

PLAYER LAB[®]
DEVELOPMENT LIBRARY

VOLUME 02

THE FINISHER

ELITE GOALSCORER DEVELOPMENT MANUAL

“
EVERY FINISH
BEGINS LONG BEFORE
THE SHOT.
”

PRESENTED BY

FND

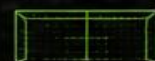
THORSTEN SCHMUGGE



SEE THE GOAL



ATTACK THE SPACE



FINISH THE MOMENT



BE ELITE

WHAT MAKES A FINISHER?

GOALS ARE EARNED LONG
BEFORE THE FINAL TOUCH.

The **Finisher** is not simply the player who scores. The **Finisher** is the player who influences the game in the final third and turns opportunities into goals.



PLAYER LAB PRINCIPLE

Finishers see opportunities before they exist.



THE FINISHER:



ATTACKS SPACE

He gets into dangerous positions.



READS DEFENDERS

He understands the defender's mind.



ANTICIPATES REBOUNDS

He is ready for the second ball.



STAYS CALM UNDER PRESSURE

He controls his mind when it matters most.

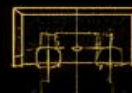


FINISHES WITH CONVICTION

He executes with belief, not hesitation.



A GREAT FINISHER IS NOT DEFINED BY HOW MANY GOALS HE SCORES, BUT BY HOW MUCH HE **IMPACTS** THE GAME.



SEE THE GOAL.
ATTACK THE SPACE.
FINISH THE MOMENT.

THE FINISHER MINDSET

CONFIDENCE IS TRAINED.

THE 5 PILLARS OF A FINISHER



BELIEF

You believe
in your ability
before anyone
else does.



COMPOSURE

You stay calm
when pressure
rises and the
moment
gets bigger.



RUTHLESSNESS

You attack
every chance
without fear
or hesitation.



TIMING

You arrive at
the right place
at the right
time.



RESILIENCE

You respond
to setbacks
with hunger,
not doubt.

“

MISS THE LAST SHOT.
DEMAND THE NEXT ONE.

”



WHY GREAT STRIKERS SCORE

IT'S NOT LUCK. IT'S PATTERN.

Elite finishers follow a repeatable process that puts them in the **right place** at the **right time**.

PLAYER LAB FORMULA

MOVEMENT → TIMING → COMPOSURE → FINISH

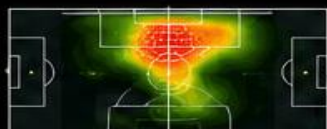


THE DIFFERENCE

92%

OF GOALS ARE SCORED FROM INSIDE THE BOX.

WHERE ELITE STRIKERS SCORE MOST



TOP FINISHERS SHARE 3 HABITS:

- ✓ MOVE WITH PURPOSE
- ✓ STAY CALM
- ✓ FINISH DECISIVELY

1. MOVE EARLY
Create separation before the ball.

2. STAY PATIENT
Wait for the right moment, not just the pass.

3. ATTACK THE BLIND SIDE
Find the space defenders can't see.

4. ARRIVE AT THE RIGHT MOMENT
Be on time, not early.

5. FINISH SIMPLY
Use the right technique with full conviction.

“PREPARATION CREATES THE OPPORTUNITY.
EXECUTION CREATES THE GOAL.”



GREAT STRIKERS DON'T HOPE FOR CHANCES, THEY PUT THEMSELVES IN **POSITIONS** WHERE CHANCES ARE **CREATED**.



THE FINISHER DNA

IT'S NOT JUST WHAT YOU DO.
IT'S WHO YOU ARE WHEN IT MATTERS MOST.



01

THINK

READ DEFENDERS

Understand the game.
Scan. Anticipate.
Be one step ahead.



02

MOVE

ATTACK SPACE

Create separation.
Time your runs.
Stay unpredictable.



03

FINISH

EXECUTE DECISIVELY

Stay calm.
Choose your finish.
Commit fully.



04

REPEAT

BUILD CONSISTENCY

Train with purpose.
Demand standards.
Never stop improving.

FINISH
EXECUTE DECISIVELY

0.82
xG

THE FINAL TOUCH
MAKE IT COUNT

“

GOALS ARE NOT MOMENTS OF LUCK.
THEY ARE MOMENTS OF PREPARATION.

”

ELITE FINISHER HABITS



Always arrive
in the box



Expect
the pass



React to
second balls



Stay ruthless
in front of goal



DANGER ZONES

Be where
goals are
scored.



MOVEMENT BEFORE THE BALL

THE BEST FINISHERS MOVE **BEFORE** THEY RECEIVE.

Elite strikers understand that the quality of their movement determines the quality of their chances.

Your movement **creates your opportunity**.

KEY MOVEMENTS



SCAN EARLY

Observe.
Identify space.
Know the game.



MOVE SMART

Use quick bursts.
Change direction.
Stay unpredictable.



CREATE SPACE

Manipulate defenders.
Open passing lanes.
Make room to receive.



TIME IT

Arrive in the zone.
Not too early.
Not too late.

ATTACK THE BLIND SIDE

Move where defenders
cannot see you.

ARRIVE AT THE RIGHT TIME

Timing is more
powerful than speed.

CREATE SEPARATION

Small movements
create big space.

THINK AHEAD

See the next pass.
See the next move.
Always be one step
ahead.

MOVEMENT ZONES

FAR POST

Attack the space
behind defenders.

CENTER

Dominate the
highest percentage
zone.

NEAR POST

Exploit the space
closest to goal.

“ MOVE EARLY.
MOVE SMART.
**BE THERE
FIRST.** ”



GREAT FINISHERS DON'T WAIT FOR THE GAME.
THEY MOVE TO SHAPE IT.

**MOVE BEFORE THE BALL.
CREATE BEFORE THE PASS.**



SCAN
EARLY

+



MOVE
SMART

+



CREATE
SPACE

+



TIME IT
PERFECTLY

=



SCORE
CONSISTENTLY

TIMING RUNS

GREAT TIMING SEPARATES A GOOD STRIKER FROM A **GREAT FINISHER**.

The best finishers don't run too early.
They don't run too late.
They run at the **right moment**.

1. READ THE DEFENDER

Understand their position, body shape and movement.

2. PICK THE MOMENT

Explode when the defender is flat-footed or distracted.

3. ATTACK THE SPACE

Get in behind.
Stay on your line.

4. ARRIVE TO FINISH

Be ready for the pass.
Be ready for the rebound.

THE PERFECT RUN



OBSERVE

Scan the field.
See the play develop.



ANTICIPATE

Predict where the ball will go next.



TIME

Explode into space
at the right moment.



FINISH

Arrive in the scoring
zone to finish.

“THE GOAL IS NOT
JUST TO RUN.
IT'S TO ARRIVE
AT THE **RIGHT TIME**.
”

WHEN TO RUN

TOO EARLY



You're offside.
You're predictable.
You're out of the play.

JUST RIGHT



You're in behind.
You're a threat.
You create the chance.

TOO LATE



The window is closed.
The defender
has recovered.

