L.F.C.
eAcademy

LFC PLAYER TRAINING PLAN
MIDFIELDERS

- BALL MASTERY // OUTSIDE INSIDE ***
- AGILITY // SIDE TO SIDE **
- RECEIVING // INSIDE THEN OUTSIDE ***
- TURNING // OUTSIDE HOOK***
- DRIBBLING // SIDE-STEP RIGHT***
- PASSING // FIRST TIME****
- SHOOTING // LACES ****

**** STAR RATING DENOTES DIFFICULTY

HENDERSON

1. GRAB A BALL
2. WORK ON TECHNIQUES
3. DEVELOP YOUR GAME LIKE A LFC PLAYER

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