

COMMUNITY COACHING BOOKLET







The Liverpool Way

Liverpool football club is recognised around the world as one of a small elite groups of clubs with a true world wide reputation. For the last fifty years the club has been at the forefront of British and European football, winning numerous championships and European club tournaments. During this time, there has been a consistent tradition of developing top class players, particularly from the Liverpool area. Currently Steven Gerrard, Michael Owen and Jamie Carragher are examples of home grown talent who would rank in the very top echelon of players world wide.

We believe passionately in a 'Liverpool Way' of doing things and indeed, football fans would identify a clear 'Liverpool Way' which sets us apart from other clubs in a real and tangible way.

Whilst the development of local players has been at the core of our philosophy we have always believed that we have a responsibility for the all round education of our young players as we prepare them not only for football but for life after football- a truly historic approach. Also running alongside our player development programme has been a coaching development programme.

To play or work for Liverpool Football Club is a great honour. It does not matter whether you are 9,19,29 or 59- the magic is the same. Football is a simple game but when talented players, gifted coaches and sensible parents are united together, they can move mountains.

Everyone in this Academy should be aware of the traditions of this club, the standards and values that the club represents, the responsibility that we all share to behave in a professional way that seeks improvement, excellence and success without sacrificing the values that we hold so dear.

This is 'The Liverpool Way'

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Aim of the Coaching Booklet

Mission Statement

Liverpool FC is firmly committed to continue to produce coaches with qualities that meet the high standards necessary to become a Liverpool FC coach. It will be our intention to achieve this by recruiting coaches from local areas and welcoming them in to our programme. We will then continue to create a happy environment along with a programme designed for coaches to maximise potential giving them an appropriate opportunity to join The Academy.

We here at the LFC Academy aim to provide a booklet which enables all coaches who work within the community department to access information suitable for activities involving our club. To help all coaches see what is expected from them in different areas of work as a community coach at Liverpool Football Club. The whole purpose of the booklet is to help guide coaches to produce better sessions and in turn the children can only benefit from this.

Fortunately most provisions are in place giving us little excuse to not do the required job so therefore it is extremely important that we all stay on board in ensuring that we keep turning out a high level of coaching each year. As a football club we will stay firmly committed to you and to the job you do. All we ask is for you to do the same.



Soccer Schools

The soccer schools cater for children from ages 5-14. They also offer youngsters the perfect opportunity to enjoy the Academy experience, meet new friends and show off their footballing potential to the Academy coaches.

Each soccer school offers a broad range of schemes and activities to help children develop and learn new skills and techniques in a fun, inclusive and rewarding atmosphere.

A TYPICAL SOCCER SCHOOL DAY FOR A COACH

At overseas camp:

8.00am Breakfast

Leave for soccer school at camp directors discretion

9.30am First session should be set up

9.40am Camp Director will address the parents to let them know about the running of the soccer school

9.35am Children arrive and are sorted into groups

9.45am Coach signs the children in and takes them to there base.

10.00am The soccer school starts (session 1)

Within this time you must provide a warm up and at least 2 other sessions

11.15am First break

11.30am (session 2)

Within this time you must provide at least 2 fun games (not matches)

12.30pm Lunch

1.15pm (session 3)

Individual group warm up then join up with another group of round about the same age and ability for small sided games.(see games programme)

Break in your own time

2.45pm Finish, collect equipment in

2.55pm Children form an orderly line where they started the day

3.00pm Parent/guardian must sign their child out before the child can leave

3.15pm Coaches put the equipment away

3.30pm Go back to hotel (overseas)

On arrival to hotel Soccer School Director will hold a quick meeting with all coaches to discuss the soccer school and any problems the coaches may have.





Staff **RULES AND REGULATIONS**

GENERAL PROCEDURES

1. BE AWARE OF CHILD PROTECTION ISSUES AND ABIDE BY ALL CLUBS GUIDELINES
2. ENSURE NO CHILD IS LEFT ON THEIR OWN AT ANY TIME
3. DO NOT BE IN ATTENDANCE OF A CHILD ON YOUR OWN
4. AT NO TIME SHOULD COACHES ASSIST WITH TRANSPORTING AN INDIVIDUAL CHILD
5. REPORT ANY ACCIDENT AND OR INJURY TO THE HEAD COACH, WHO CAN THEN FOLLOW THE ACADEMY MEDICAL REFERRAL SYSTEM
6. PROVIDE A FULL REPORT ANY LOSS OR DAMAGE OF EQUIPMENT TO HEAD COACH AS SOON AS POSSIBLE
7. ARRIVE IN GOOD TIME TO PREPARE COACHING SESSIONS IN ORDER THAT PLAYERS ENJOY MAXIMUM COACHING TIME
8. MAKE FUN AND ENJOYMENT A CENTRAL ELEMENT OF ALL COACHING SESSIONS
9. HAVE COMPLETE RESPONSIBILITY FOR EQUIPMENT AND PLAYING KIT SUPPLIED BY THE ACADEMY
10. ALWAYS ACT IN A PROFESSIONAL AND APPROPRIATE MANNER IN THE PURSUANCE OF MAINTAINING THE HIGH STANDARDS OF CREDIBILITY AND INTEGRITY ASSOCIATED WITH LIVERPOOL FC
11. ENSURE CHILDREN UNDERSTAND THE NEED TO CO-OPERATE, WITH TEAM MATES AND THEIR OPPONENTS
12. ENSURE CHILDREN LEARN HOW TO COMPETE TO WIN (TO WIN FAIRLY, SKILFULLY AND WITHIN THE LAWS OF THE GAME)
13. REFER ANY PROBLEMS TO THE HEAD COACH
14. ENSURE PARENTS DO NOT COACH FROM THE SIDE



PLAYER ENTRY / EXIT PROCEDURE

Due to the nature of any academy coaching it will often be the case that many players will come and go. Our jobs as coaches is to make sure the settling in period and departure of the boys are as smooth as possible ensuring their time at the football club is an enjoyable one.

It is vital that the persona we give off to parents is one of togetherness and unity always having a constant message.

TRAINING PROCEDURE

All coaches are to:

- Δ Arrive at least 30 mins before training is due to start
- Δ Only wear official Liverpool FC training kit and footwear
- Δ Provide appropriate session plan
- Δ If assisting a session, to be aware of or have seen session plan
- Δ Ensure that the player register is filled in
- Δ Help to get equipment collected after training and return it to the appropriate secure storage area
- Δ Ensure that all players leave with their parents/guardian

When coaching please be aware of the following guidelines:

- Δ Always have a lively and positive attitude when working
- Δ Be aware of the level and age of players and their capabilities.
This must confirm your expectations
- Δ Ensure that your demonstrations are well explained
- Δ Always be positive with the players even when they fail as they try new techniques
- Δ Encourage positive play. We want players to express themselves
- Δ Always understand the aims and objectives of the sessions
- Δ Ensure distances, dimensions etc are relevant to players physical capabilities
- Δ Encourage players at all times
- Δ Always praise them when they do something right

Role of a Soccer School Director

- To provide all staff on the school with an itinerary at least one week before the school starts
- Make sure all staffing and equipment is in place for the school ahead
- Welcome the attendees and parents with a brief talk about the Soccer School explaining what it is the children will be doing over the duration of the course
- Sort the children into groups according to age
- Allocate the staff to a group
- Oversee the Soccer School to make sure it runs smoothly. If needed liase with the co-ordinator
- Provide the coach's with a daily schedule eg times/sessions
- Collate all names of talented players on the Soccer School and log them with Adam Flynn or Heather Maguire
- Make sure all children are signed out by the parent/guardian with the group leader at the end of each day
- On the last day provide all groups with prizes, certificates and medals etc
- Organise and lead the presentation on the last day of the Soccer School
- Thank the club who have hosted the Soccer School
- Equipment stored away correctly
- Facilities to be left in a tidy condition
- Only the Soccer School director to deal with Press/media and to only discuss the Soccer School. Do not get drawn into discussions about the first team
- Make sure that no photograph's are being taken by anyone other than the clubs official photographer
- Soccer School director to deal with any parents or any problems that may arise
- If a parent/guardian is late to pick up there child contact the parent/guardian and ask the child's coach to accompany the child until the parent/guardian arrives
- The Director of the Soccer School is responsible for providing a report at the end of each school as to how it went and the behaviour and manner of the staff throughout.



Coaching In The Game

Looking at recent feedback from most coaching taking place at the Academy, the general consensus is that the coaches “don’t coach enough in the games”.

This is an area we can all improve on and here are some pointers to help you achieve this:

- △ FINDING SPACE
- △ PASS OR DRIBBLE
- △ SUPPORT
- △ TAKING OPPORTUNITIES
- △ DEFENDING AS A TEAM
- △ PROTECTING THE BALL
- △ ENCOURAGE POSITIVE PLAY!!!!

You should make one of the above points quickly and precisely and then step out and let them play.

- We are not asking you to *overcoach*, what we are asking for is that when a situation arises go in and get out.

- We strongly believe that if you try to utilise the specified coaching points during games then it can only benefit both you and the children involved, creating a really positive football environment in which the children can enjoy.

- *It is vitally important that you are always aware of who you are representing at all times, because you never know who is watching, from Academy staff to parents. People always expect the very highest of standards from such a prestigious Club such as ours and anybody involved within it.*



Game Programmes

Games for 8 team World Cup/Champions League etc.

1v2 1v3 1v4 1v5 1v6 1v7 1v8
 3v4 2v4 2v3 2v6 2v5 2v8 2v7
 5v6 6v8 5v8 3v7 3v8 3v5 3v6
 7v8 5v7 6v7 4v8 4v7 4v6 4v5

Team Name	8 Team World/ Champions League								Points total
Game Number	1	2	3	4	5	6	7	8	
Team 1									
Team 2									
Team 3									
Team 4									
Team 5									
Team 6									
Team 7									
Team 8									

Winners

6 Team World Cup/Champions League

1v2 1v6 1v3 1v4 1v5
 3v4 2v3 2v5 2v6 2v4
 5v6 4v5 4v6 3v5 3v6

Team Name	6 Team World/ Champions League etc						Points total
Game Number	1	2	3	4	5	6	
Team 1							
Team 2							
Team 3							
Team 4							
Team 5							
Team 6							

Winners



Additional Information

TRAVEL TIME

- When travelling with the Club it is up to the head coach to decide what the attire is and what times to meet etc. This should be organised well in advance of the activity by the co-ordinator
- If your going to be late you must inform the co-ordinator asap
- Poor punctuality is not acceptable, you must always be at least 5 minutes early

ATTIRE

- When travelling you must wear a **club tracksuit** unless otherwise stated by the co-ordinator
- When coaching you must wear LFC coaching kit provided by the club this includes adidas footwear
- When in hotels you must not walk around without flip flops or a T-shirt on
- Unless everybody wears ankle socks you must pull your football socks up throughout the day

INTERVIEWS / QUESTIONS / LANGUAGE

- If asked any questions regarding the first team by parents or a journalist just tell them that you can't comment on this because you are not involved with them
- Please be aware of the type of language you use around your peers, the children and any other member of the public as they look up to you as a role model





