

Collin K.

2008 - Winger - Liverpool IA North Oakland

Main Focus

- **Awareness and decision making on the ball**
- Being confident and assertive
- **Position/level**
 - Taking on players, taking shots and being effective in attack
 - awareness , moving off the ball
 - Good fitness
- Individual need
 - Ball control
 - Directional touches - negative touches, hook turns, lay offs.
 - 1v1 moves
 - Using body - turns, back to goal
 - Shots, curling
 - First touch
- Relationship with the ball - mastering all moves and turns
- Agility and coordination

Secondary focus

- Shooting, passing, awareness, communication
- Ball mastery , passing,
- Aggressiveness
- Focus and mentality
- Build the habit of scanning and off ball movement

To do at home

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

Training approach

- Sessions will revolve around finishing from different situations and awareness
- Sessions should be focused, while still fun, and engaging during breaks
- Collin is more of a visual learner, make sure to demonstrate after 1 or 2 attempts to have him retrieve on his own

- Suggest group sessions monday at 4pm

notes

- Sophia is always a pleasure to work with. Can be sassy at times but very polite and respectful
- Sometimes takes a bit too long to get into fully dialled in a engaged with the session, i would like to see her be a bit more intense and engaged with her warm ups