

Addison Mayhew

Forward - 2009 Warrior girls

Main Focus

- **Finishing** - becoming fluid with finishing from different situations, driven shot, curling, slotted, 1 touch shots and volleys
- **1v1 moves** - Getting comfortable beating players with 1v1 moves instead of just shooting and passing randomly under pressure

Secondary focus

- Ball mastery, passing, awareness, communication
- Awareness
- Focus and mentality
- Build the habit of scanning and deceptive movement

To do at home

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

Training approach

- For players at this age we still don't want to make it too position specific and have a big focus on their relationship with the ball and developing speed and agility, and individual needs
- Sessions should always start with SAQ, ball mastery, 1v1 moves...
- Sessions should often finishing from different situations and awareness
- Sessions should be focused, while still fun and engaging during breaks
- Addison usually does 1-on-1s but I recommend she also joins a group to get some actual 1v1 situations
- Likes to do some shooting at the end of her sessions

notes

- Addison is always a pleasure to work with. Can be sassy at times but very polite and respectful!
- Energy levels can go down for the last quarter of the session.
- Tell Adam about new warriors 20% discount