



October 17th, 2016

RE: Su-min Lee's player assessment in Canada

To whom it may concern,

My names's Martin Bittengl and I'm a UEFA "A" licensed coach with Master degrees in Physical Education and Sport Science and Psychology.

I've assessed Su-min Lee (DOB: 2003-04-08) in Canada in the period of one month between September/October 2016. Assessment was based on 5 private sessions (one of them with other player to assess 1on 1 game situations) and one group session.

Su-min's assessment:

Technican/Skills

Su-min is very technical player and she can handle a ball very well in many different situations even under the pressure. Dribbling, and receiving (on the ground as well as form air) are her strong attributes. We were able to do some adjustments in her shooting technique as she needs to be able to do that very well to make up to less strength. Defending and tackling are part that needs to be improved but here we are talking about more of tactical stuff as positioning, good body posture, don't over commit ... She still has enough time to learn these things. Over all I was very happy with her skills and I can tell she has been working very hard to get where she is.

Tactical/Decisions

Due to her body structure she is able to run a lot with and without a ball. That gives her many opportunities in the game. Movement off the ball is one of the most important things in soccer (plus skills) and she excel in this area. She is very good in changing directions and giving support to other teammates . She needs to work on her vision , scanning the field especially when she is off the ball. For example as she is opening up to receive a ball she should be able to make a quick shoulder check so she can make a proper decision on what she sees around her. If she do that her next action will be more accurate and way faster. By scanning, shoulder checking she will gain information and then her brain (knowledge together with an experience) will be able to select the right next move (or action in general). Another recommendation would be to let her do the drills where she needs to thing constantly. Make her do decisions very often. We've been using different color cones or different instructions to not work only on skills set but also decision making. For example while passing back and forth set up two color cones in



front of her and if coach calls or shows a certain color she needs to dribble around that cone and finish. There are many drills and techniques she can use. This makes a huge difference in being an average player or a pro player one day. Constant vision and making right decisions but it won't come itself unless it's been coached the proper way! I would recommend to let her watch many soccer games on TV so she can learn and visualize different player movements, combinations, techniques, formations. Together with coaches explanation it's the best way how to gain a good game sense. It's a great tool to use. It would be great to have a video of the training sessions and games and show her her performance as she needs to be able to see herself and how she does. It's way easier to teach players that way and the improvement in different areas comes faster. Please when doing a "video session" with her remember to stay positive and show her not only what she needs to do better (improve, mistakes..) but also things she does very well. That way you will build her confidence and it's very, very important for any athlete.

Physical

Endurance and Agility are very good. Because of her body type she is a slower player if we are talking about distance running (not changing directions at one spot). Speed is very genetically determined. Regardless of genetic predisposition one is born with she can still improve. It's very important for her to work on her strength. Once she gets stronger she will become faster. I would recommend to discuss with a professional personal coach who works with athletes . At her age I wouldn't recommend lifting heavy weights and there are methods she can use (use her own body weight...). Also nutrition is very important part of athletes life and I would highly recommend to visit a nutritionist. If she will be able to improve this are she will be able to compete at the highest level. There's not much we could do about her height and she would be one of the smallest players for her age in Canada.

Psychological

Su-min is very coachable and it's very important as she is open and willing to learn new things quickly. I've witnessed a few moments when she demonstrated this really well. She was always ready to perform at her best. She can work on her confidence and show others what's in her. It's okay for example to be sometimes selfish in different game situations. She is also very quiet and I would like to see her becoming a leader wherever she goes. Talking and being noticeable will help her to achieve it.

Su-min is a very good player and person. She can make it very far in her soccer career but it will depend on her physical aspects a lot. Only future will show how stronger and faster she will become. Puberty many times help and players grow and get stronger. I wish it would be her too.

I would be very interested to run another assessment in the future and see where she belongs. At this point she would belong to the highest level regarding her individual skill



but not physically. Women's soccer in Canada is very physical and it would be hard for her to compete right now. She could definitely play the Metro level which is the second highest level.

Please don't hesitate to contact me if you would have any questions.

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