KEY TIMING TRIGGERS



PASSER'S TOUCH
Positive first touch
forward or inside.



DEFENDER'S POSITION
Flat feet, slow turn,
or facing the wrong way.



BODY LANGUAGE
Hips open, shoulders
turning the wrong way.



BALL DIRECTION
Forward pass, switch,
or through ball.



GAME SPEED
The faster the game,
the smaller the window.



TIMING IS A SKILL.
IT CAN BE LEARNED.
IT CAN BE TRAINED.
IT CAN MAKE YOU **UNSTOPPABLE**.



READ



ANTICIPATE



TIME



ATTACK
SPACE



FINISH



GOALS

ATTACKING SPACE

SPACE IS WHERE GOALS ARE BORN.

Elite finishers don't wait for space. They find it, create it, and **attack** it before defenders react.

TYPES OF SPACE

BEHIND THE DEFENSE



Exploit with runs in behind. Attack the blind side.

BETWEEN THE LINES



Find the gaps. Receive between defenders.

IN BEHIND THE FULLBACK



Use the channel. Exploit wide spaces quickly.

1. IDENTIFY SPACE

Scan the field early. See the spaces others don't see.

2. CREATE SPACE

Use movement to draw defenders out of position.

3. ATTACK SPACE

Explode into the gap with speed and intent.

4. ARRIVE FIRST

The best finishers arrive before the ball. Be unpredictable.

KEY PRINCIPLES



SEE IT EARLY

Scan constantly. See the game 2 steps ahead.



MOVE SMART

Quality movement creates quality opportunities.



STAY WIDE, THEN INSIDE

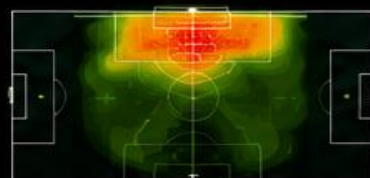
Use width to create depth.



ATTACK THE GOAL

Every movement has a purpose. Score goals.

WHERE ELITE FINISHERS SCORE MOST



60% Central Zone

25% Near Post

15% Far Post

MOVEMENT CHECKLIST

- ✓ Did I scan before the pass?
- ✓ Did I attack the space early?
- ✓ Did I get in front of my defender?
- ✓ Did I arrive in the scoring zone?
- ✓ Was I ready to finish?

SPACE MAP EXAMPLE



“SPACE DOESN'T OPEN BY ITSELF. YOU HAVE TO ATTACK IT.”



ATTACK THE SPACE.
BE UNPREDICTABLE.
ARRIVE FIRST.

FINISH THE MOMENT.



IDENTIFY
EARLY



CREATE
MOVEMENT



ATTACK
SPACE



ARRIVE
FIRST



FINISH
DECISIVELY



SCORE
GOALS

COMPOSURE UNDER PRESSURE

THE BEST FINISHERS STAY CALM WHEN
EVERYTHING **GETS LOUD**.

Pressure is inevitable.
Composure is a choice.
Your calm is **your advantage**.

ELITE FINISHERS VS PRESSURE



OF TOP FINISHERS
SCORE MORE GOALS
IN HIGH-PRESSURE
MOMENTS.

HIGH PRESSURE SITUATIONS

- ✓ DERBY GAMES
- ✓ KNOCKOUT ROUNDS
- ✓ TIGHT SCORELINES
- ✓ FINAL MINUTES

“ YOU CAN'T CONTROL THE CROWD.
YOU CAN **CONTROL YOUR CALM**. ”



1. STAY PRESENT
Focus on the ball,
the goal, your action.



2. TRUST YOUR WORK
You don't need
a perfect moment.
You need a decision.



3. COMMIT FULLY
Half-decisions
create half-results.
Commitment
creates goals.



4. EXECUTE
Keep it simple.
Trust your technique.
Finish with conviction.

THE FINISHER DECISION TREE

SCAN



Observe the keeper,
defenders, and goal.

DECIDE



Choose your target
and technique.

COMMIT



Trust the decision.
No second thoughts.

EXECUTE



Finish with belief.
Make it count.

NEXT



Reset.
Demand the next.

THE CALM PILLARS



CONTROL YOUR MIND
Block the noise.
Focus on your job.
One moment.



CONTROL YOUR BODY
Breathe.
Relax your shoulders.
Stay loose.



CONTROL YOUR FOCUS
Look at the target.
Commit to your decision.
Trust your training.



CONTROL THE OUTCOME
Execute with belief.
Accept the result.
Demand the next one.

“ PRESSURE
REVEALS WHO YOU ARE.
COMPOSURE
DECIDES WHAT
YOU BECOME. ”



FINISHING DECISIVELY

DECISIVENESS SEPARATES GOOD FINISHERS FROM **ELITE FINISHERS**.

In the final moment, be clear, be committed, and execute with conviction.

Decisive finishers win games.

1. SEE THE TARGET



Scan the goal.
Identify open space.
Know your options.

2. MAKE THE DECISION



Choose your finish.
Commit in advance.
No hesitation.

3. EXECUTE



Strike with technique.
Control your body.
Trust your training.

4. FINISH WITH PURPOSE



Hit the target.
Beat the goalkeeper.
Make it count.

TYPES OF FINISHES



PLACEMENT

Hit the corners.
Be precise.



POWER

Hit with pace.
Break through.



FIRST TIME

Quick decisions.
Exploit the moment.



CHIP

Lift over the keeper.
Use at the right time.



ONE VS ONE

Stay composed.
Finish with confidence.

THE DECISIVE FINISHER MINDSET



CONFIDENT

Believe in
your ability.



FOCUSED

Block out
distractions.



DECISIVE

Choose quickly.
No second
guessing.



COMMITTED

Fully commit
to your
decision.



COMPETITIVE

Want to win.
Demand
excellence.

FINISHING ZONES



- High Corner:
For placement.
Beat the keeper.
- Center High:
For power.
Beat through.
- Low Corner:
For accuracy.
Stay down.
- Center Low:
For control.
Be consistent.

FINISHING CHECKLIST

- ☒ Did I see the goal early?
- ☒ Did I make the right decision?
- ☒ Did I prepare my body?
- ☒ Did I commit to my choice?
- ☒ Did I execute with quality?
- ☒ Did I hit my target?
- ☒ Can I do it again?

“

DECISION IS MADE
IN THE MIND.
EXECUTION IS MADE
WITH THE BODY.
RESULTS ARE MADE
BY THE FINISHER.

”



VOLUME 02

FINISHING FROM ANYWHERE

ELITE FINISHERS CREATE GOALS IN ALL SITUATIONS,
WITH BOTH FEET, FROM ANY DISTANCE.

Great finishers are not limited by space, angle, or distance.
They scan, they adjust, and they strike with quality.
Be unpredictable. Be versatile. **Be unstoppable.**

WHERE YOU CAN SCORE



● HIGH % ZONE ● MEDIUM % ZONE

Any shot can score.

Great finishers hit the right zones more often.



1. ADAPT & SCAN

Assess the situation.
Scan the goal,
the keeper,
and the space.
Make a plan.



