

# Reece Payment

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## Main Focus

- Left foot - needs more control with his left foot when dribbling and not just using his right, needs a lot of work on his left when finishing in all situations.  
Receiving - first touch got a lot better when trying to play in two touch, needs a little work when deciding to receive with the inside or outside of his foot.
- Shooting - can finish okay with his right but needs a lot of work when using his left, needs to be more confident when shooting.  
Awareness - needs to work on checking shoulders when receiving, moving off the manakin and into space.
- Being accountable - Doing at home training, work on using his left foot more.

## Secondary focus

- Ball mastery, passing, left, right foot finishing.
- Receiving and passing while moving, try in less touches
- First touch
- Conditioning / fitness
- Turning

## To do at home

- Ball mastery, Juggling, bodyweight workouts, endurance training, mental training videos, work on both feet passing against the wall more on his left foot.

## Training approach

- Sessions should often finishing from different situations, especially on his left
- A big focus is developing coordination and being able to receive the ball with a better touch.
- Sessions should always start with SAQ, ball mastery
- Include SAQ, BALL mastery races during sessions
- Sessions should be focused

- notes

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