Soccer School

SESSIONS



1...▶50

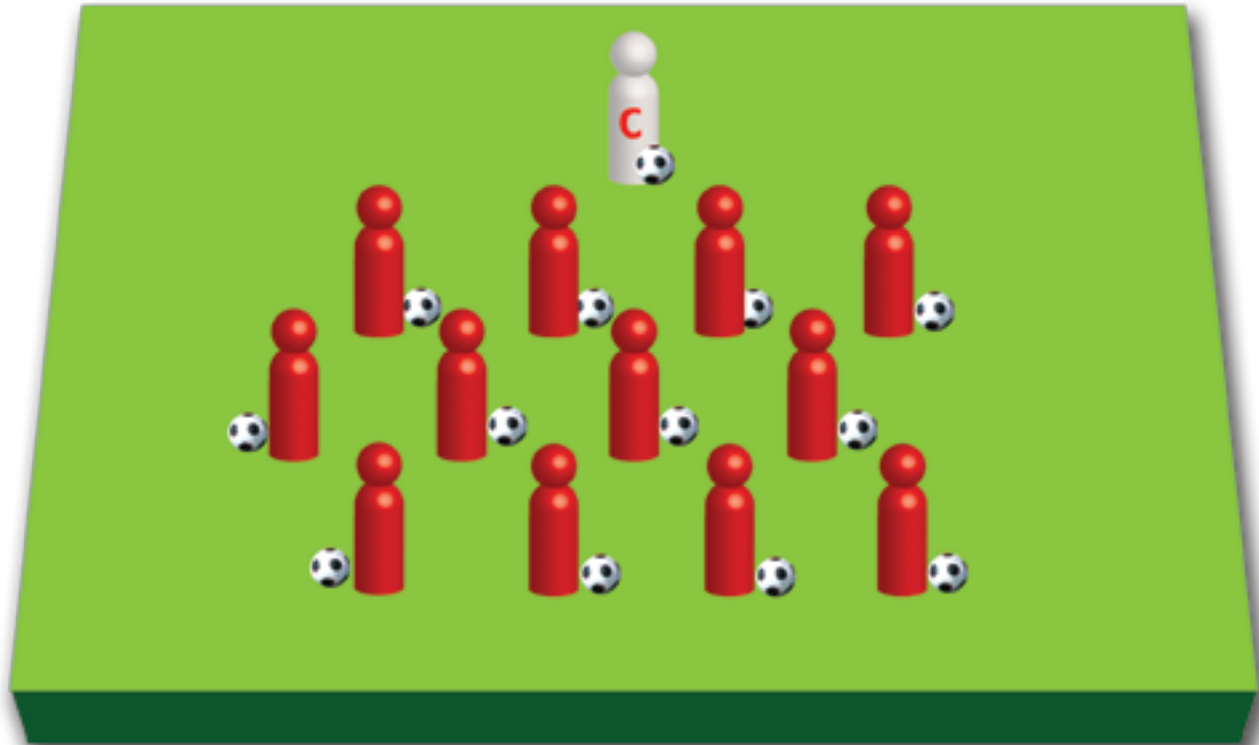
51...▶55

Goal Keeping

Session 1

TIPPY TAPPY

★
Difficulty Rating



- △ Ball for each player
- △ Work on as many different skills as possible
Eg. 'tap tap roll' , 'out to in' '1,2 out 3 back in'
'fake to pass', 'forward and behind'

KEY POINTS

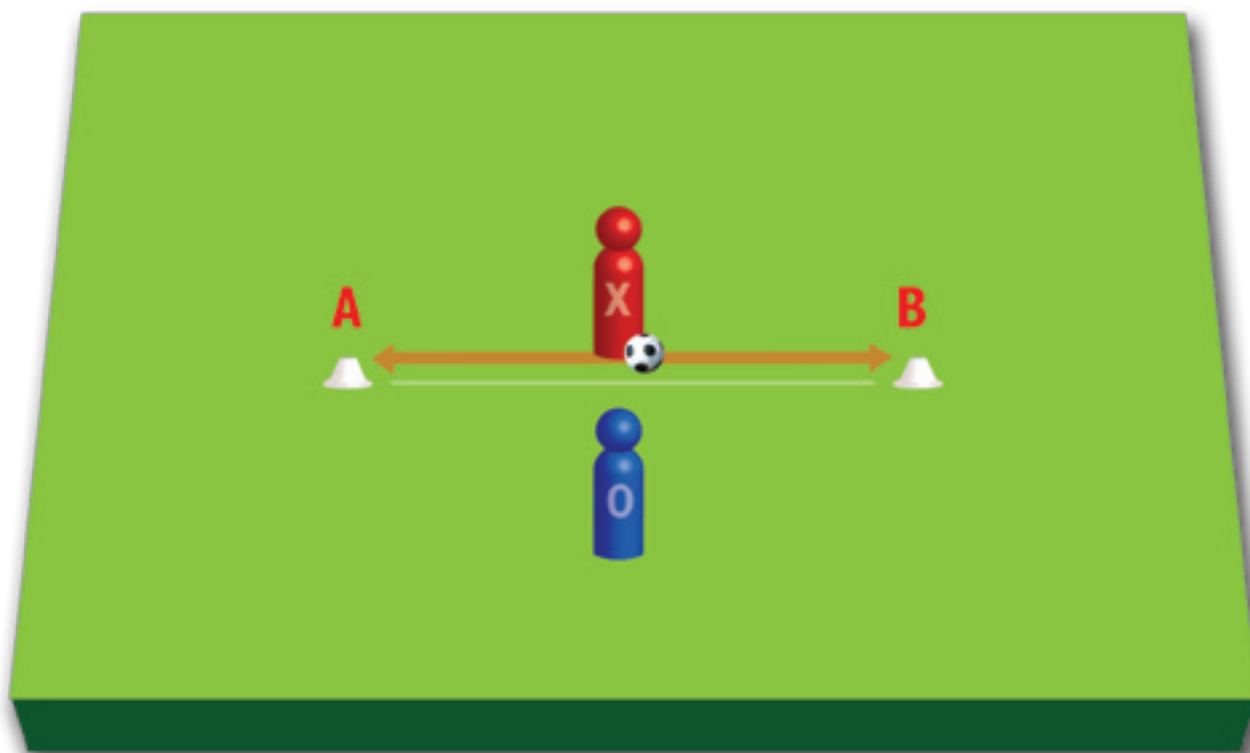
- △ All skills must be done with both feet
- △ This is a warm up
- △ Work on getting as many touches on the ball as possible
- △ Work on lifting your head up whilst doing each skill



Difficulty Rating

Session 2

LINE GAME



△ Use side moves to beat partner to A or B

15-20 seconds to score as many points as possible

△ X has the ball, O cannot go across the line and can't tackle

It is just a repeated race to either A or B using as many different skills as possible

KEY POINTS

△ Always keep the ball moving

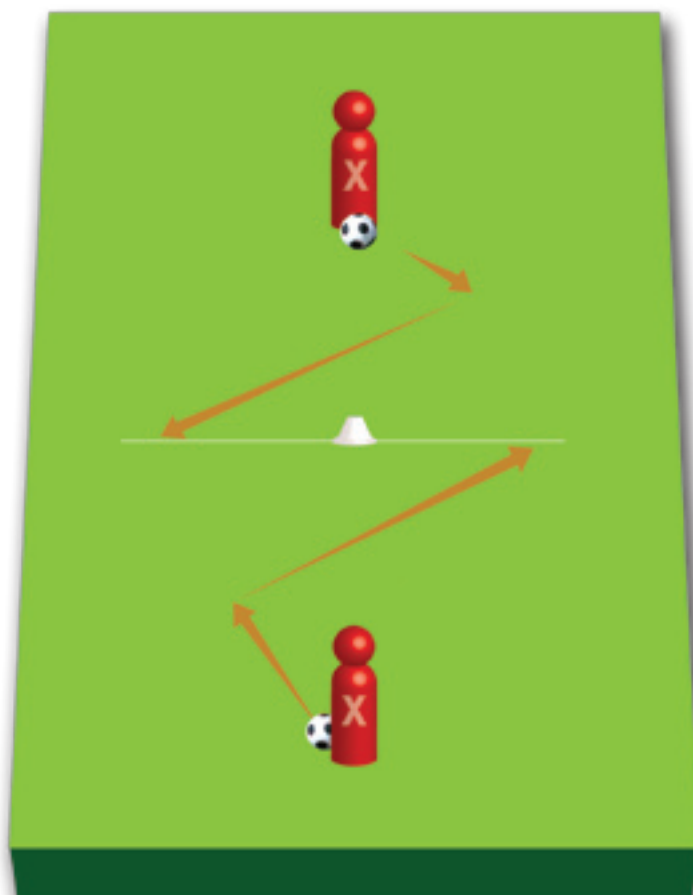
△ Protect the ball

△ Accelerate fast, turn fast to unsteady the defender

MARADONA'S - FORWARD MOVES



Difficulty Rating



1. X steps left takes outside of right
2. X steps right takes outside of left
3. X steps left steps right takes outside of left
4. X steps right steps left takes outside of right

KEY POINTS

- △ Both players should almost be symmetrical in their movements
- △ Encourage to bend knees and explode into space
- △ Make eye contact or some form of communication to enable you to do it at the same time
- △ Do each stage for 1-2 minutes
- △ Make the move believable

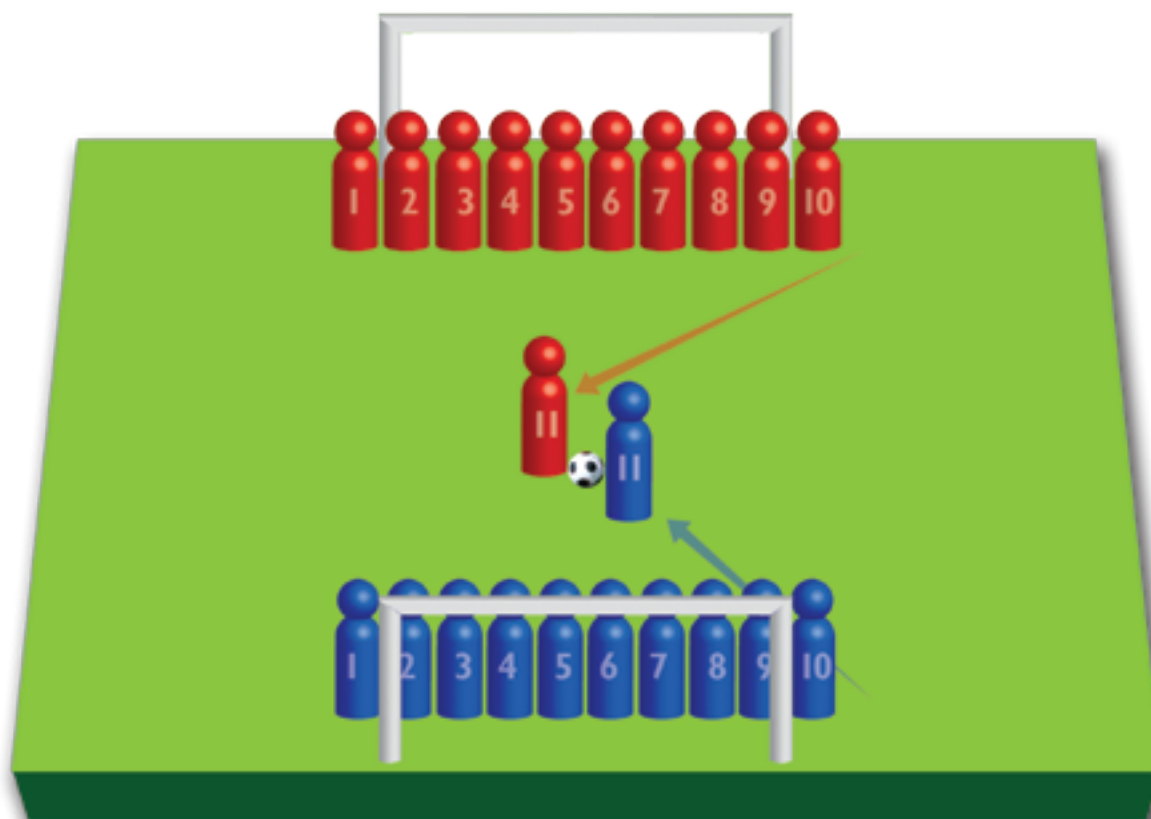


Difficulty Rating

Session 4

CHAIN GAME

1v1, 2v2 etc



- △ Each player has a number
- △ All players link arms within the goal
- △ Only the end players can use there hands
- △ Coach shouts out a number and both players battle it out to score in oppositions goal

RULES

Players must not break the link - if they do then the other team gets a penalty against the remaining players.