2. CHOOSE YOUR FINISH

Select the best option
based on angle,
distance, pressure,
and positioning.



3. EXECUTE

Use the right technique.
Stay balanced.
Strike with conviction.
Follow through.



4. SCORE

Commit to the shot.
Beat the goalkeeper.
Find the back of
the net.

FINISHING OPTIONS



INSIDE THE FOOT

Accuracy and control.
Place it.



OUTSIDE THE FOOT

Surprise and disguise.
Unpredictable.



LACES (POWER)

Hit with pace.
Break through.



CHIP / LIFT

Beat the keeper.
Use the moment.



HEADER

Attack the cross.
Power and timing.



VOLLEY

First time. Fast time.
Finish quickly.

FINISHING FROM DISTANCE

CLOSE RANGE
0-10 YARDS



Quick decisions.
Be clinical.

MID RANGE
10-20 YARDS



Create space.
Strike with
confidence.

LONG RANGE
20+ YARDS



Pick your moment.
Hit with quality.

FINISHER MINDSET

- ✓ I am always ready to shoot.
- ✓ I see the goal, not the pressure.
- ✓ I trust my technique.
- ✓ I stay calm and composed.
- ✓ I take responsibility.
- ✓ I finish the chances I create.

I AM THE FINISHER.

BOTH FEET. MORE GOALS.



WEAK FOOT

Practice it.
Trust it.
Use it.

STRONG FOOT

Use it.
Improve it.
Perfect it.

Elite finishers score with both feet.
Be complete.



FINISHING UNDER FATIGUE

ELITE FINISHERS PERFORM WHEN TIRED.
BE **FIT**. STAY **SHARP**. FINISH **STRONG**.

Matches are won in the last minutes.
Great finishers keep their quality when others drop off.
Train your body. Train your mind. **Finish regardless.**



1. STAY TOUGH

Accept the fatigue.
Control your breath.
Stay strong mentally.
Keep going.



2. FOCUS SHARP

Block the noise.
See the target.
Trust your training.
Make your decision.



3. ADJUST & EXECUTE

Adjust your run.
Use the right technique.
Stay balanced.
Strike with quality.
No excuses.



4. FINISH STRONG

Commit to the shot.
Beat the goalkeeper.
Give everything.
Make it count.

FATIGUE CHALLENGES



PHYSICAL FATIGUE

Heavy legs.
Slower movements.
Tired body.



MENTAL FATIGUE

Poor focus.
Loss of confidence.
Negative thoughts.



DECISION FATIGUE

Slower decisions.
More doubts.
Missed opportunities.



TECHNICAL FATIGUE

Less precision.
Poor technique.
Weak finishes.



EMOTIONAL FATIGUE

Frustration.
Lack of motivation.
Giving up.

“CHAMPIONS DON'T
SAVE IT FOR THE FIRST
MINUTE. THEY **FINISH
STRONG** IN THE LAST.”

LATE GAME FACTS



OF GOALS ARE
SCORED IN THE
LAST 20 MINUTES
OF MATCHES.

WHY PLAYERS DROP OFF

- ✓ Energy levels decrease
- ✓ Focus decreases
- ✓ Technique breaks down
- ✓ Confidence drops

TRAIN LIKE THE GAME



HIGH INTENSITY
Train at game
speed and
high intensity.



CONDITIONING
Build endurance
to perform in
all phases.

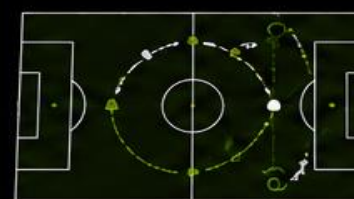


MENTAL TRAINING
Visualize success
when tired.
Stay positive.



GAME SIMULATION
Train last
15 minutes
with purpose.

FINISHING UNDER FATIGUE DRILLS



- ✓ High-intensity runs
- ✓ Finishing after sprints
- ✓ Small-sided games
- ✓ Last minute scenarios
- ✓ Conditioned finishing



FATIGUE IS TEMPORARY.
PRIDE IS FOREVER.
**FINISH STRONG.
EVERY TIME.**



STAY TOUGH
ACCEPT FATIGUE



FOCUS SHARP
MAKE THE DECISION



ADJUST & EXECUTE
QUALITY ACTION



FINISH STRONG
MAKE IT COUNT



BE THE DIFFERENCE
WIN THE GAME

FINISHING

1v1 SITUATIONS

ELITE FINISHERS WIN THEIR 1v1 MOMENTS.
BE **BRAVE**. BE **CALM**. BE **CLINICAL**.

In 1v1 situations, the game is in your hands.
Attack the defender. Create the opening.
Finish with confidence.
Your goal is to **make the difference**.



1. READ & RECOGNIZE

Scan the defender, the goalkeeper, and the space. Make the right read.



2. ATTACK & CREATE

Take the defender on. Use deception, change of speed, and direction.



3. DECIDE & EXECUTE

Choose your finish. Trust your technique. Execute without hesitation. Commit to the shot.



4. FINISH & SCORE

Keep your composure. Pick the right spot. Finish with quality. Be unstoppable.

1v1 ATTACK PRINCIPLES



BE DIRECT

Go at the defender. Don't go sideways.



CREATE SEPARATION

Use your first touch, speed, or skill to get the edge.



KEEP CONTROL

Close control gives you options.



BE UNPREDICTABLE

Change pace, change direction, change the outcome.



FINISH WITH PURPOSE

Know where you're going before you shoot.



CONFIDENCE IN 1v1 COMES FROM TRAINING.

COURAGE IN 1v1 COMES FROM WITHIN.

WIN YOUR MOMENT.



1v1 MOVES TO CREATE

STEP OVER



Sell the move. Go the other way.

CUT INSIDE



Drive inside. Attack the space.

CUT OUTSIDE



Push wide. Explode past.

FAKE & GO



Sell the fake. Explode through.

CHANGE SPEED



Slow them down, then leave them.

WHERE TO FINISH



The best finishers can score in all areas. Don't make it easy for the goalkeeper.

1v1 FINISHER CHECKLIST

- ✓ Did I scan the situation?
- ✓ Did I attack with intent?
- ✓ Did I create separation?
- ✓ Did I stay in control?
- ✓ Did I make the right decision?
- ✓ Did I commit to the shot?
- ✓ Did I finish with quality?
- ✓ Did I score the goal?

BEAT THE GOALKEEPER



Near post
Low and early.



Far post
Deliberate and placed.



Chip
When the keeper comes out.



Power
When you have the angle.



1v1 MOMENTS DEFINE GAMES.
YOU DON'T NEED MANY CHANCES.
YOU JUST NEED TO WIN YOURS.
BE BRAVE. BE CALM. BE CLINICAL.



READ
THE SITUATION



ATTACK
THE DEFENDER



DECIDE
YOUR FINISH



EXECUTE
THE SHOT



SCORE
THE GOAL

FINISHING SMALL SPACES

GREAT FINISHERS THRIVE WHEN SPACE IS LIMITED.

THINK **FAST**. MOVE **SMART**. FINISH **CLINICAL**.

