

# Luwam Abraha

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## 2006 - Midfielder - Vardar 2006 ECNL

### Main Focus

- Fitness and Quickness
- 1v1 moves to penetrate
- Awareness and decision making on the ball
- Being confident and assertive
- Shooting, placing
- Aggressiveness
- Coach wants her to turn and play positive, body shape
- Defending no man's land
- Closing down players
- Seeing the channels and how to play in them or defend them

### Secondary focus

- Shooting in corners
- Ball mastery , passing,
- Focus and mentality
- Build the habit of scanning and off ball movement
- Habit of being Flat Footed

### To do at home

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

### Training approach

- Luwam is a player that has the potential to be a very complete central midfielder so can emphasize more sessions to her position (attacking & defending) and from a tactical standpoint as well.
- Needs to watch more players that play her position at high level so she knows her role and her job on the field.
- Sessions should always include SAQ, fitness, ball mastery, different ranges of passing, positioning specifics.
- Emphasize her keeping her head up and being aware of what's around her always.
- Sessions should include checking into space and passing or playing out of it. (explain to her the importance of this)

## notes

- Extremely high potential to excel. Always look forward to working with her but she needs to understand how to push herself mentally and physically to the next level.
- Luwam is always a great leader and is stepping out of her comfort zone in a lot of areas.