

# Taj Knio

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## 2009- Winger - Wolves ECNL

### Areas of Focus

Technical	Tactical	Physical	Mental
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### 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 receiving and turning.
- Be mobile, make runs