In tight spaces, decisions are everything. Quick thinking, sharp movement, and precise execution turn small windows into big moments.

Be composed. Be decisive. Be the difference.



1. SCAN & ASSESS

Scan the defender, goalkeeper, and space. Recognize the best finishing option.



2. CREATE YOUR EDGE

Use quick touches, body feints, or changes of direction to create a finishing window.



3. EXECUTE QUICKLY

Don't hesitate. Use the right technique. Stay balanced. Strike with purpose.



4. FINISH WITH QUALITY

Place the ball. Beat the goalkeeper. Make it count. Celebrate the work.

TYPES OF FINISHES



INSIDE FOOT

Accurate and controlled. Great for placement.



OUTSIDE FOOT

Create angles. Surprise and finish.



LACES / POWER

Hit with pace. Break the goalkeeper.



CHIP

Lift over the keeper. Use the space.



NEAR POST

Quick and sneaky. Be first. Be sharp.



VOLLEY

First time. No bounce. Clean technique.

TIGHT SPACE REALITIES



LESS TIME
Decisions must be fast.



MORE DEFENDERS
Pressure is close. Space is tight.



HIGHER DEMAND
Stay composed. Trust your training.



BIGGER IMPACT
Small goals change games.

SMALL SPACE FINISHING ZONES



- 1 Near Post – Be quick.
- 2 Center – Be precise.
- 3 Far Post – Use angles.
- 4 Low Near – Beat the keeper.
- 5 Low Center – Power or place.
- 6 Far Low – Accuracy wins.

Great finishers can score from anywhere in any zone. Train all zones. Be unpredictable.

FINISHER CHECKLIST

- ☒ Did I scan before I received?
- ☒ Did I create my own space?
- ☒ Did I make the right decision?
- ☒ Did I execute with quality?
- ☒ Did I stay composed?
- ☒ Did I hit my target?
- ☒ Did I attack the goalkeeper?
- ☒ Did I finish with confidence?
- ☒ Can I do it again?

DETAILS DECIDE OUTCOMES.



IN SMALL SPACES,
THERE IS NO TIME.
TRAIN YOUR MIND.
TRUST YOUR BODY.
FINISH WITH PURPOSE.



SMALL SPACES CREATE BIG MOMENTS.
GREAT FINISHERS MAKE THEM COUNT.
PREPARE. DECIDE. EXECUTE. FINISH.



SCAN
THE SPACE



CREATE
YOUR EDGE



DECIDE
FAST



EXECUTE
WITH QUALITY



BEAT THE
KEEPER



MAKE IT
COUNT

FINISHING BIG CHANCES

BIG CHANCES. BIG PLAYERS. BIG MOMENTS.
BE **RELENTLESS**. BE **CLINICAL**. BE **DECISIVE**.

Big chances don't come often.
But when they do, the game is won or lost.
Elite finishers stay calm, trust their training,
and finish with conviction.
Your moment. Your responsibility. Your goal.

1. RECOGNIZE THE MOMENT

 Scan the goal.
Check the keeper.
Know your options.
Trust your read.

2. COMMIT & EXECUTE

 Make your decision early.
Attack the goal.
Strike with intent.
No hesitation.

3. FINISH WITH CONVICTION

 Use the right technique.
Hit with power or place.
Keep your body strong.
Follow through.

4. SCORE

 Beat the goalkeeper.
Hit your target.
Celebrate the work.

TYPES OF BIG CHANCES

 **ONE ON ONE**
Stay composed.
Finish with quality.

 **BREAKAWAY**
Speed to goal.
Keep it simple.
Finish strong.

 **THROUGH BALL**
Time your run.
Attack the space.
Finish first time or
with control.

 **CROSS / CUTBACK**
Arrive at the right time.
One touch. Finish.

 **SECOND BALL**
React fast.
Be aggressive.
Take the shot.

**“ BIG CHANCES
SEPARATE GOOD
PLAYERS FROM
GREAT PLAYERS.
FINISH THE MOMENTS
THAT MATTER. ”**

WHAT MAKES THE DIFFERENCE?

 **MENTALITY**
Believe.
Stay calm.
Take responsibility.

 **DECISION**
Quick read.
Right choice.
No doubts.

 **TECHNIQUE**
Clean contact.
Right surface.
Control your body.

 **PREPARATION**
Be ready
before the ball
arrives.

 **CONFIDENCE**
Back your
training.
Trust yourself.

WHERE TO SCORE?

TOP CORNER	HIGH CENTER	TOP CORNER
	CENTER	
LOW CORNER	LOW CENTER	LOW CORNER

- Top Corner: Hardest to save.
- High Center: Power and placement.
- Center: Safe and effective.
- Low Corner: Quick and accurate.
- Low Center: Under pressure. Be precise.

FINISHER CHECKLIST

- ☒ Did I recognize the big chance?
- ☒ Did I make my decision early?
- ☒ Did I commit to my action?
- ☒ Did I use the right technique?
- ☒ Did I stay balanced?
- ☒ Did I hit my target?
- ☒ Did I finish with confidence?
- ☒ Did I celebrate the moment?

DETAILS DECIDE OUTCOMES.

TRAINING FOCUS

 **FINISHING DRILLS**
Repetition builds confidence.

 **GAME REALISTIC**
Train at game speed with pressure.

 **ANALYZE & IMPROVE**
Review your finishing.
Get better every day.



FINISHING SHOOTING TECHNIQUES

TECHNIQUE. TIMING. COMPOSURE.
GREAT FINISHERS MASTER **ALL THREE**.

Every shot is an opportunity.
Different situations require different techniques.
Train them all. Be prepared. **Be clinical.**



1. SETUP & SHAPE

Approach the ball with balance and control.
Open your body.
Plant your foot.
Lock your eyes on target.



2. EXECUTE

Use the right technique.
Contact the ball with confidence.
Follow through toward your target.



3. CONTACT POINT

Strike the ball cleanly and firmly.
Choose the right part of your foot.
Quality of contact determines accuracy.



4. FINISH

Hit the target.
Beat the goalkeeper.
Commit to the shot.
Celebrate the work.

TYPES OF SHOTS



INSIDE FOOT

Accuracy and control.
Best for placement.



LACES (POWER)

Hit with the laces.
Power and pace.
Break the keeper.



OUTSIDE FOOT

Surprise and disguise.
Create angles.



CHIP

Lift over the keeper.
Use with composure.



VOLLEY

Strike in the air.
React quickly.



FIRST TIME

No extra touch.
Speed of play.
Be decisive.

“ **TECHNIQUE GETS YOU INTO POSITION. COMPOSURE PUTS THE BALL IN THE NET. BE CLINICAL.** ”

FOOT CONTACT GUIDE

INSIDE



Placement
Accuracy
Control

LACES



Power
Distance
Shots

OUTSIDE



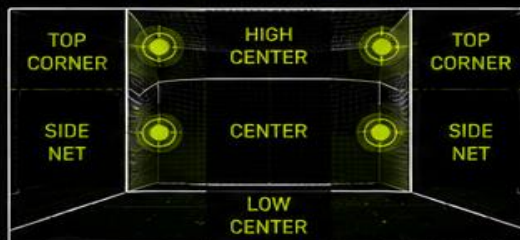
Curve
Angle
Disguise

TOE / TIP



Quick shots
Redirection
Finishing touch

WHERE TO SHOOT?