If the ball goes out of the area the game is over and new numbers are called

KEY POINTS

- △ Fast, direct, positive play
- △ Encourage Forward moves

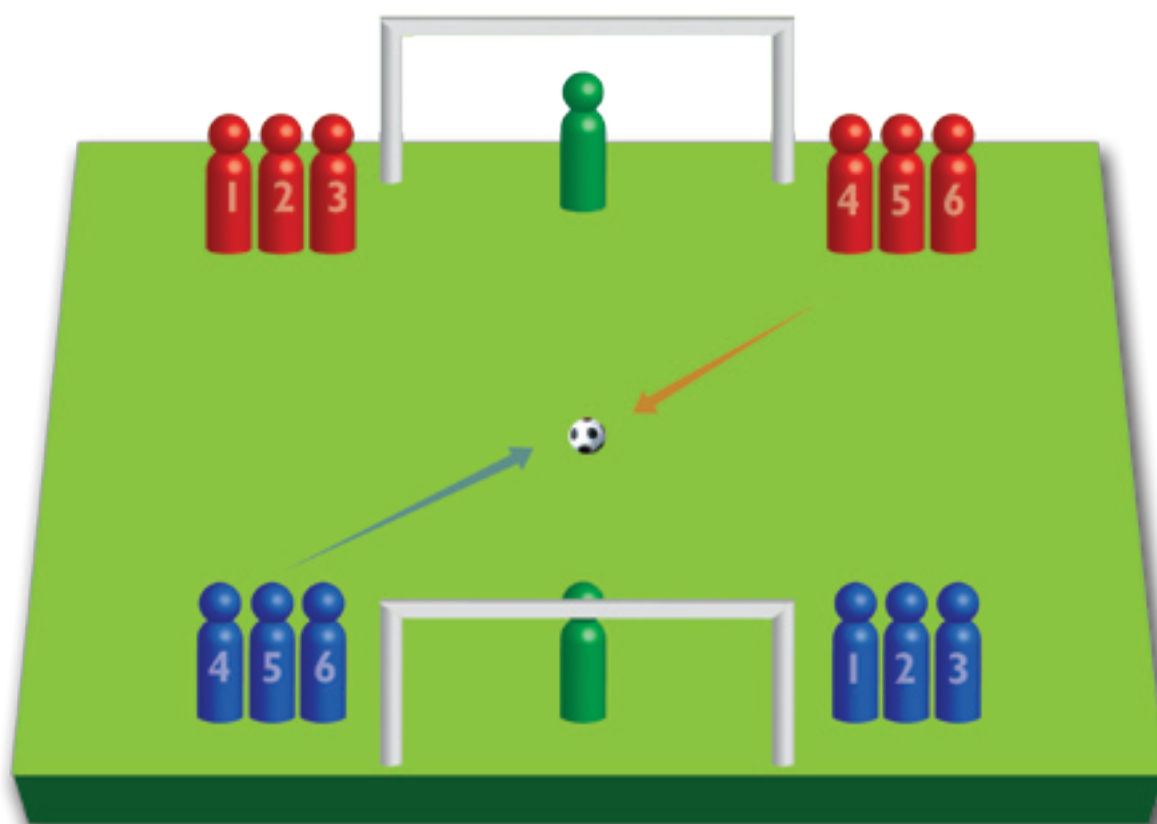
Session 5

NUMBERS GAME



Difficulty Rating

1v1, 2v2 etc



- △ Each player has a number
- △ The coach shouts out a number and feeds the ball onto the pitch
- △ The numbers shouted try to score past the oppositions GK

KEY POINTS

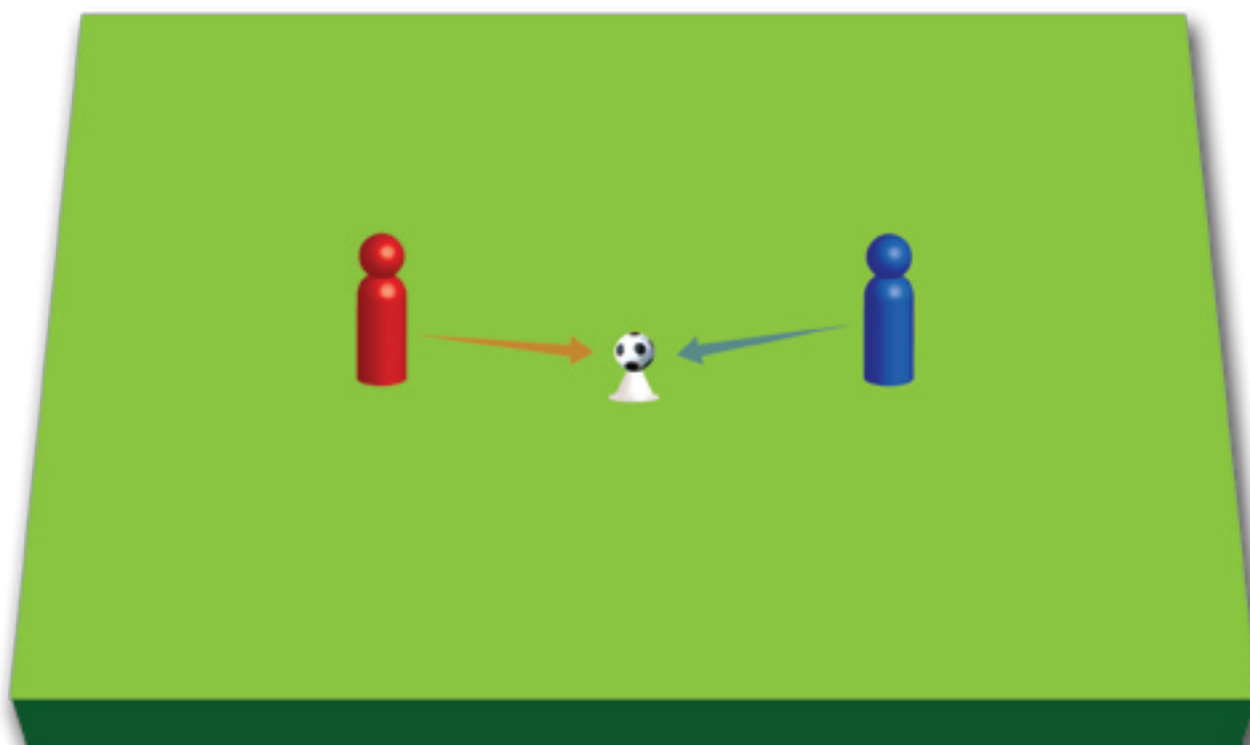
- △ Fast, direct, positive play
- △ Encourage Forward moves



Difficulty Rating

Session 6

CONE GAME - REACTION GAME



- △ Coach says a command and the players follow it when the coach says “ball”, it’s a race to see who has the quickest reaction to grab the ball from the cone
- △ Whoever takes the ball first wins a point
- △ If both players grab the ball at the same time it’s a draw (1 point each)
- △ If 1 player grabs the ball without the coach saying ball then his partner gets a point

KEY POINTS

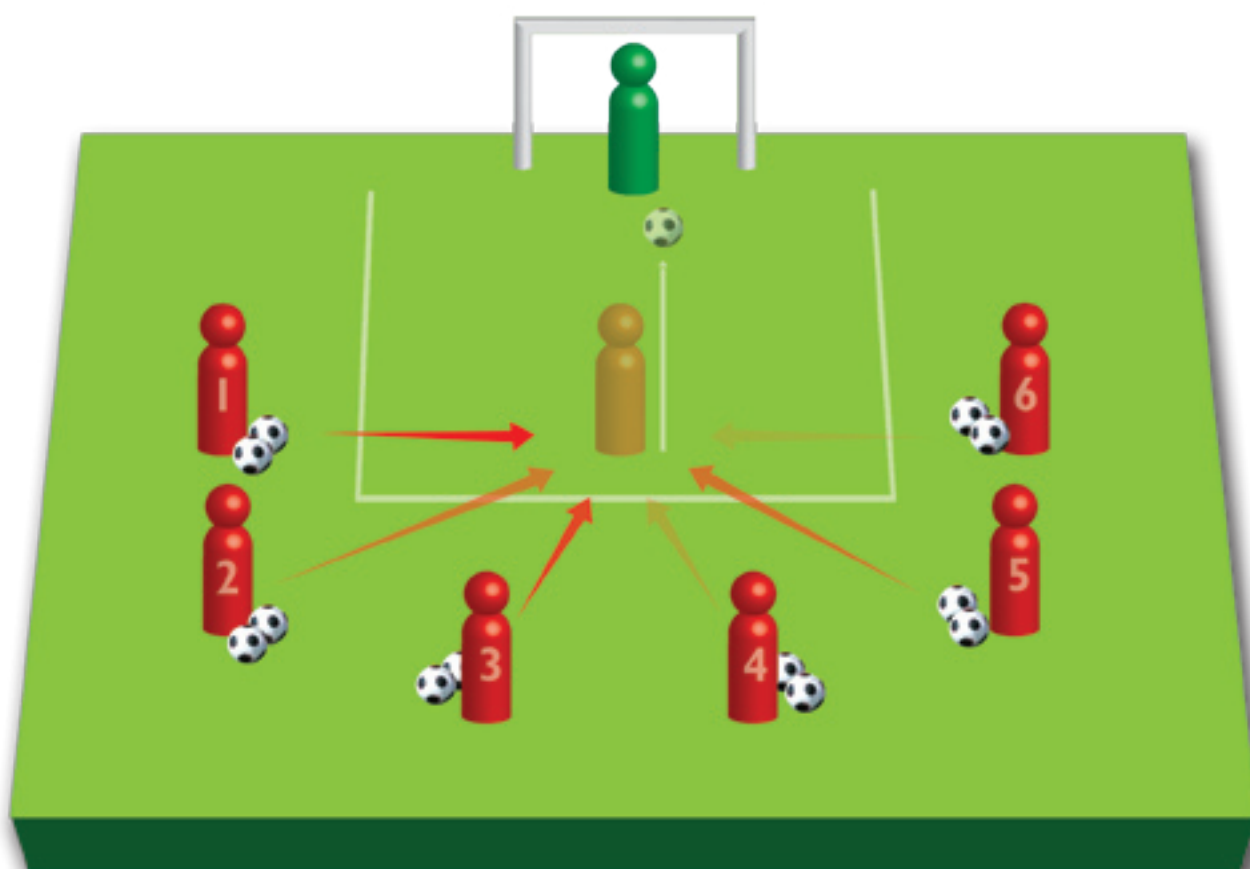
- △ Fun
- △ Reaction and speed of thought to a trigger word ('ball')

