

Abby Parks

2004 Hawks ECNL girls

Position

- Forward/Winger

Main Focus

- First touch
- Finishing with inside (curl and slotted shots)
- Awareness
- Focus and mentality
- Staying calm and playing two touches when needed

Secondary focus

- Ball mastery , passing, awareness, communication

To do at home

- HIIT workouts

Training approach

- Sessions should revolve around finishing from different situations and awareness
- Sessions should be focused, while still fun, and engaging during breaks
- Abby usually trains in a private group with her sister Hannah
- Abby and Hannah

notes

- Abby and Hannah are a lot of fun to work with, they really enjoy coming here and training with us but the focus level and intensity of the session need to go up.
have been very engaged at every session and are showing a lot of progress.

