



Xiana "Ziz" Ludwig

Metropolitan North Region

Football – Queensland School Sport
Merit Team 2021

Other sports: Cross Country, Track and Field

What do you enjoy most about competing?

"I see the space behind the player and love the challenge to trying to get there"

ABOUT ME

PERSONAL GOALS:

To make the Queensland Academy of Sport team.

FAVOURITE ATHLETE:

Mary Fowler from the Matildas.

FAVOURITE SCHOOL SUBJECTS:

Science and Health and Physical Education

ZIZ'S QUICK FACTS:

I referee U6 and U7 football games, play in the SAP (Skill Acquisition Phase) team at my local football club, play the alto saxophone and I am School Captain.

CAREER GOALS:

My ultimate goal is to be picked in the starting line-up for the Matildas. Outside of that, I don't know yet, I still have a lot to explore. All I know is that it will make me happy doing it.

MY ATHLETE JOURNEY

What is your favourite school sport memory?

Definitely the moment they announced that I was selected in the Queensland School Sport state merit team.

What motivates you to continue on your athlete journey?

The desire to get better and better and to see what I am capable of.

What personal habits / routines do you use to prepare for "Game day"?

I wake up and always have banana and honey on toast or a banana raspberry oat smoothie. I jump in the car with my mum and listen to hype-up music all the way to the field. I like to arrive early to do my personal warm-up before the team warm-up starts.

What do you enjoy most about competing?

The urge to tackle and fight for possession of the ball. When going 1v1 against an opponent, I see the space behind the player and love the challenge of trying to get there. I also love making the choice of who to pass to, when to pass and why to pass.

Who would you name as being a positive influence on your journey to becoming a better footballer?

I've been really lucky to have two really good coaches – Nathan Knox for his focus on strategy and smart decision making and Ross Aloisi and Isaka Cernak for their creative training sessions that have improved my ball mastery.



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