Session 7

FOX IN THE BOX



Difficulty Rating



- △ Each player on the outside has a number
- △ Coach shouts a number and the person shooting reacts, controls and shoots
- △ 2 balls each on the outside
- △ 1 or 2 touch finish inside the box
- △ Winner = most goals scored

KEY POINTS

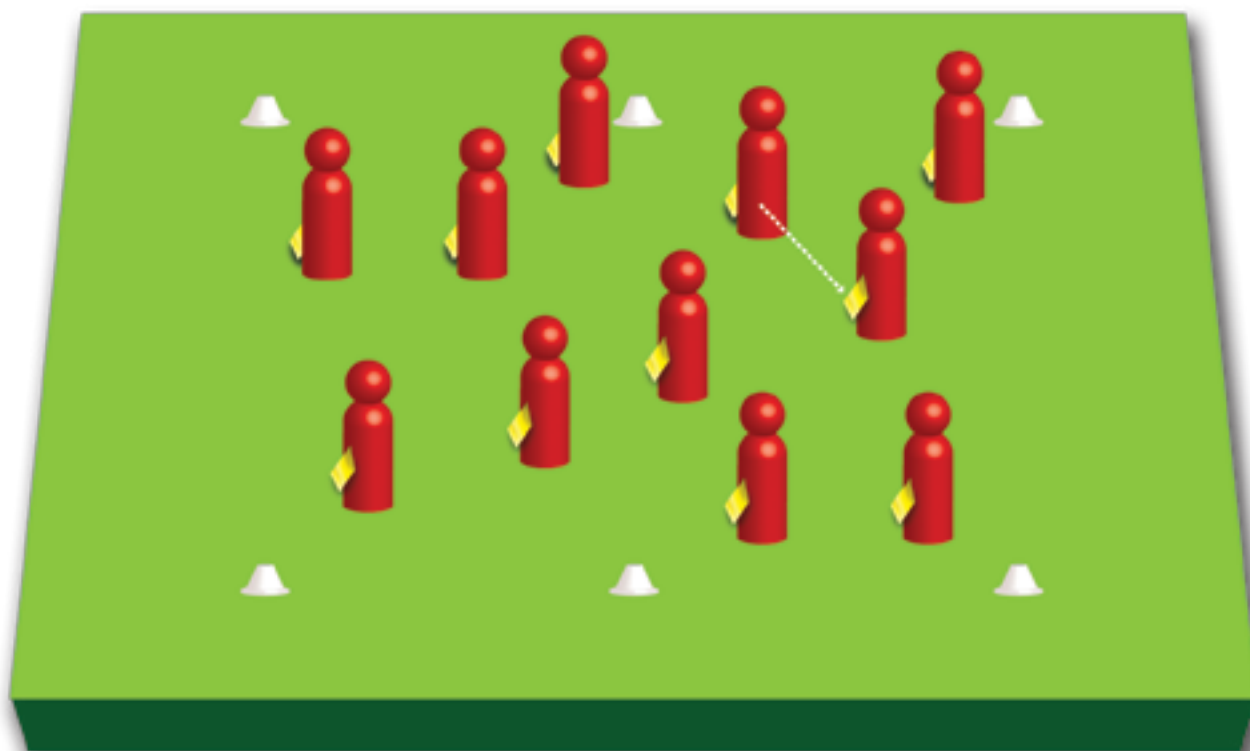
- △ Quality and accuracy of pass in to striker
- △ First touch
- △ Reactions
- △ Ball striking
- △ Awareness



Difficulty Rating

Session 8

TAILS

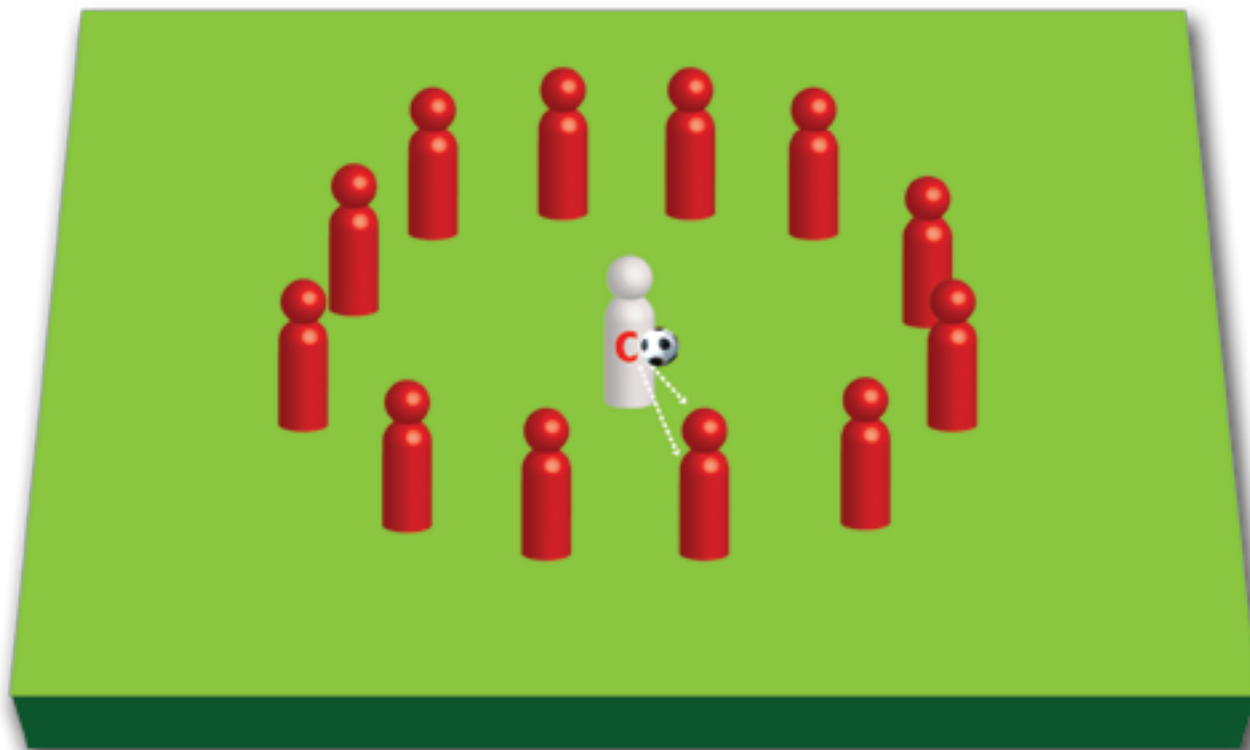


- △ The aim of the game is to take everybody else's tail out and protect your own
- △ The last man with a tail wins
- △ Each player has a tail (bib) in the back of their shorts
- △ If another player takes your 'tail' you are out
- △ If you are forced out of the square you are out

Note: This is very similar to 'King of the Ring'

KEY POINTS

- △ Awareness
- △ Speed (acceleration)
- △ Agility



- △ Coach throws the ball to the players head and calls 'Head or Catch'
- △ The player must do the opposite to the coaches demand
- △ If the player does the *opposite* command then they are still in
- △ If they do the right command then they're out

KEY POINTS

- △ Reactions
- △ Speed of thought



Difficulty Rating

Session 10

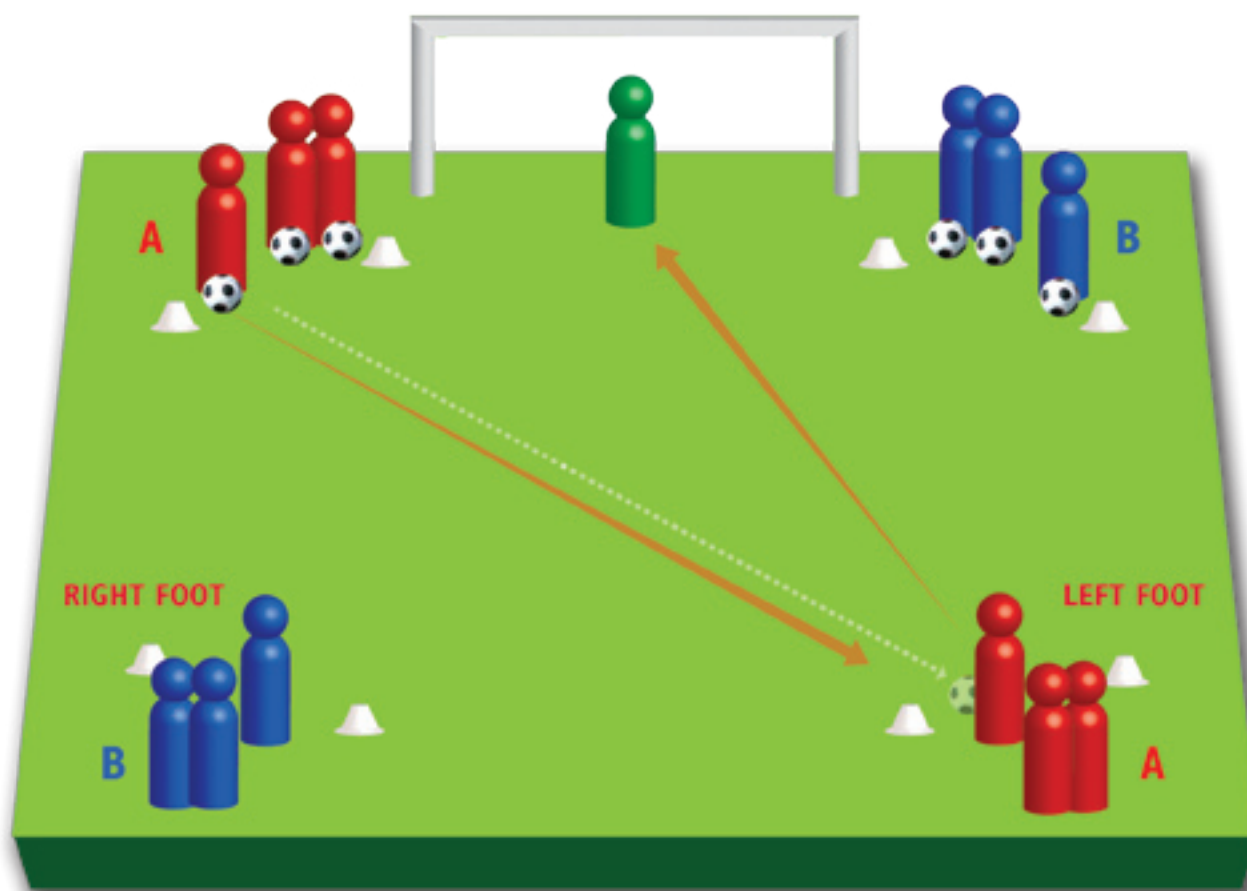
KING OF THE RING



- △ Each player has a football
- △ When the coach shouts GO it's every player for themselves
- △ Each player then tries to kick everybody else's football outside of the square
- △ The last player in the square with their own football wins

KEY POINTS

- △ Protect the ball
- △ Awareness
- △ Speed and agility



Group A = 1 team
Group B = 2 team

- △ Player plays a diagonal pass for a one touch finish
- △ Follow your pass or shot into the group diagonally opposite
- △ Depending on the side passed from depends on which foot you shoot with
- △ Swap over the groups so they can work both feet

