

Sophia V.

Defender - 2009 Liverpool IA girls

Main Focus

- **1v1 moves** - Getting comfortable beating players with 1v1 moves instead of just kicking the ball away/passing randomly under pressure
- Being more confident and assertive
- Firm passes
- Receiving the ball from different situation

Secondary focus

- Ball mastery , passing,
- awareness, communication
- Aggressiveness
- Focus and mentality
- Build the habit of scanning and off ball movement

To do at home

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

Training approach

- Sessions will revolve around finishing from different situations and awareness
- Sessions should be focused, white still fun, and engaging during breaks
- Sessions should include technical and agility races with other group members
- Sophia normally did 1-on-1s but has now started to do private group sessions wich will help her in 1v1 situations

notes

- Sophia is always a pleasure to work with. Can be sassy at times but very polite and respectful
- Sometimes takes a bit too long to get into fully dialled in a engaged with the session, i would like to see her be a bit more intense and engaged with her warm ups