Great finishers can score anywhere,
but they aim with purpose.

SHOOTING CHECKLIST

- ☒ Did I get in a good position?
- ☒ Did I choose the right technique?
- ☒ Did I make clean contact?
- ☒ Did I keep my head down?
- ☒ Did I follow through?
- ☒ Did I hit the target?
- ☒ Did I score the goal?

DETAILS DECIDE OUTCOMES.

TRAINING FOCUS



REPETITION

Repetition builds confidence.



GAME SPEED

Train at game speed.
Pressure is real.



COMPOSURE

Stay calm.
Finish with belief.



MASTER EVERY TECHNIQUE.
APPLY IN EVERY MOMENT.
TRAIN TO BE CLINICAL.
FINISH EVERY CHANCE.



SEE THE
OPPORTUNITY



CHOOSE YOUR
TECHNIQUE



EXECUTE
WITH QUALITY



SCORE THE
GOAL



WIN THE
GAME

FINISHING

1v1 FINISHING

WIN YOUR 1v1 MOMENTS. TAKE THE GAME.
BE **EXPLOSIVE**. BE **COMPOSED**. BE **CLINICAL**.

When you face the goalkeeper, the game is in your hands.
Your technique. Your decision.
Your mentality. **Finish with confidence.**



1. APPROACH

Close control.
Head up.
Observe the goalkeeper.
Choose your option.



2. DECIDE

Read the goalkeeper.
Identify the space.
Make your decision early.



3. EXECUTE

Use the right technique.
Stay balanced.
Attack the space.
Be explosive.



4. FINISH

Commit to the finish.
Beat the goalkeeper.
Make it count.
Celebrate the moment.

1v1 FINISHING PRINCIPLES



BE DIRECT

Go at the goalkeeper.
Don't overthink.



CREATE THE SPACE

Use your first touch,
change of speed
or body feint.



ATTACK THE GOAL

Know where you
want to finish.
Commit.



KEEP COMPOSURE

Stay calm under
pressure.
Trust your training.



FINISH STRONG

Use power or finesse.
Place or hit—
just finish.

1v1 ATTACK OPTIONS

CUT INSIDE



Drive inside
and finish
across the
goalkeeper.

CUT OUTSIDE



Take the ball
wide and finish
at the far post.

CHANGE PACE



Slow down,
then explode
past.

FAKE & GO



Sell the fake,
then go the
other way.

STRAIGHT ON



Attack the
space quickly.
No hesitation.

WHERE TO FINISH?



Great finishers can score anywhere.
But they know where they want the ball to go.

1v1 FINISHER CHECKLIST

- ✓ Did I stay composed?
- ✓ Did I read the goalkeeper?
- ✓ Did I choose my option early?
- ✓ Did I execute with quality?
- ✓ Did I attack the space?
- ✓ Did I finish with confidence?
- ✓ Did I score the goal?
- ✓ Can I do it again?

DETAILS DECIDE OUTCOMES.

TRAINING FOCUS



REPETITION
Repetition builds
confidence.



REALISTIC GAME
Train in game-like
situations.



DECISION SPEED
Train your mind to
decide and act fast.



FINISHING VARIETY
Work on all finishes.
Be unpredictable.



1v1 MOMENTS DECIDE GAMES.
BE PREPARED. BE COMPOSED.
BE EXPLOSIVE.
BE CLINICAL.
FINISH WITH CONFIDENCE.



APPROACH
OBSERVE



DECIDE
CHOOSE



EXECUTE
ATTACK



FINISH
SCORE



WIN
THE GAME

FINISHING FROM DIFFERENT ANGLES

GREAT FINISHERS ADAPT TO EVERY SITUATION.
SEE THE ANGLE. CHOOSE THE FINISH.
BE PREPARED. BE **DECISIVE**. BE CLINICAL.

The angle you shoot from changes everything.
Top finishers see it early, adjust their body,
and execute with precision.
Train every angle. **Score from anywhere.**

1. SCAN THE GOAL
Observe the goalkeeper position and the space.
Find the best angle.
Make your decision.

2. ADJUST & PREPARE
Set your body.
Open up or close down.
Control your touch.
Prepare to strike.

3. CHOOSE THE FINISH
Select the technique that fits the angle,
distance, and situation.
Stay calm. Commit.

4. EXECUTE & SCORE
Hit your spot.
Beat the goalkeeper.
Celebrate the work.
Do it again.

TYPES OF FINISHES

- INSIDE FOOT**
Accuracy and control.
Best for placement.
- LACES / POWER**
Hit with the laces.
Power and pace.
Break the keeper.
- OUTSIDE FOOT**
Create angles.
Surprise and finish.
- CHIP**
Lift over the keeper.
Use with composure.
- VOLLEY**
Strike in the air.
React and finish.

FINISHING ANGLES GUIDE

- 1. FAR POST TIGHT ANGLE**
Sharp angle.
Hit early.
Near post or far corner.
- 2. WIDE ANGLE**
More time.
Cut it back or surprise the keeper.
- 3. CENTRAL**
More options.
Place or power.
Keep it low or chip.
- 4. WIDE ANGLE**
Create space.
Open body.
Pick your spot.
- 5. WIDE ANGLE**
More time.
Cut it back or surprise the keeper.
- 6. FAR POST TIGHT ANGLE**
Tough angle.
Smash near post or cut back.

WHERE TO SCORE?

TOP CORNER	HIGH CENTER	TOP CORNER
SIDE NET	CENTER	SIDE NET
LOW CORNER	LOW CENTER	LOW CORNER

- Top Corner: Hardest to save.
- High Center: Power and placement.
- Center: Safe and effective.
- Low Corner: Quick and accurate.
- Low Center: Under pressure. Be precise.

Great finishers score in all areas.
Don't be predictable.

FINISHER CHECKLIST

- ✓ Did I scan the goal early?
- ✓ Did I choose the right technique?
- ✓ Did I open my body correctly?
- ✓ Did I control the ball well?
- ✓ Did I hit my target?
- ✓ Did I use the right power?
- ✓ Did I stay composed?
- ✓ Did I follow through?
- ✓ Can I do it again?

DETAILS DECIDE OUTCOMES.

TRAINING FOCUS

- REPETITION**
Repetition builds automaticity.
- SITUATIONAL**
Train from different angles and distances.
- PROGRESSION**
Increase speed, pressure, and complexity.
- COMPETITION**
Make it a game.
Score to win.

FIRST TIME
No extra touch.
Speed of play.
Be decisive.