KEY POINTS

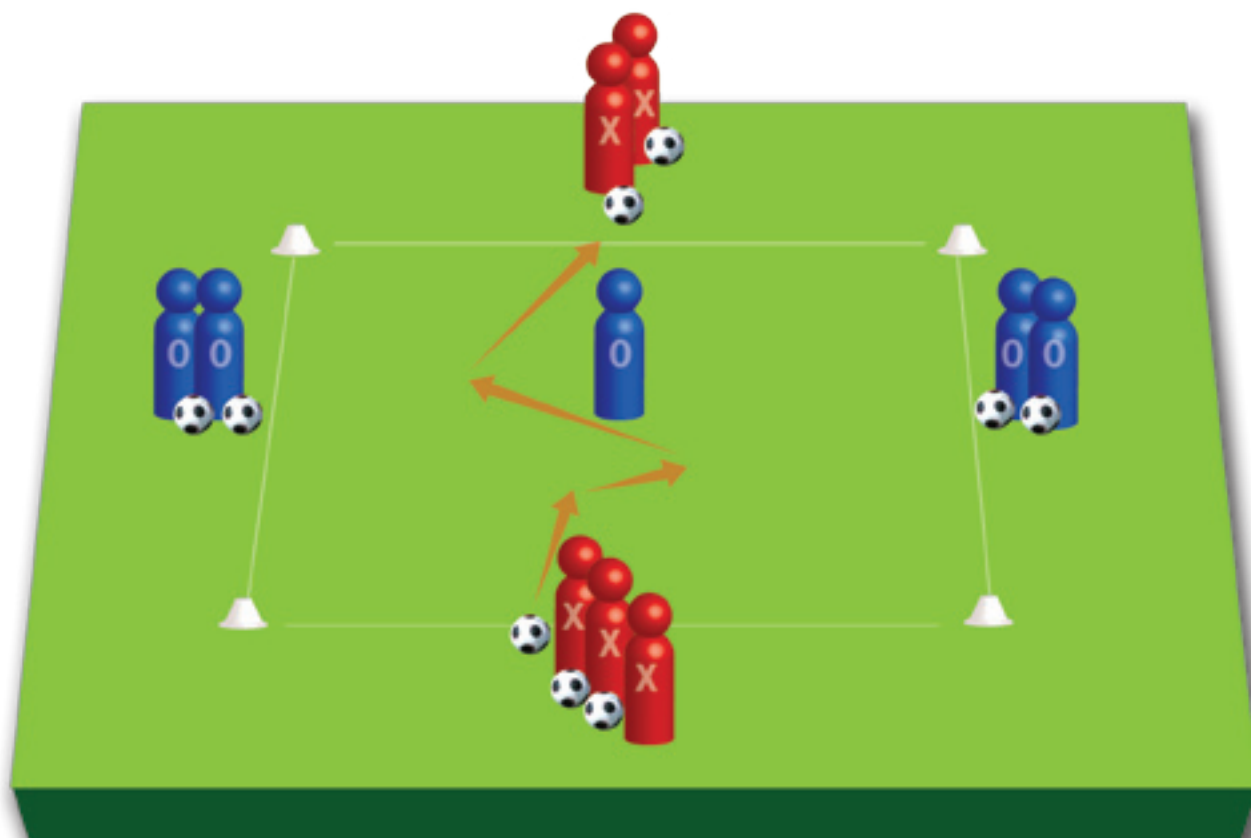
- △ Accurate passes on the floor
- △ Guide the ball into the goal
- △ Use inside of the foot
- △ Shoot back to where the pass came from



Difficulty Rating

Session 12

1v1 SWEAT BOX



FIRST TO 10

- △ X attacks O within the box and must cross the line opposite to gain a point
- △ The ball must be under control
- △ O can only come out when he has won the ball back
- △ Then X defends against the O's

KEY POINTS

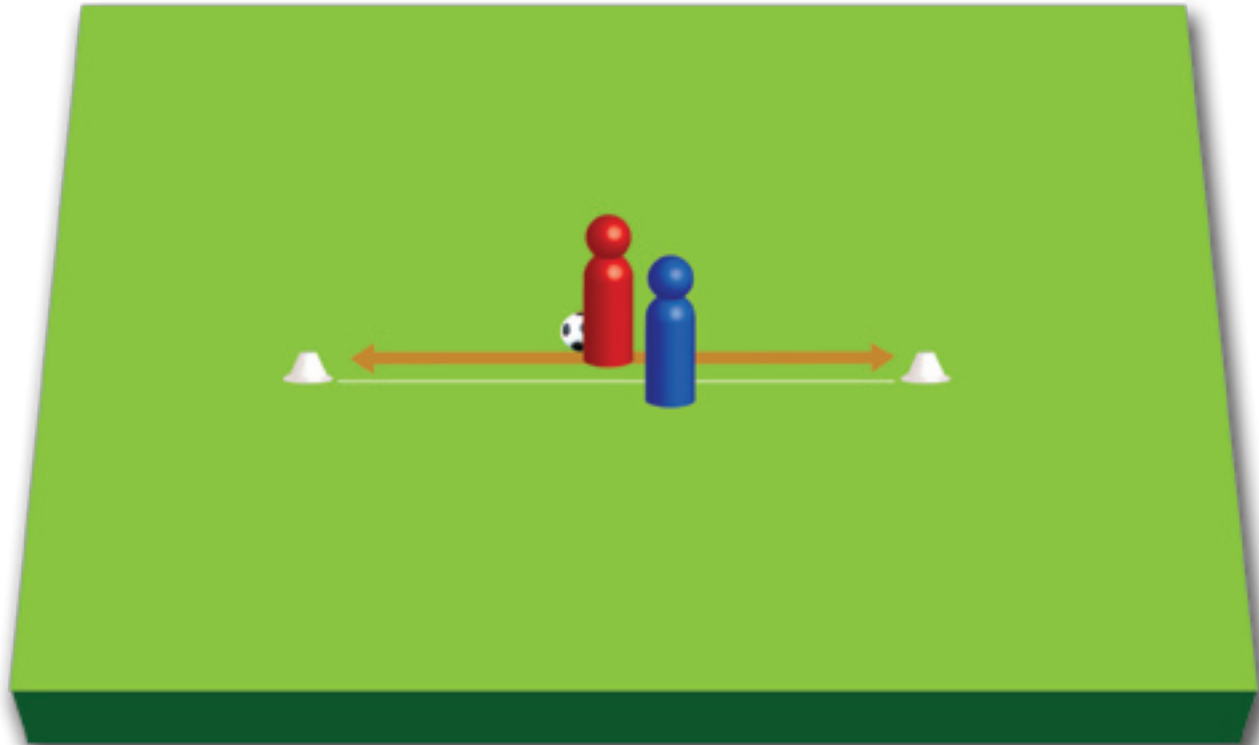
- △ Encourage forward moves and quick play
- △ Always keep the ball moving
- △ Encourage positive play
- △ Attack the space

ZIDANES / SIDE MOVES



Difficulty Rating

1. UNDERNEATH 2. ACROSS 3. STEP TAKE 4. SOLE CRUYFF



- △ Each player finds a line
- △ Use the line as a defender to practice each of the 4 turns (above) in 2's with passive resistance
- △ Practice each of the turns
- △ Look to stay close to the line and protect the ball

KEY POINTS

- △ Concentrate on protecting the ball, keeping your body in between your opponent and the ball
- △ Practice each turn for 30 seconds or in reps of 10

Note - done properly this is very intense and very hard work. Make time for plenty of rest in between each turn.



Difficulty Rating

Session 14

THE PLOUGH



- △ Same as Session 3, but running with the ball
- △ X1 and X2 head towards each other and use a forward move to go past one another
- △ Start left and then take right
- △ Encourage all forward moves

KEY POINTS

- △ Distance and timing of moves
- △ Speed of moves
- △ Quality of moves

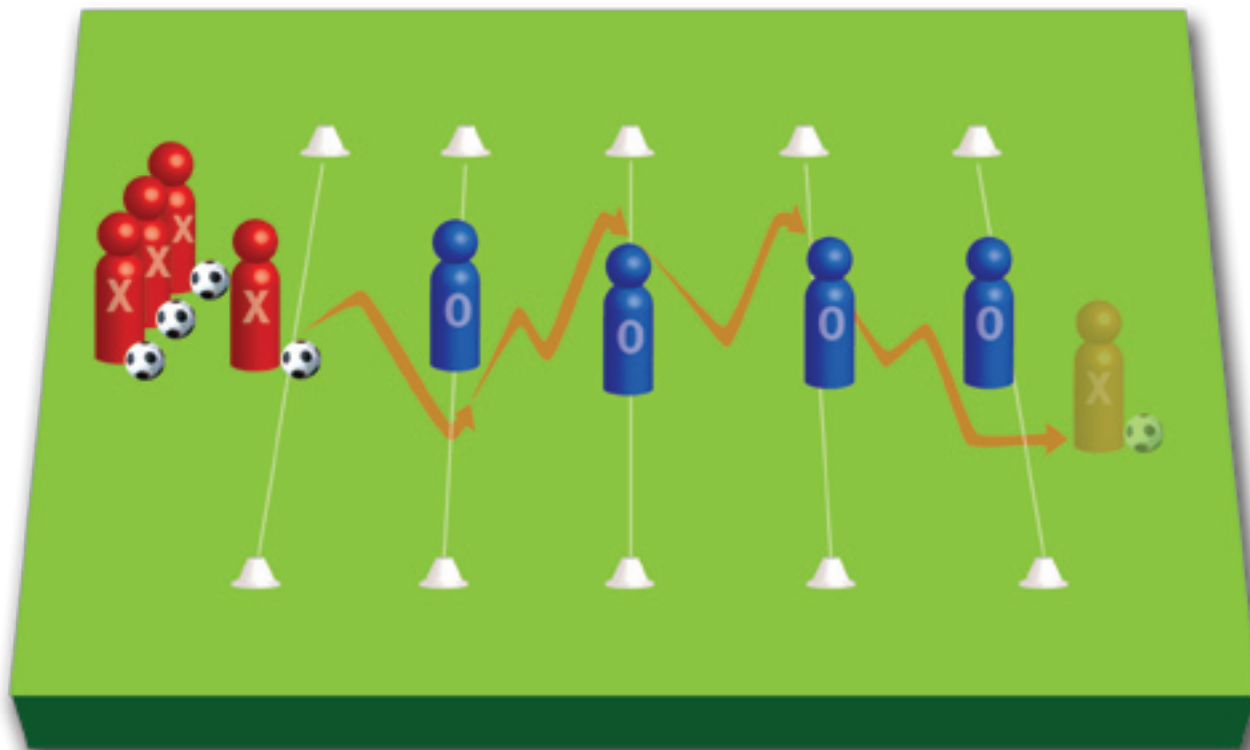
Session 15

GLADIATOR



Difficulty Rating

1v1v1v1v1



- △ O must defend the line and cannot come off it
- △ X must beat as many O's as possible and gains 1 point for each success
- △ Change over after each team member has had 2 attempts

