



## Key Qualities of a Player

Below describes four key qualities of a player and the areas that will be worked on with all Evolution MN student-athletes through a unique combination of on-field and off-field training sessions.

### **Technical**

Ball mastery, passing, receiving, shooting, and defensive techniques

### **Tactical**

Game understanding & awareness, positioning & off-ball movement, decision-making and transition play

### **Physical**

Speed, agility, balance, strength, power, endurance, and coordination

### **Mental**

Resilience, focus, confidence, discipline, growth mindset, composure, teamwork, coachability, motivation, and self-awareness