

Paul Lee

2007- Midfielder - Michigan Jaguars (MLS NEXT)

Areas of Focus

- **Technical:** Long passes, receiving on the run, shooting from distance
- **Tactical:** Speed of play, awareness,
- **Physical:** Strength, Explosiveness,
- **Mental:** self confidence, assertiveness

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 passing and moving...Keep Beck engaged and constantly demanding the ball
- At his level we want him to be able to play and receive comfortably with both feet under pressure
- Constantly be an option for teammates
- Be mobile, make runs