

# Kai XU

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## 2006 - winger and fwd - Vardar ECNL

### Main Focus

- Left foot
- Intensity/communication
- Awareness and decision making on the ball
- Being confident and assertive, Aggressiveness

### Secondary focus

- Ball mastery ,passing,
- Focus and mentality
- Build the habit of scanning and off ball movement
- 1v1s
- Receiving and passing while moving

### To do at home

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

### Training approach

- For players at this age we still don't want to make it too position specific and have a big focus on their relationship with the ball and developing speed and agility, and individual needs
- Sessions should always start with SAQ, ball mastery, 1v1 moves...
- Sessions should often finishing from different situations and awareness
- Sessions should be focused, while still fun and engaging during breaks
- Include SAQ, Ball mastery races during sessions

### notes

- Kai has improved his is always super focused during the sessions. Always very respectful and attentive
- Has improved his shooting with both feet tremendously over the past 6 months and is now able to drive a ball consistently with both feet.
- Intensity level can drop sometimes in adverse situations.
- Would like to see him go out of his comfort zone and communicate more