KEY POINTS

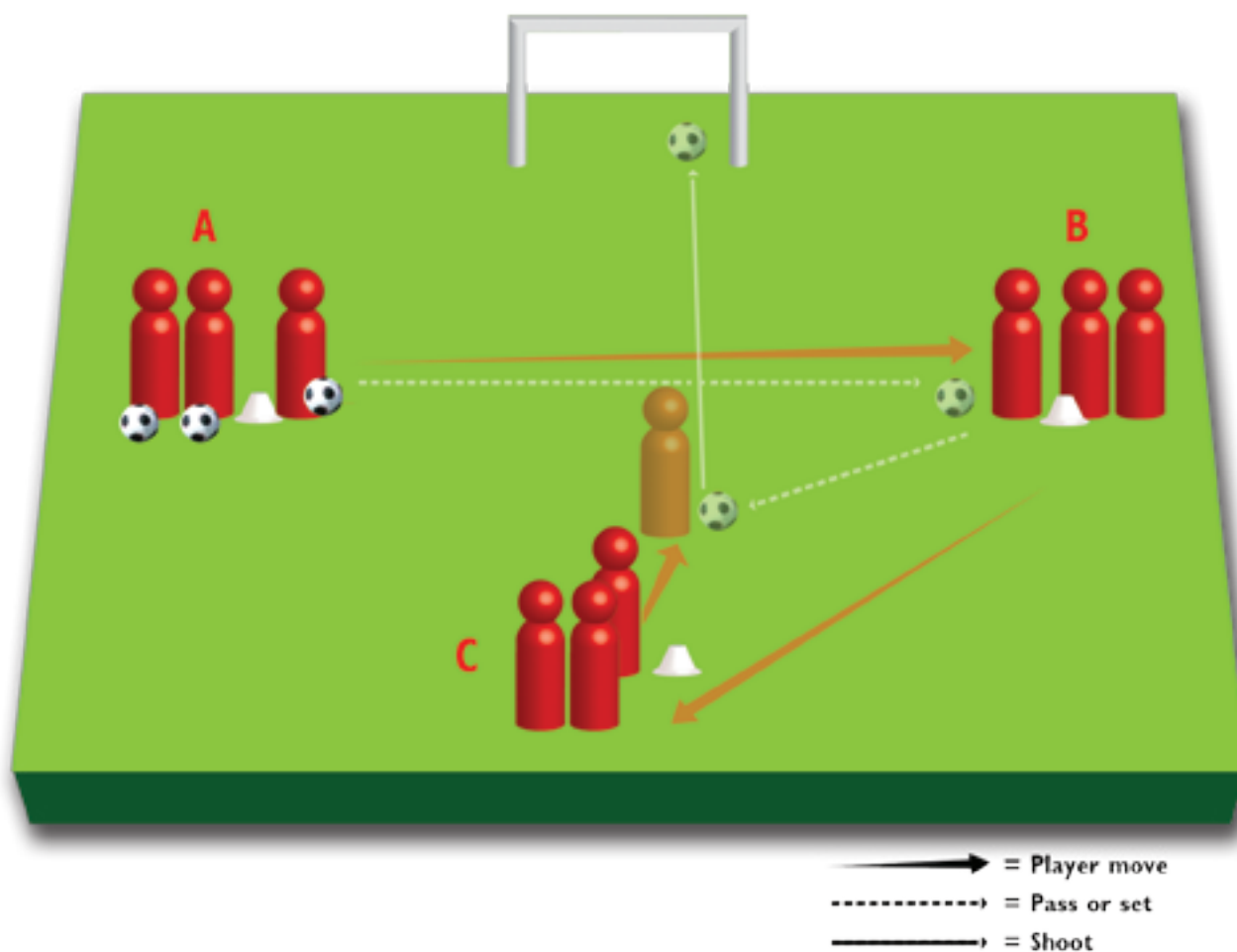
- △ Encourage forward moves, direct and positive play
- △ Attack the space



Difficulty Rating

Session 16

PASS SET SHOOT



A passes to B, B sets C, C shoots
A goes to B, B goes to C and C goes to A

Competition

You can also have one team behind the Goal catching any stray shots if they catch successfully then they take a goal from the other team.

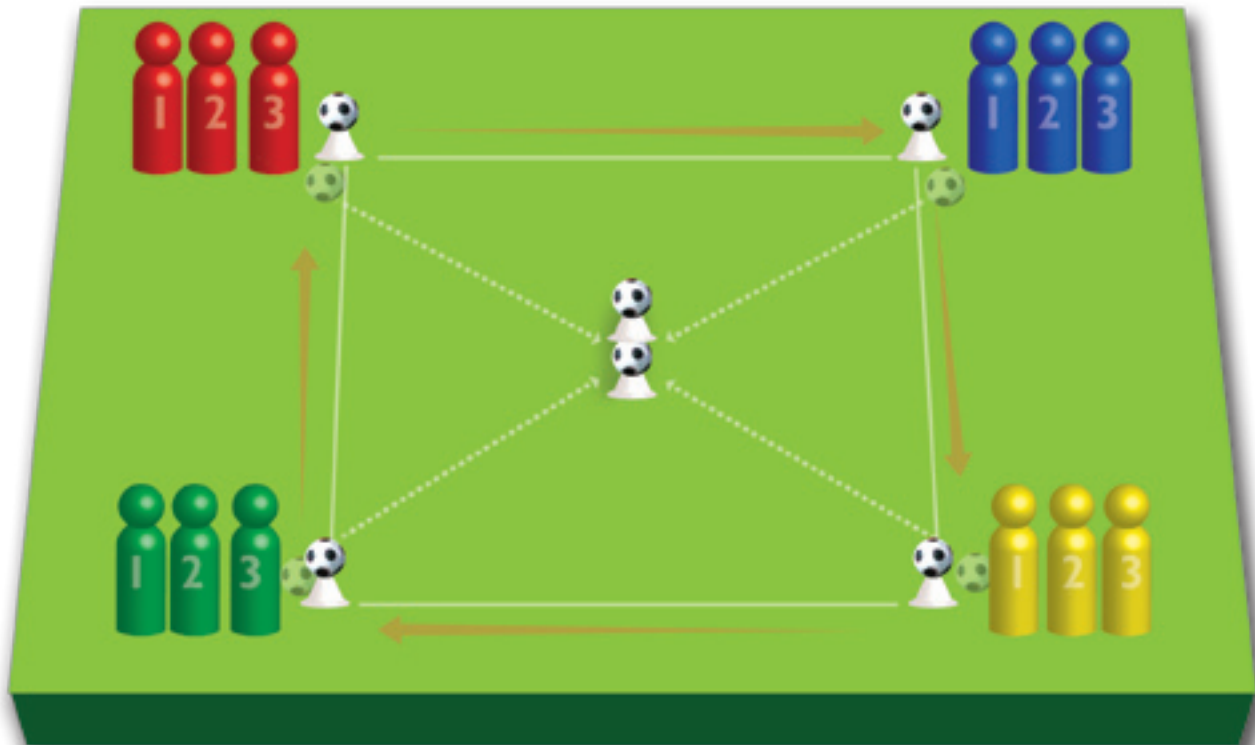
KEY POINTS

- △ Hit the target
- △ Pass and move quickly
- △ Set to preferred foot
- △ Get the rotation right

Session 17

TOWER GAME

★ ★
Difficulty Rating



- △ Each player has a number
- △ Coach shouts a number, he takes the ball off his team cone and attempts to knock down the tower in the middle using inside of the foot pass
- △ Progress into dribbling across
- △ Changing direction
- △ Using left and right feet
- △ Turning and passing

KEY POINTS

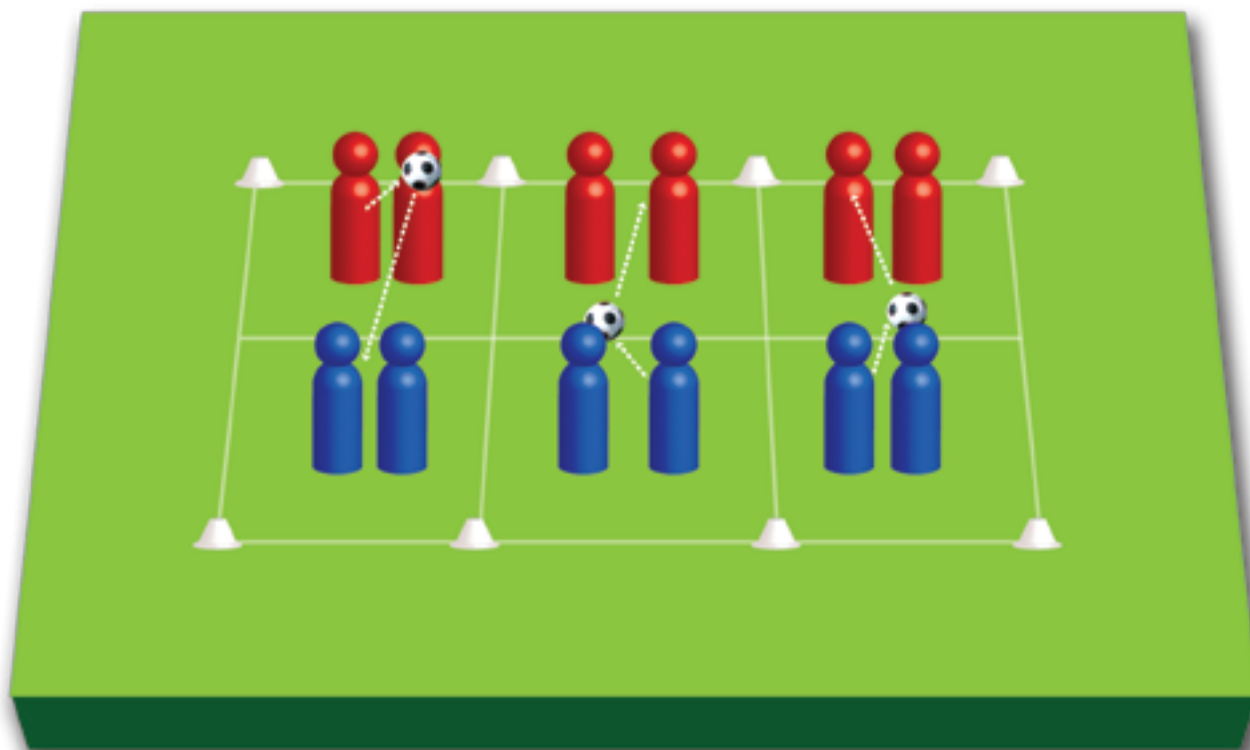
- △ Reaction time
- △ Passing accuracy
- △ Speed/quickness



Difficulty Rating

Session 18

HEADING WORLD CUP



- △ Only score with a header
- △ Each player serves with hands to partner to score
- △ You can head straight back
- △ 3 minute games
- △ Promotion relegation format
- △ Each team is not allowed over the half way line

