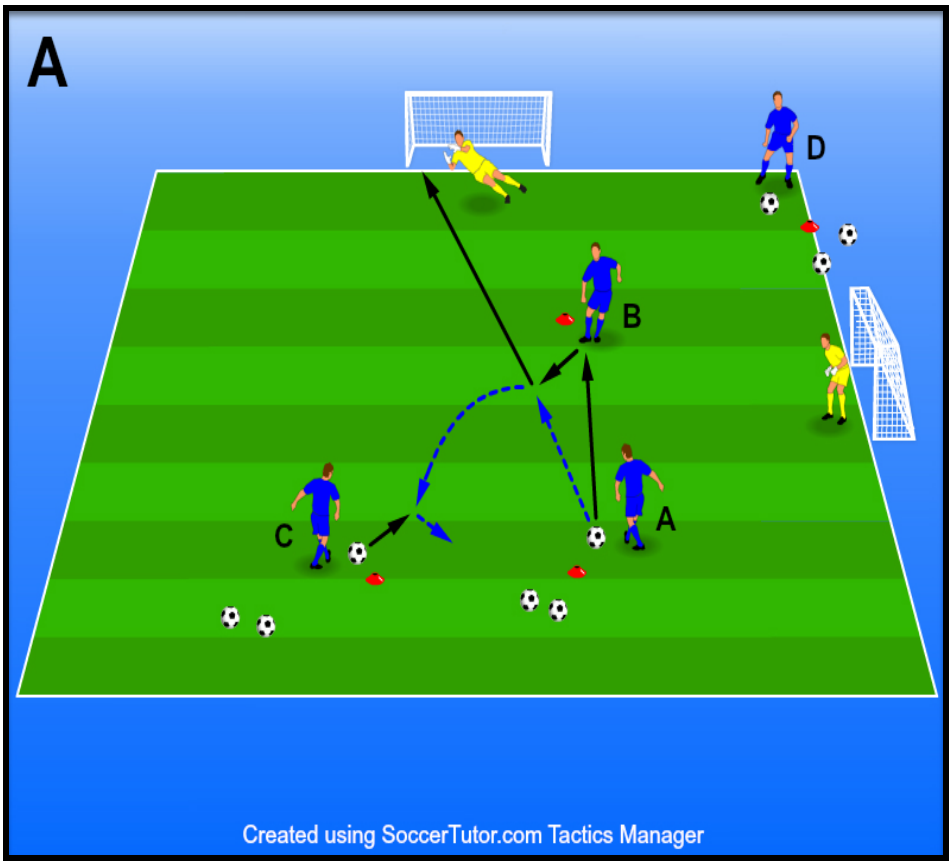
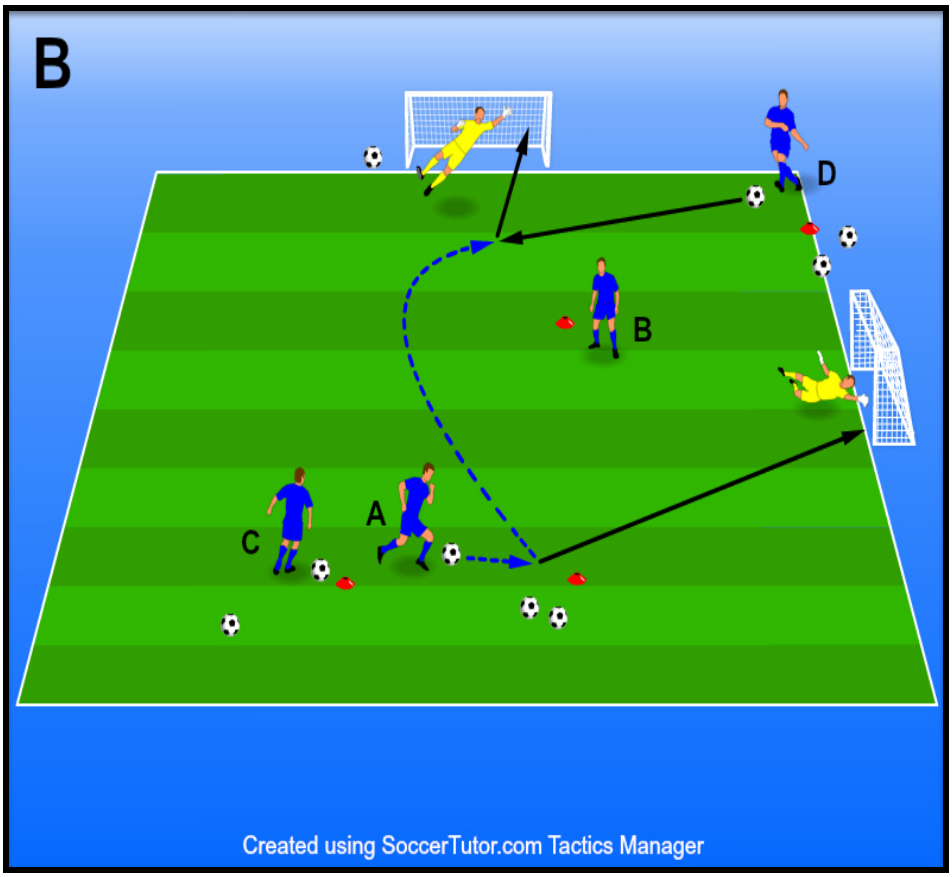
Three Finishes | Fundamental | Finishing





Procedure:

The shooter (Player A) has thirty seconds to finish as many balls as he can while rotating thru three stations:

#1 Wall pass with Player B followed by a shot on goal.

#2 Run towards Player C, receive a pass, turn and shoot.

#3 Make a curved run to the other goal, finish a cross from Player D.

After the thirty second round of finishing, the players rotate clockwise to the next station, and the goalkeepers re-load the balls.

Coaching Points:

1. **First Touch – Prepare the ball to shoot by touching it off at a 45 degree angle.**
2. **Finishing – Use head fakes and ball fakes to get the goalkeeper moving from side to side.**
3. **Heading – Delay your run to goal and time the cross so that you can sprint to the ball.**
4. **Ball Striking – The position of the plant foot determines where the ball goes when you hit it.**

Progressions:

1. **Add defenders in front of goal to pressure the shooter.**