“ ANGLES ARE OPPORTUNITIES. FINISHERS SEE THEM BEFORE OTHERS DO. SEE. DECIDE. FINISH. ”



FINISHERS DON'T NEED MANY CHANCES.
THEY NEED THE RIGHT ONES.
**SEE THE ANGLE.
CHOOSE THE FINISH.
SCORE THE GOAL.**



FINISHING COMBINATION PLAY

MOVEMENT. TIMING. CONNECTION.
GREAT FINISHERS **COMBINE** TO CREATE.

Combination play unlocks defenses and creates clear finishing opportunities. It's not just about the pass—it's about the movement, the timing, and the execution.

Connect with purpose. Finish with confidence.



1. PLAY THE PASS
Find the right teammate.
Weight your pass.
Play with speed and accuracy.

2. COMBINE & MOVE
Make the run.
Play the one-two.
Create the angle.
Stay in sync.

4. SUPPORT & RECOVER
Support the play.
Be ready for the next action.
Win the second ball.

3. FINISH TO SCORE
Receive with purpose.
Set up the shot.
Finish with quality and conviction.

TYPES OF COMBINATION PLAY	
	ONE-TWO Quick give-and-go. Break the line.
	OVERLAP Overlap wide. Create space. Deliver the ball.
	THIRD MAN RUN Use the third player. Play in behind. Exploit the space.
	WALL PASS Short, sharp, direct. Open the defense.
	SWITCH PLAY Change the point. Move the defense. Create new angles.

EXAMPLE: ONE-TWO TO FINISH

1 Play the pass.
2 Return the pass with the run.
3 Finish the chance.

Simple. Effective.
Hard to defend.

KEY PRINCIPLES

COMMUNICATION Talk. Eye contact. Understand.	MOVEMENT Move before the pass.	TIMING Right run. Right pass. Right time.	QUALITY Good touch. Good pass. Good finish.

GREAT COMBINATION PLAY IS BUILT ON SIMPLE THINGS DONE AT THE RIGHT TIME.

COMBINATION PLAY CHECKLIST

- ✓ Did I communicate with my teammates?
- ✓ Did I time my run correctly?
- ✓ Did I play the pass with quality?
- ✓ Did I receive the ball in a good position?
- ✓ Did I finish the chance with conviction?
- ✓ Did we create space for each other?
- ✓ Did we stay composed under pressure?
- ✓ Did we support the play after the pass?

DETAILS DECIDE OUTCOMES.

TRAINING FOCUS

- PATTERNS**
Train different combinations.
- DECISION MAKING**
Read and react quickly.
- EXECUTION**
High-speed, high-quality repetition.
- GAME REALISTIC**
Practice in real game situations.

“THE BEST FINISHERS DON'T JUST SHOOT. THEY COMBINE, CREATE, AND FINISH TOGETHER.”

FINISHING

GAME REALISTIC

REAL GAMES. REAL PRESSURE. REAL FINISHES.
PREPARE LIKE YOU PLAY. **PLAY** LIKE YOU PREPARE.

The best finishers are ready for the real game.
 They read the play, adapt, and execute under pressure.
 Train in game-realistic scenarios.
 Transfer to performance.

1. RECOGNIZE & READ
 Scan the game.
 Read the defenders,
 teammates, and space.
 Identify the best option.

2. DECIDE & MOVE
 Make the right decision.
 Attack the space.
 Time your run.
 Create separation.

4. FINISH & TRANSITION
 Finish the chance
 with conviction.
 React to the outcome.
 Transition to defend.

3. EXECUTE & SCORE
 Receive or strike.
 Use the right technique.
 Finish with quality
 and composure.

GAME REALISTIC FACTORS

- PRESSURE**
 Defenders close you down. Stay calm.
- SPACE**
 Space is dynamic. Find it and use it.
- DECISIONS**
 You have seconds. Choose with clarity.
- TEAMMATES**
 Combine and support. Make each other better.
- SPEED OF PLAY**
 The game is fast. Think and act quickly.

EXAMPLE: GAME REALISTIC FINISHING

- 1 Build up play
- 2 Create the chance
- 3 Finish
- 4 Transition

Game situations. Real pressure.
 Real decisions. Real finishes.

GAME CONTEXTS

- COUNTER ATTACKS**
 Speed and precision
- BUILD UP & PENETRATION**
 Patience and timing
- CROSSES & CUTBACKS**
 Timing and positioning
- SET PIECES**
 Awareness and execution
- TRANSITIONS**
 React and exploit

GAME REALISTIC CHECKLIST

- ✓ Did I scan before I acted?
- ✓ Did I make the right decision?
- ✓ Did I time my run well?
- ✓ Did I use the right technique?
- ✓ Did I finish with conviction?
- ✓ Did I adapt to the pressure?
- ✓ Did I support my teammates?
- ✓ Did I transition after the play?

DETAILS DECIDE OUTCOMES.

TRAINING FOCUS

- REALISM**
 Train like you play.
- ADAPTABILITY**
 Be flexible in different situations.
- FINISHING QUALITY**
 Repeat with high standards.
- MENTAL TOUGHNESS**
 Perform under pressure.

“ **TRAIN HOW YOU WANT TO PLAY. PLAY HOW YOU TRAIN. **PERFORM** WHEN IT MATTERS.** ”



FINISHING FINISHING ZONES

DIFFERENT ZONES. DIFFERENT SOLUTIONS.
RECOGNIZE. ADAPT. FINISH.

Top finishers master all zones of the field.
Know where to shoot from.
Know how to finish from there.
Be unpredictable. Be efficient.
Score from anywhere.



1. SCAN & RECOGNIZE

Scan the field.
Identify the space,
the goalkeeper,
and the best zone
to attack.



2. DECIDE & ADAPT

Choose the finish
based on the zone,
the situation,
and the defender's
position.

1

THE 6-YARD BOX

Closest range.
React fast.
Any area.
Just finish.

2

INSIDE THE 6-YARD BOX

Very little time.
Stay composed.
Place it.
Finish first time.

3

INSIDE THE BOX

Less time. Less space.
Be quick.
Keep it simple.
Finish with quality.

4

EDGE OF THE BOX

Balance power
and placement.
Look for corners.
Be decisive.

5

OUTSIDE THE BOX

More time. More distance.
Use power, technique,
and precision.
Hit it clean.

ZONES OVERVIEW



Different zones require different finishes.
Know the zone. Choose the solution.

FINISHING SOLUTIONS



PLACEMENT

Accuracy over power.
Hit the target.



POWER

Hit hard, hit clean.
Beat the goalkeeper.



FIRST TIME

Quick decisions.
Less time, more quality.



CHIP / LOB

Use when needed.
Lift it over the keeper.

FINISHING CHECKLIST

- ☒ Did I scan the field?
- ☒ Did I choose the right zone?
- ☒ Did I make the right decision?
- ☒ Did I use the right technique?
- ☒ Did I stay composed?
- ☒ Did I commit to the shot?
- ☒ Did I follow through?
- ☒ Did I make it count?

DETAILS DECIDE OUTCOMES.

TRAINING FOCUS



AWARENESS

See the field.
Recognize the zone.



DECISION MAKING

Choose fast.
Commit early.



TECHNICAL EXECUTION

Use the right technique.
Finish with quality.