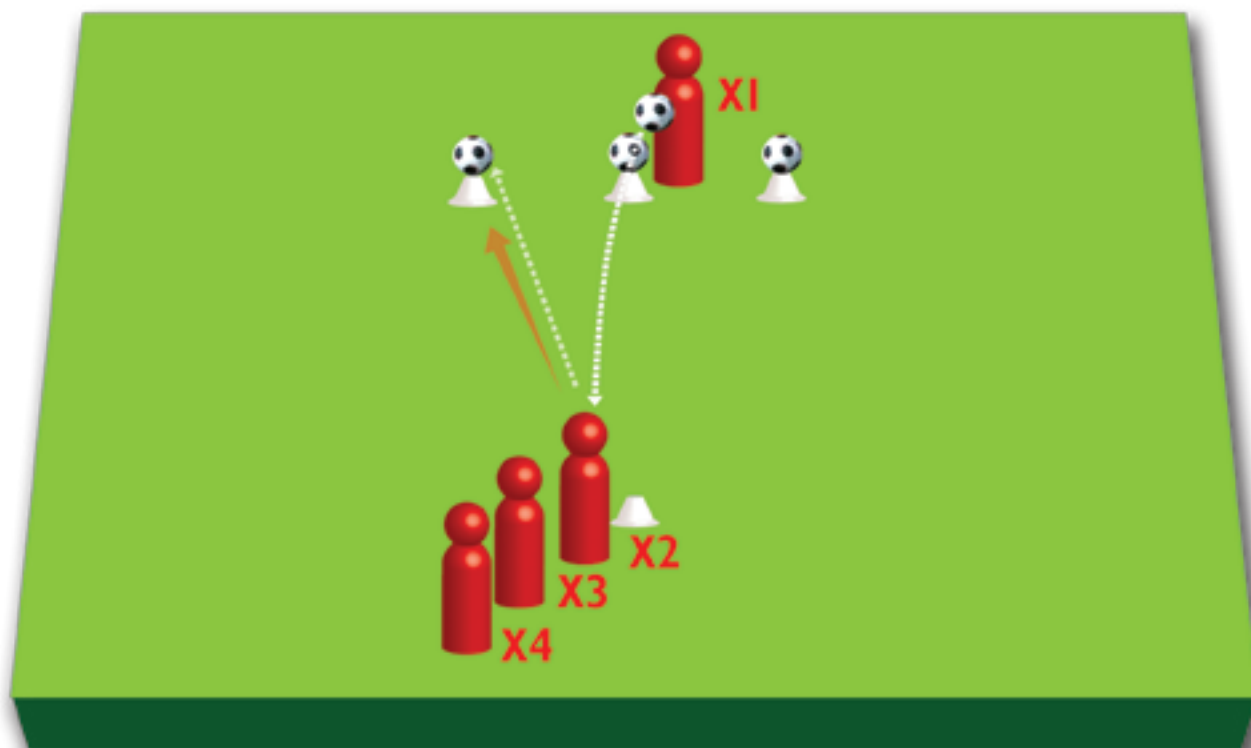
KEY POINTS

- △ Head the ball down
- △ Use forehead, eyes open and on the ball
- △ Give your team-mate good service
- △ Take a run up and attack the ball

HEADING CONE GAME



Difficulty Rating



- △ X1 throws the ball to X2, X2 heads down and tries to knock the footballs off the cone
- △ X2 then becomes the server and the next in line has a go
- △ Take it further away for passing
- △ Use same rotation

KEY POINTS

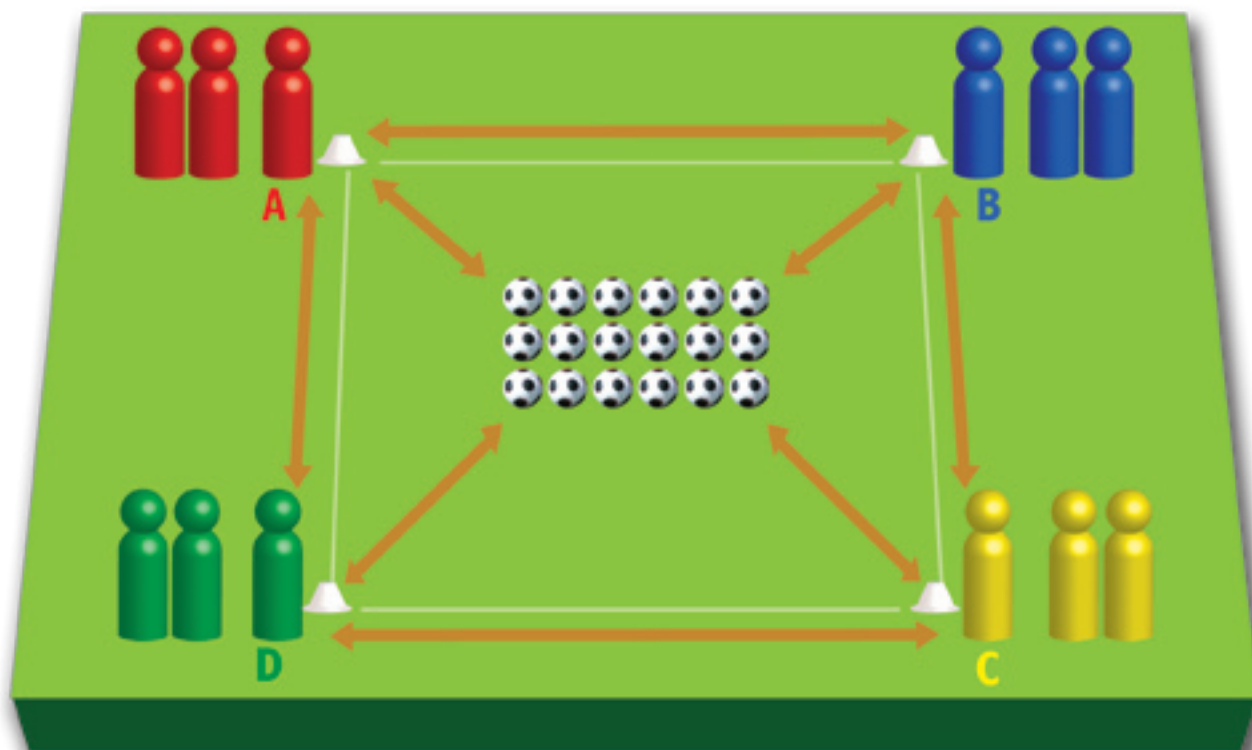
- △ Service must be good
- △ Head the ball down, eyes open use forehead
- △ Use whole body to generate power



Difficulty Rating

Session 20

ROBIN HOOD



- △ ABC and D take all the footballs from the middle (1 player at a time from each group)
- △ Then take balls from each of the other teams when all of the footballs have gone from the middle
- △ The team with the most footballs after 2 minutes wins

KEY POINTS

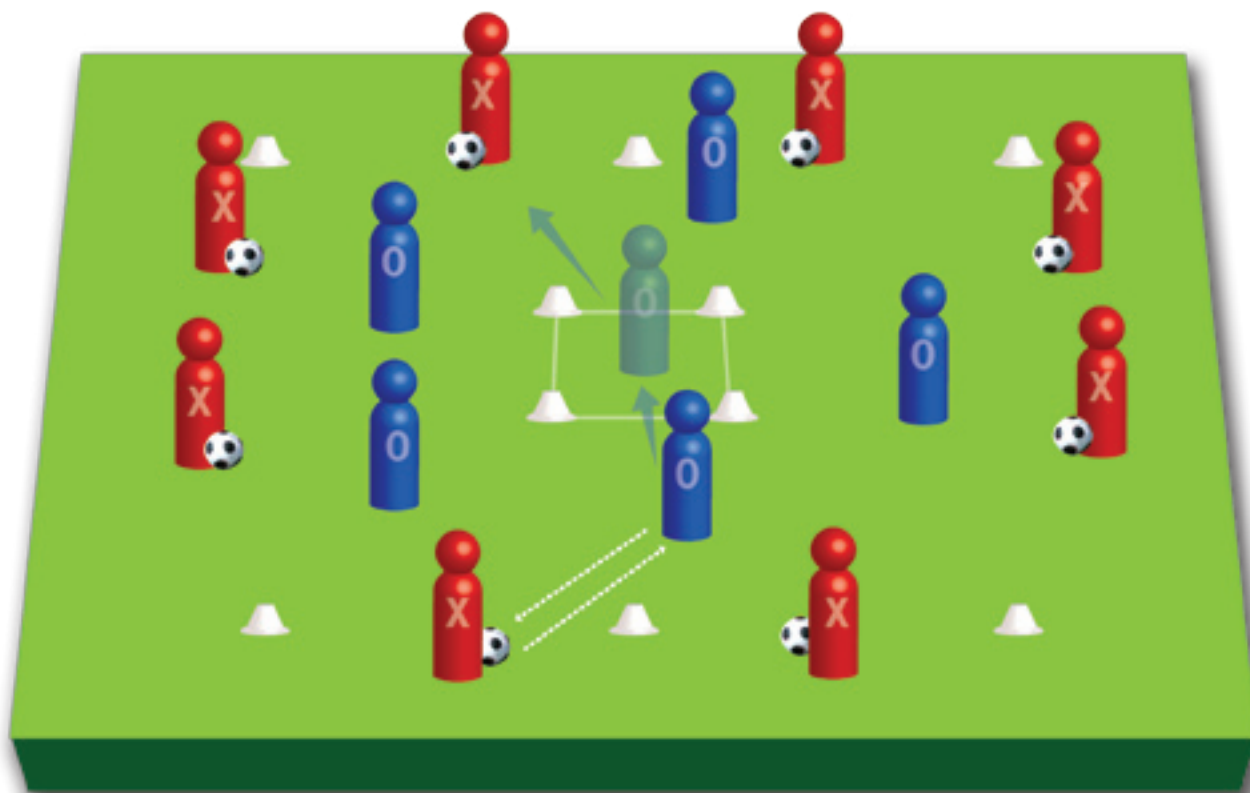
- △ Get your head up
- △ Keep close control of the ball
- △ Attack quickly and wisely

Session 21

BIG BOX LITTLE BOX



Difficulty Rating



- △ X outside O inside
- △ O must go through the middle before receiving a pass from X
- △ O simply returns the ball and moves off through the little box to a different server.
- △ Work on passing, heading volleys etc.
- △ Don't forget to change the O with the X

KEY POINTS

- △ Accuracy of passing
- △ Communication
- △ Vision
- △ Awareness



Difficulty Rating

Session 22

BACK 2 GOAL



S = Server
-----> = Pass
—————> = Shoot

- △ S plays into the space within the box
- △ X1 chases after the ball followed by X2
- △ X1 must try to turn and beat X2 to score a goal
- △ The next time round the roles are reversed
- △ X1 defends and X2 attacks

KEY POINTS

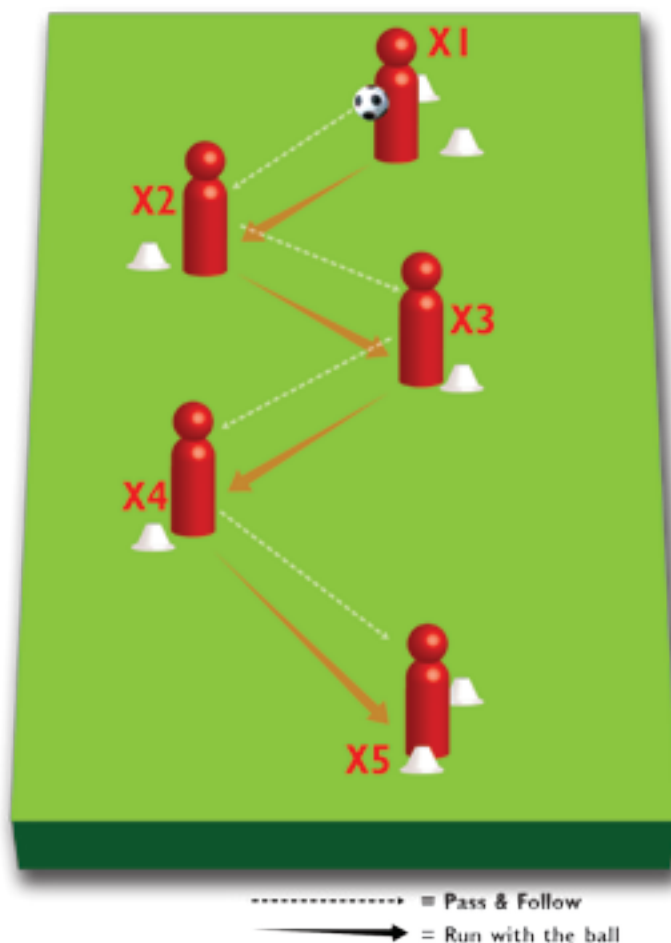
- △ Protect the ball
- △ Turn quickly
- △ Change of pace
- △ Hit the target

