## **Evolution Performance training**

# Cameron

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#### Main Focus

- Left foot Can dribble with both feet, finishing needs work on the weak foot
- Receiving first touch is good, needs a little work tho and not take too many touches to get the ball out his feet.
- Shooting can finish pretty well, needs work on his left and learning to place the ball in the corner and not always going for power.
  - Awareness needs to work on checking shoulders when receiving, moving off the manakin and into space.
- Being accountable Doing at home training, work on using his left foot more.

## Secondary focus

- Ball mastery ,passing, left foot finishing, scanning
- Focus and mentality
- Receiving and passing while moving
- First touch
- Turning

#### To do at home

- Ball mastery, 1v1 moves, Juggling, bodyweight workouts, player analysis, mental training videos, work on both feet passing against the wall more on his left foot.

# Training approach

- Sessions should often finishing from different situations
- A big focus is developing coordination and being able to receive the ball with a better touch.
- Include SAQ, BAll mastery races during sessions
- Sessions should be focused, white still fun and engaging during breaks
- Sessions should always start with SAQ, ball mastery

# notes

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