

# Hannah Parks

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- Forward/Winger

## Main Focus

- First touch
- Passing
- Finding corners and following thru with Driven shot/curling/slotted shots)
- Finishing with inside (curl and slotted shots)
- Awareness
- Staying calm and playing two touches when needed

## Secondary focus

- Ball mastery , passing, awareness, communication

## To do at home

- HIIT workouts
- Watch player analysis for positioning tips - Understanding that most goals are scored in zone 15

## Training approach

- Abby usually trains in a private group with her sister Hannah
- Sessions should revolve around finishing from different situations and awareness
- Make sure to include some crosses/volleys and headers
- Sessions should be focused, while still fun, and engaging during breaks
- 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.