

# Louis Putman

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## 2005 - winger and ST - Liverpool IA north Oakland

### Main Focus

- Left foot - need to keep sharpening up passing and shooting with the left foot
- Receiving - first touch can get away sometimes
- Shooting - Has made a lot of improvements but can still struggle with the left foot
- Awareness
- Being confident not apologizing so much
- Being accountable - Doing at home training and reading and watching mental training videos

### Secondary focus

- Ball mastery ,passing,
- Focus and mentality
- Build the habit of scanning and off ball movement 1v1s
- Receiving and passing while moving

### To do at home

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

### Training approach

- Louis is at an age where we can start making the sessions position specific.
- A big focus is developing speed and agility, and coordination
- The sessions will also be based around his 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
- Include SAQ, BALL mastery races during sessions
- Kai would benefit from training in a group with kids that push him.

### notes

- Louis
- He has also improved his reactions to making mistakes but that is still an area of concern for him.
- Kai is great to work with and has definitely opened up a lot to us