Evolution Performance training Max Bauer

2013

Position

- CM

Main Focus

- Relationship with the ball mastering all moves and turns
- Agility and coordination
- Confidence taking shots and taking shots on players 1v1 and taking shots Habit of scoring, taking shots and taking on players
- Proper defending, timing defending
- shielding

Secondary focus

- Shooting, passing, awareness, communication

At home training

- Popcorn juggles, simple ball mastery, dribbling drills

Training approach

- Make sessions, fun, engaging, and race based while still emphasizing on good technique

Last Meeting Follow-up

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New Business

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ACTION ITEMS

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NEXT WEEK'S AGENDA

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