

Nathan Cairns

2007 - winger and ST - Liverpool IA north Oakland

Main Focus

- Left foot - need to keep sharpening up passing and shooting with the left foot
- Receiving - first touch can get away sometimes, needs to get his body behind the ball and not shy away from it coming at him.
- Shooting - Has made a lot of improvements but can still struggle with the left foot, also dragging the ball wide when hitting across the face of goal.
- Awareness - needs to work on checking shoulders but not too worried about that yet.
- Being confident, seems a little nervous
- Being accountable - Doing at home training and reading and watching mental training videos.

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, work on both feet passing against the wall more on his left foot.

Training approach

- A big focus is developing coordination and being able to receive the ball with a better touch.
- The sessions will also be based around his individual needs
- Include SAQ, BALL mastery races during sessions
- Sessions should be focused, white still fun and engaging during breaks
- Sessions should always start with SAQ, ball mastery
- Sessions should often finishing from different situations

notes