

Programs

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About the Program

The Friday Finishing program is open to Alaska Rush players of all teams. The purpose of Friday Finishing is to provide forwards and other attack-minded players repetitious shooting opportunities in front of goal through a variety of technical and skill training. Each player should receive approximately 80 shots per session with an estimated 12:1 player to coach ratio.

Additionally, the Friday Finishing program will also offer GK:1 Training goalkeepers the opportunity to apply a variety of technical points to a more match-related training environment.

Divisions & Schedules:

The Summer 2014 Friday Finishing sessions will take place on Friday mornings at [Lloyd Steele Park](#) commencing June 13, 2014 and concluding for the season on July 24, 2014.

- **Friday Finishing (Seniors): 9:00-10:00am**
- **Friday Finishing (Juniors): 10:00-11:00am**
- **Friday Finishing (Youth): 11:00am-12:00pm**

For more information, please feel free to contact the Technical Director [Jason Leonardis](#).