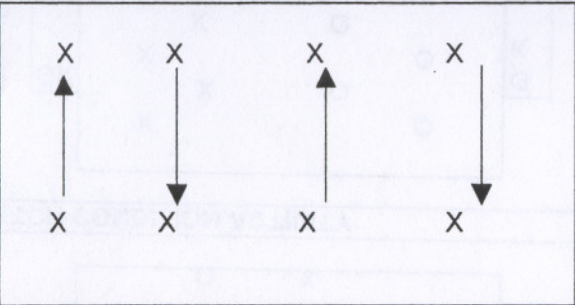
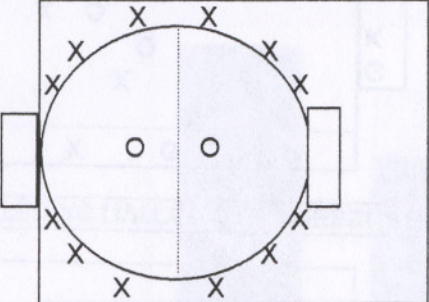
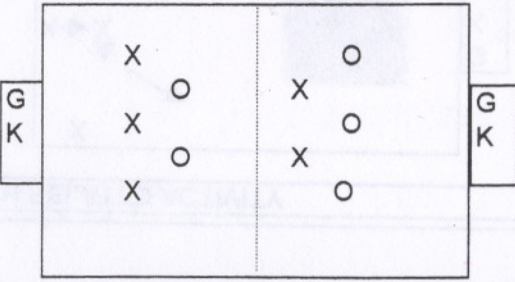
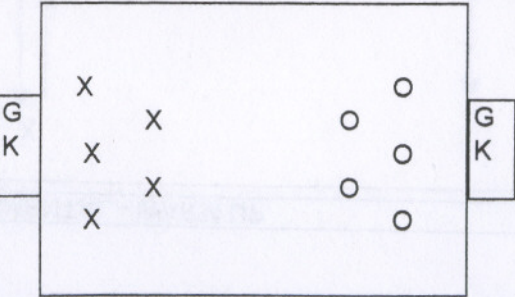


FINISHING TECHNIQUE

FUNDIMENTAL - WARM UP	ORGANIZATION	KEY COACHING POINTS
	<p>Players pair up with one ball and pass the ball between themselves. Each player strikes the ball harder as the progression continues.</p>	<p>~body shape as ball is struck ~placement of the foot to the ball. ~follow through</p>
<p>MATCH RELATED ACTIVITY</p> 	<p>Set-up two 18 yd. Arcs and a goalie. "X" players spread out around arc with balls and serve to "O" in the center. "O" one times balls to net. Rotate new center striker after balls are used up. progress to adding 1 defender.</p>	<p>~communicate with server ~vary crosses for volleys, headers and shots ~improvise when defender is added</p>
<p>MATCH RELATED ACTIVITY (WITH PRESSURE)</p> 	<p>3 v 2 in zones with keepers. Field 36 by 44 yds. Shots are taken from the far (3 man) zone with the near zone playing rebounds. Keeper starts the ball in play, have extra balls in net.</p>	<p>~pace of the shot ~placement of the ball ~combination play</p>
<p>MATCH CONDITION ACTIVITY</p> 	<p>~ 5 v 5 game with keepers ~no restrictions</p>	<p>~game conditions ~stress all of the above</p>