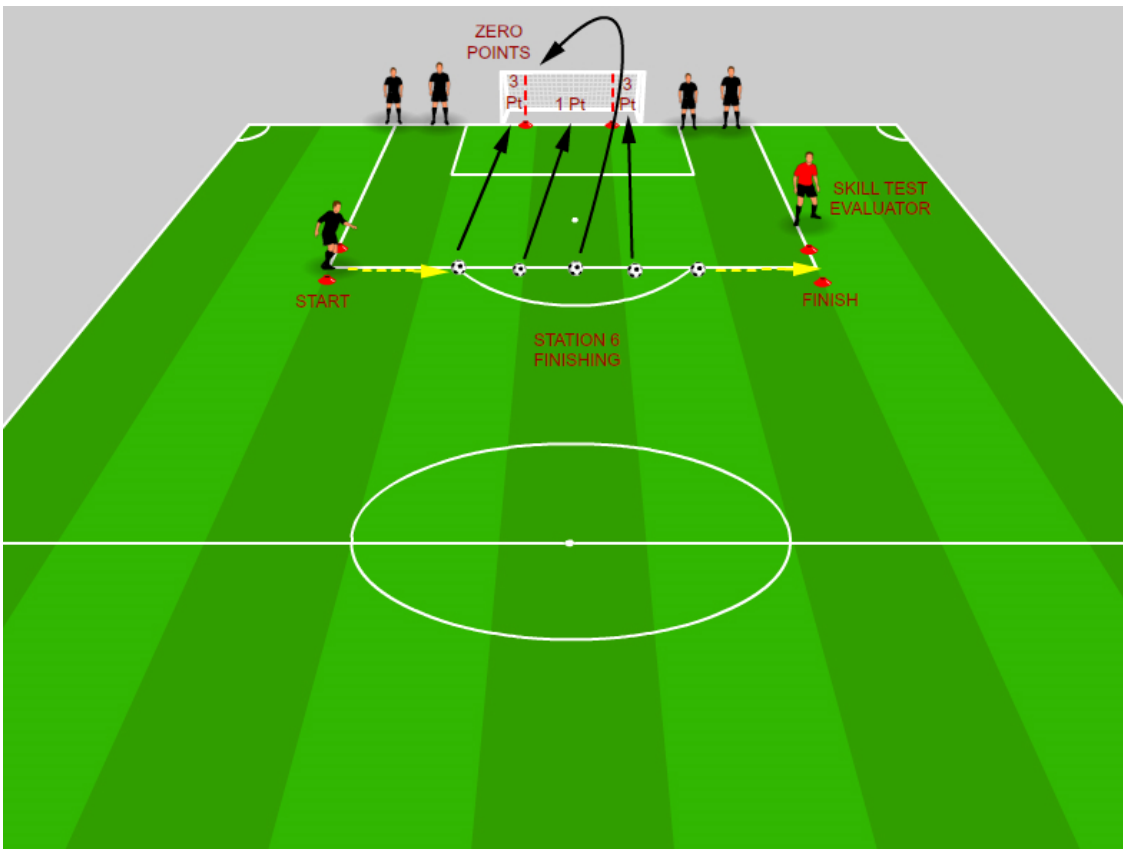




CAPS STATION 6 FINISHING



Date:	7/Jan/2018	Measurement:	Select Pitch Area
Time:	N/A:N/A	Players:	0
Duration:	N/A	Level:	U5 - U18

Objective: Speed and accuracy of finish using laces of both the weak and strong foot

Description: STR STARTS clock and player strikes ball with LACES to goal, clock STOPS when player strikes all five balls and crosses finish line.
No points given for balls rebounding out of play off posts or cross bar or hit with inside of foot
Measure best time with most points

Coaching Points: Have players behind post chasing balls to expedite drill

Progression: Move to STATION 7 AERIAL BALLS