REPETITION

Repetition builds mastery.
Master the zones.

GAME SCENARIOS



COUNTER ATTACKS

Fast transitions.
Attack the space.



POSSESSION PLAY

Create openings.
Find the best zone.



SET PIECES

Deliver quality.
Attack the ball.



CROSS & FINISH

Timing and movement.
Finish with purpose.

FINISHING ZONES



THE 6-YARD BOX

React and finish.
Any part of the goal.
Be unstoppable.



INSIDE THE 6-YARD BOX

Short range.
Stay calm.
Place it.



INSIDE THE BOX

Fast decisions.
One touch.
High quality.



EDGE OF THE BOX

Find the opening.
Use power or placement.
Hit the corners.



OUTSIDE THE BOX

More space.
More time.
Hit with purpose.



GREAT PLAYERS SCORE
IN ALL ZONES.
ELITE PLAYERS
CONTROL THEM.
MASTER EVERY ZONE.
BE CLINICAL.



MASTER ALL ZONES.
ADAPT TO EVERY SITUATION.
EXECUTE WITH QUALITY.
FINISH EVERY CHANCE.
BE CLINICAL.



SCAN
THE FIELD



DECIDE
THE ZONE



EXECUTE
WITH QUALITY



SCORE
THE GOAL



WIN
THE GAME

FINISHING

1v1 FINISHING

ATTACK THE GOAL. WIN YOUR 1v1.

BE **DIRECT**. BE **BRAVE**. BE **CLINICAL**.

1v1 moments decide games.

It's you against the goalkeeper.

Your first touch. Your move. Your finish.

Train to recognize. Train to execute.

Take the 1v1. Own it.



1. RECOGNIZE

Scan the goalkeeper.
Check the space.
Read the position.
Choose your attack.



2. DECIDE & COMMIT

Pick your move.
Commit with confidence.
Attack the space.
No hesitation.



3. EXECUTE

Use your first touch.
Explode with speed.
Take the goalkeeper on.
Stay balanced.



4. FINISH

Keep composure.
Place with purpose.
Be quick.
Finish the moment.



5. SCORE & RESET

Celebrate the finish.
Reset your focus.
Be ready for the next 1v1.
Win again.

1v1 ATTACKING OPTIONS

DRIVE INSIDE



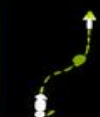
Cut inside and finish across the goalkeeper.

DRIVE OUTSIDE



Take it wide and finish at the far post.

CHANGE PACE



Slow down, then explode past the keeper.

FEINT & GO



Sell the fake, change direction, attack.

STRAIGHT ON



Go straight at the keeper. Stay strong. Shoot.

WHERE TO FINISH?



Top finishers score in all areas.
Be unpredictable.
Place it where the goalkeeper can't reach.

1v1 FINISHER CHECKLIST

- ☒ Did I recognize the space?
- ☒ Did I pick the right attack?
- ☒ Did I commit early?
- ☒ Did I use my first touch well?
- ☒ Did I stay balanced and fast?
- ☒ Did I finish with quality?
- ☒ Did I keep my composure?
- ☒ Did I score?
- ☒ Can I do it again?

DETAILS DECIDE OUTCOMES.

TRAINING FOCUS



REPETITION

Repetition builds confidence.



REAL GAME SPEED

Train at game speed. No time to think.



COMPOSURE

Stay calm.
Finish with quality.



VARIETY

Different moves.
Different situations.
Be unpredictable.

SESSION IDEAS

- 1v1 to goal
- 1v1 from wide areas
- 1v1 after pass
- 1v1 after cross
- 1v1 transition
- 1v1 counter attack



Track your finishes.
Improve.
Repeat.

1v1 FINISHING MOVES



CUT INSIDE

Push the ball across your body.
Attack the far post.



CUT OUTSIDE

Take the ball wide.
Create the angle.
Shoot or cut back.



SHOOT EARLY

Don't dribble too much.
Get the shot off with confidence.



CHIP

Lift over the goalkeeper.
Use the space behind.



DRAW BACK

Pull the ball across.
Create separation.
Attack.



FEINT & GO

Sell the fake.
Go the other way.
Explode.



1v1 IS YOUR MOMENT
TO MAKE THE DIFFERENCE.
TAKE IT. FINISH IT.
WIN IT.



1v1 MOMENTS DEFINE GREAT PLAYERS.
RECOGNIZE. DECIDE. EXECUTE.
FINISH WITH CONFIDENCE.
DO IT AGAIN.
BE CLINICAL.



RECOGNIZE
THE SPACE



DECIDE
& COMMIT



ATTACK
THE 1v1



FINISH
WITH QUALITY



SCORE
& WIN

FINISHING

1v1 FINISHING VARIATIONS

BE UNPREDICTABLE. CREATE SEPARATION. FINISH.

Great finishers win 1v1 moments.
They change speed, direction, and details
to create the best chance.
Train different ways to attack.
Be clinical in every situation.
Different look. Same goal: Score.

1. ASSESS
Scan the goalkeeper.
Check distance,
position, and angle.
Choose your move.

2. CREATE
Use speed or a move
to create separation.
Attack the space.
Commit the keeper.

3. EXECUTE
Apply the move
with quality.
Stay balanced.
Keep control.
Time the shot.

4. FINISH
Place the shot
with purpose.
Low or high.
Near post or
far post.
Score.

5. RESET
Recover or get out.
Be ready for the
next 1v1.
Repeat. Improve.

1v1 FINISHING MOVES

CUT INSIDE
Push the ball across
your body.
Shoot far post.

CUT OUTSIDE
Take the ball wide.
Create the angle.
Finish near post.

STEP OVER & GO
Sell the fake.
Push the ball past.
Explode to goal.

DRAW & ACCELERATE
Pull the ball across.
Accelerate quickly.
Shoot in stride.

FEINT & SHOT
Show one way.
Shoot the other.
Finish with confidence.

SLOW DOWN & GO
Slow the game.
Open the space.
Go and score.

1v1 SCENARIOS

CLOSE RANGE	FROM WIDE	BREAKAWAY	AFTER CUT	SECOND BALL
Inside the box. Quick decision. Finish fast.	Attack from the channel. Create angle. Finish.	Open field. Speed. Stay calm. Finish.	Change direction. Create space. Explode.	React first. Control. Finish quickly.

Different situations. Same mindset. Score.

KEY PRINCIPLES

- RECOGNIZE** See the keeper and the space.
- CREATE** Use moves to open the chance.
- EXECUTE** Apply with speed and control.
- FINISH** Place the shot with quality.
- RESET** Be ready for the next one.

See it. Create it. Execute it.
Finish it.

1v1 FINISHER CHECKLIST

- ✓ Did I scan before I attacked?
- ✓ Did I create separation?
- ✓ Did I commit the goalkeeper?
- ✓ Did I use the right move?
- ✓ Did I stay balanced and in control?
- ✓ Did I finish with quality?
- ✓ Did I pick the right target?
- ✓ Can I do it again?

DETAILS DECIDE OUTCOMES.

