

Tyler Neimi

2008- Midfielder - Jaguars (MLS NEXT)

Areas of Focus

- Technical: **Different turns, Half turn**, Exploding into space, Curling shot, 1v1 to shot, Receiving Ariel balls, left footed passes
- **being able to do hook turns in 2 touches**, receiving on the run, shooting from distance
- Tactical: awareness,
- Physical: **Strength, Explosiveness, speed, Acceleration on an off the ball**
- Mental: gets a bit

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.
- Always want to push him to his absolute limits