

Cameron Swisher

2005 - defender midfielder - Magic soccer 2006 ECNL

Main Focus

- Speed and agility,
- better passes while on the move/running
 - Rotate hips
- First touch and clearing the ball with my left foot
- CB, LB, RB

Secondary focus

Cameron- Volleys, faster turns and decision making, passing

- 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

- Cam often gets sick during training sessions - maybe morning sessions aren't ideal for him
- Flat footed