TRAINING FOCUS

- TECHNIQUE**
Perfect your moves.
- SPEED**
Explosive first step.
- DECISION MAKING**
Choose the best option.
- COMPOSURE**
Finish under pressure.
- VARIETY**
Train all variations.
Be unpredictable.

COACHING CUES

- Head up.
- Attack with intent.
- Use both feet.
- Quality over power.
- Finish early.
- Stay composed.
- Be clinical.

Coach the details.
Trust the process.
Win the moments.

“ 1v1 MOMENTS
DON'T COME OFTEN.
BUT WHEN THEY DO,
GREAT PLAYERS
MAKE THEM COUNT.
BE READY.
BE CLINICAL. ”



FINISHING

1v1 FINISHING

DETAILS & DECISIONS

DETAILS DECIDE. DECISIONS WIN.

In 1v1 finishing, the best players make the right decision with speed, execute with quality, and finish with confidence.

Train the details. Trust your decisions.



1. OBSERVE



Scan the goalkeeper.
Check position,
movement, and distance.
Identify the space
and opportunity.

2. DECIDE



Choose your finish
based on the situation.
Commit early.
Trust your choice.
Attack the space.

3. EXECUTE



Execute with speed
and technique.
Touch, strike,
or chip with purpose.
Keep it simple.

4. FINISH



Focus on accuracy
and placement.
Hit the target.
Finish with quality
and confidence.



5. EVALUATE & LEARN

Review your decision
and execution.
What went well?
What can be better?
Apply and improve.

1v1 FINISHING SCENARIOS



CLOSE RANGE

Fast finish.
Low and
accurate.

FROM WIDE

Create angle.
Cut inside.
Finish.

AFTER TOUCH

Set the ball.
Create space.
Shoot.

AFTER FAKE

Sell the move.
Attack the
opening.

CHIP SITUATION

Keeper comes
out.
Lift and finish.

Different situations. Same goal: Score.

KEY DECISION FACTORS



GOALKEEPER POSITION

High? Low? Coming out?



DISTANCE & ANGLE

Close? Wide? Central?



SPACE AVAILABLE

Which space is open?



YOUR OPTIONS

Shot? Chip? Fake? Dribble?



RISK vs REWARD

Safe finish or high reward?

Good decisions come from
seeing more options.

1v1 FINISHER CHECKLIST

- ☒ Did I scan the situation?
- ☒ Did I recognize the space?
- ☒ Did I make my decision early?
- ☒ Did I commit to my choice?
- ☒ Did I execute with quality?
- ☒ Did I keep my balance?
- ☒ Did I finish the chance?
- ☒ Did I stay composed?
- ☒ Can I do it again?

DETAILS DECIDE OUTCOMES.

TRAINING FOCUS



TECHNICAL QUALITY

Perfect your finishing.



DECISION SPEED

Train to decide fast.



REAL GAME SITUATIONS

Replicate game scenarios.



COMPOSURE

Stay calm under pressure.



REPETITION

Repetition builds confidence.
Confidence creates success.

COACHING POINTS

- Observe before acting.
- Decide early.
- Execute with quality.
- Keep it simple.
- Finish the chance.
- Review and improve.



Small details.
Big differences.
Elite finishers
master both.

1v1 FINISHING TECHNIQUES



DRIVEN SHOT

Low and powerful.
Hit with the laces.
Use when space
and time allow.



PLACEMENT SHOT

Calm and accurate.
Place to corners.
Beat the goalkeeper.



CHIP

Lift the ball over
the goalkeeper.
Use when the
keeper comes out.



FAKE & FINISH

Sell the fake.
Create the opening.
Go the other way.



COMPOSE & SHOOT

Stay calm.
Control the ball.
Set and finish.



SPEED FINISH

Attack fast.
Get the shot off
before recovery.



THE MORE YOU TRAIN
THE DETAILS, THE MORE
NATURAL YOUR 1v1
FINISHING BECOMES.
DETAILS CREATE FREEDOM.
DECISIONS BRING SUCCESS.



DETAILS CAN BE TRAINED.
DECISIONS CAN BE IMPROVED.
1v1 FINISHING CAN BE MASTERED.
TRAIN. TRUST. FINISH.
BE CLINICAL.



OBSERVE
THE SITUATION



DECIDE
WITH CONFIDENCE



EXECUTE
WITH QUALITY



FINISH
THE CHANCE



SCORE
& WIN

FINISHING

1v1 FINISHING

MASTER THE MOMENT

PREPARE. RECOGNIZE. DECIDE.
EXECUTE. FINISH. WIN.

1v1 finishing is where games are won.
It's you against the goalkeeper.
Your decision. Your execution. Your moment.
Train the details. Build confidence.
Be clinical when it matters most.



KEY TAKEAWAYS

- DETAILS WIN GAMES**
Small details in positioning and technique make the big difference.
- SPEED WITH CONTROL**
High speed is important, but control and balance decide the outcome.
- DECISIONS MATTER**
The best players decide fast and commit without hesitation.
- QUALITY OVER POWER**
Use the right technique for the right finish. Placement beats power.
- BE CLINICAL**
Great players are clinical. They take their chances and finish the game.

“ YOU DON'T GET MANY 1v1 MOMENTS. WHEN YOU DO, MAKE IT COUNT. BE READY. BE CLINICAL. ”

1v1 FINISHING OPTIONS

- 1 LOW NEAR POST
- 2 LOW FAR POST
- 3 CHIP / HIGH
- 4 INSIDE / DRIVE

Different finishes. Same goal: Score.

DECISION FACTORS

- GOALKEEPER POSITION**
High? Low? Centered?
- DISTANCE & ANGLE**
Close? Wide? Straight on?
- OPEN SPACE**
Where is the gap?
- TIME & SPEED**
How much time do I have?
- RISK vs REWARD**
What finish gives me the best chance?

Good decisions create great finishes.

1v1 FINISHER CHECKLIST

- ☒ Did I scan the goalkeeper?
- ☒ Did I recognize the space?
- ☒ Did I decide early?
- ☒ Did I commit to my choice?
- ☒ Did I attack with speed?
- ☒ Did I use the right technique?
- ☒ Did I place it with quality?
- ☒ Did I stay balanced?
- ☒ Can I do it again?

DETAILS DECIDE OUTCOMES.

TRAINING FOCUS

- TECHNIQUE**
Master all finishing techniques.
- DECISION MAKING**
Decide fast and commit.
- SPEED & EXECUTION**
Execute at top speed with control.
- COMPOSURE**
Stay calm in the moment.
- REPETITION**
Repetition builds mastery. Mastery builds confidence.

TRAINING IDEAS

- 1v1 to goal
- 1v1 from wide
- 1v1 after pass
- 1v1 after cross
- 1v1 on the break
- 1v1 transition
- 1v1 counter attack

Reps.
Feedback.
Competition.
Improvement.



MASTER THE MOMENT.
PREPARE. RECOGNIZE. DECIDE.
EXECUTE. FINISH. WIN.
TRAIN THE DETAILS.
TRUST YOURSELF.
BE CLINICAL.

