

Kai Xu

2008 - CM - Michigan Lightning

Main Focus

- Passing form
- Finishing
- crossing
- Speed and Agility
- Receiving
- Dribbling and ball handling
- Speed of play
- Clipping balls
- Awareness and decision making on the ball

Secondary focus

- Heading
- Volleys

To do at home

- Ball mastery, mental training, 1v1 moves, Juggling, bodyweight workouts, player analysis, videos

Training approach

- Sessions should be based around mastering the fundamentals
- Jonah is very polite and very coachable
- Works hard and wants to pushed

notes

- Jonah should explore playing different positions during the winter season