

Joey Lagodzinski

2008 - Midfield and Centerback - Hartland United FC boys

Main Focus

- Passing and receiving
- Awareness and decision making on the ball
- Being confident and assertive

Secondary focus

- Ball mastery , passing,
- Aggressiveness
- Focus and mentality
- Build the habit of scanning and off ball movement

To do at home

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

Training approach

notes

- Joey is always super focused during the sessions. I never question his effort levels/intensity
- Maybe needs to be a bit relaxed and calm