

Hosea Navarro

2012 - Defender - Warriors SC

Areas of Focus

- Technical: footskill, receiving, 1v1 skills, passing form, passing on the run
- Tactical: awareness, looking up before passes, communication
- Physical: Coordination, Reactions
- Mental: composure

To do at home

- Ball mastery, 1v1 moves, Juggling, bodyweight workouts, player analysis, mental training videos
- Find him a player to Model:

Training approach

- Sessions will revolve around around passing, receiving, long balls, volleys...Keep Beck engaged and constantly demanding the ball
- At his level he can dominate if he masters the fundemantals