

John Lee

2005 - Midfielder - Michigan Tigers

Areas of Focus

- **Technical:** Long passes, receiving with backfoot, clipping balls, heading
- **Tactical:** awareness, looking up before passes, communication
- **Physical:** Coordination, Reactions
- **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, receiving, long balls, volleys...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