Session 23

ZIGGA ZAGGA



Difficulty Rating



X1 passes to X2
X2 passes to X3
X3 passes to X4
X4 passes to X5
X5 dribbles to X6

- △ Start with football in the hands and progress to, passing, volleys out of hand, headers
- △ Take into a competition between a number of teams
- △ To progress add more footballs

KEY POINTS

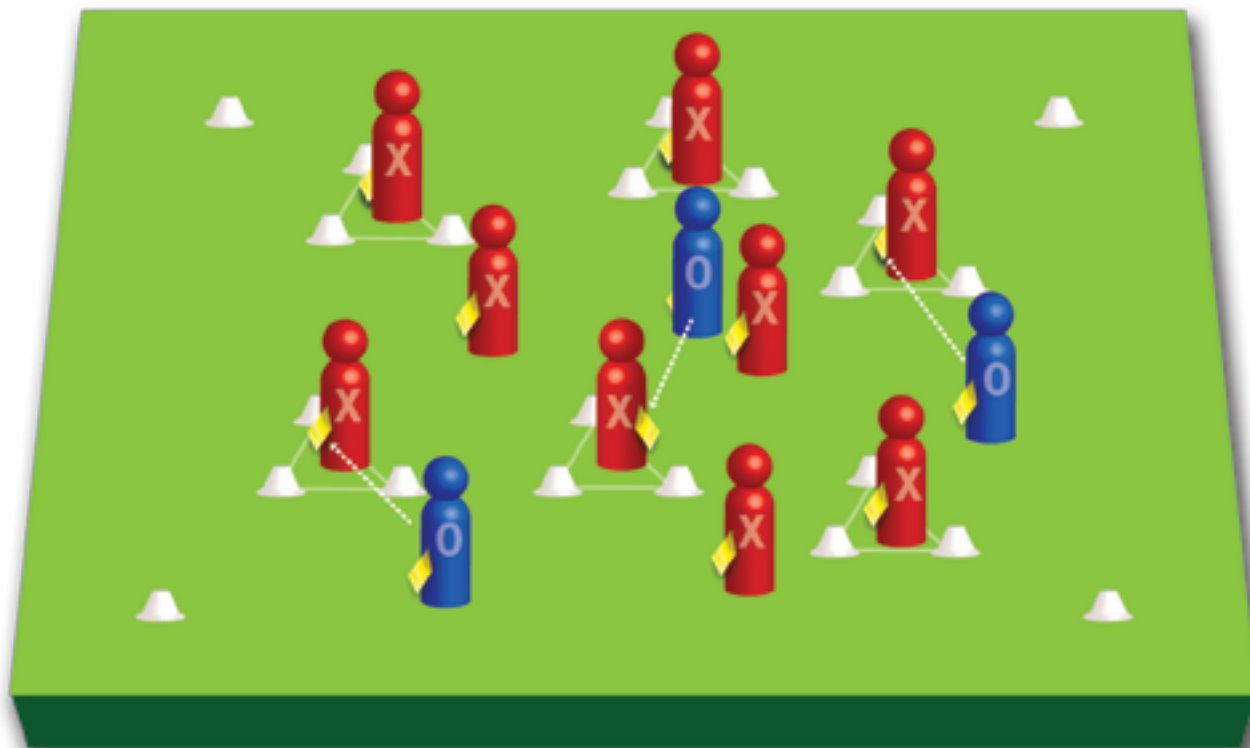
- △ Accurate passing
- △ Communication
- △ Quick movement with and without the ball
- △ Awareness



Difficulty Rating

Session 24

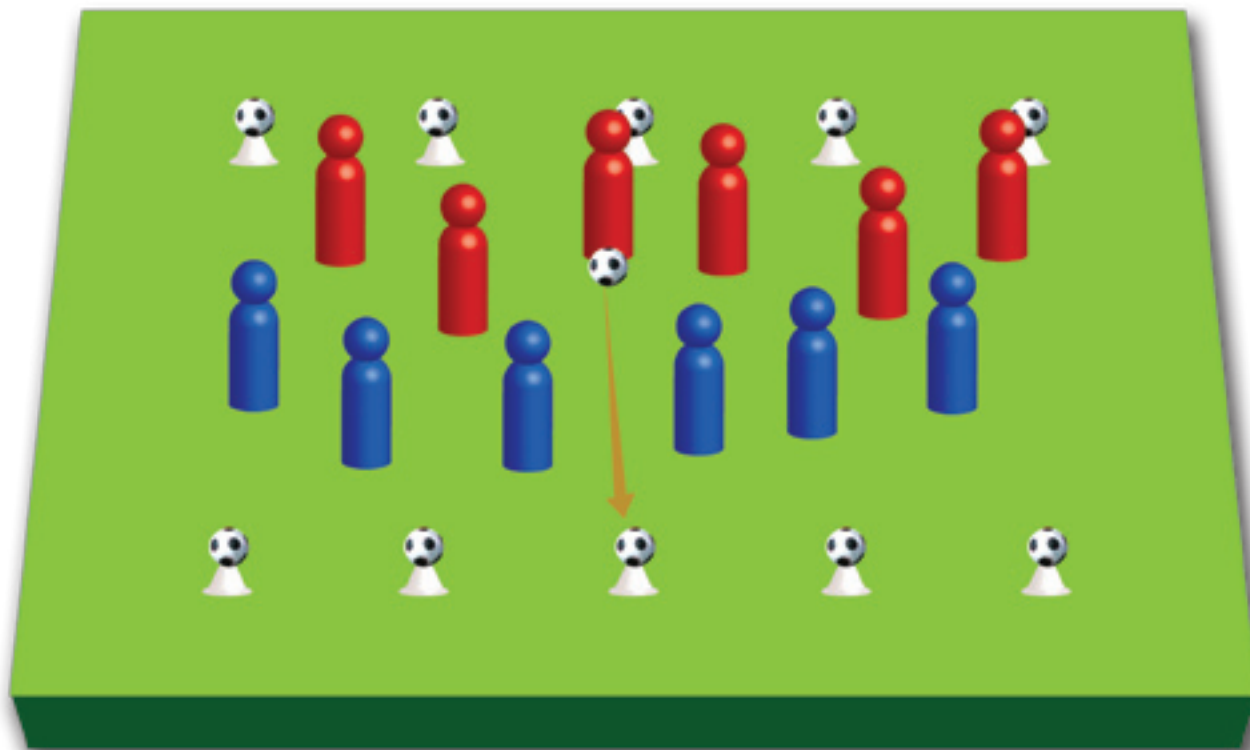
GET OUT OF MY TREE



- △ X has a bib in the of his shorts, which O must grab, if successful they change places
- △ If another X comes into your “tree” and shouts “ get out of my tree” then you must go and find another tree
- △ To progress introduce 1 football each for the attackers, now the defenders must get a touch on the ball to change places

KEY POINTS

- △ Awareness
- △ Speed
- △ Communication
- △ Ball protection



- △ Each team has 5 footballs balanced on there cones
- △ The aim of the game is to knock the oppositions footballs off the cone one at a time and take both the ball and cone back and balance them at your end
- △ The team with the most footballs at the end of time wins

KEY POINTS

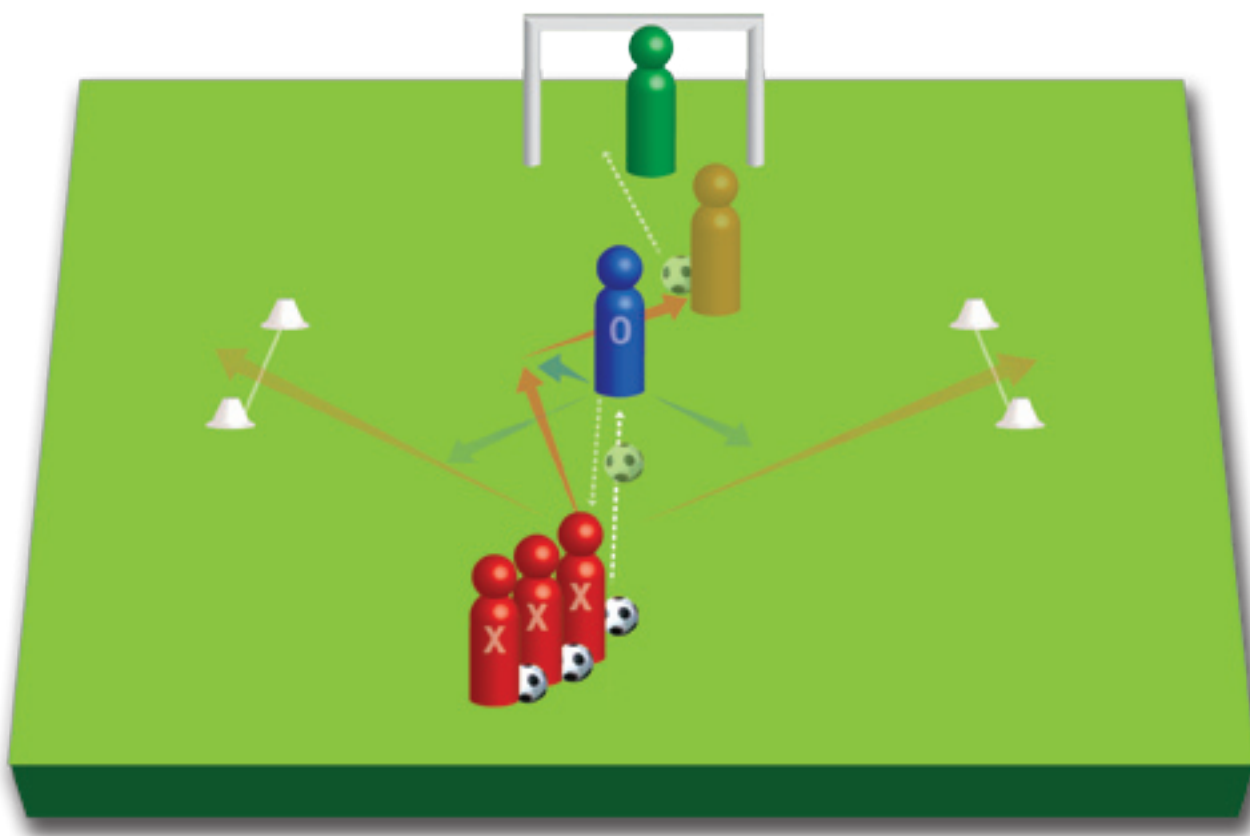
- △ Quick accurate passing
- △ Communication
- △ Awareness
- △ Create 1v1s 2v1's etc



Difficulty Rating

Session 26

GATES OR GOALS

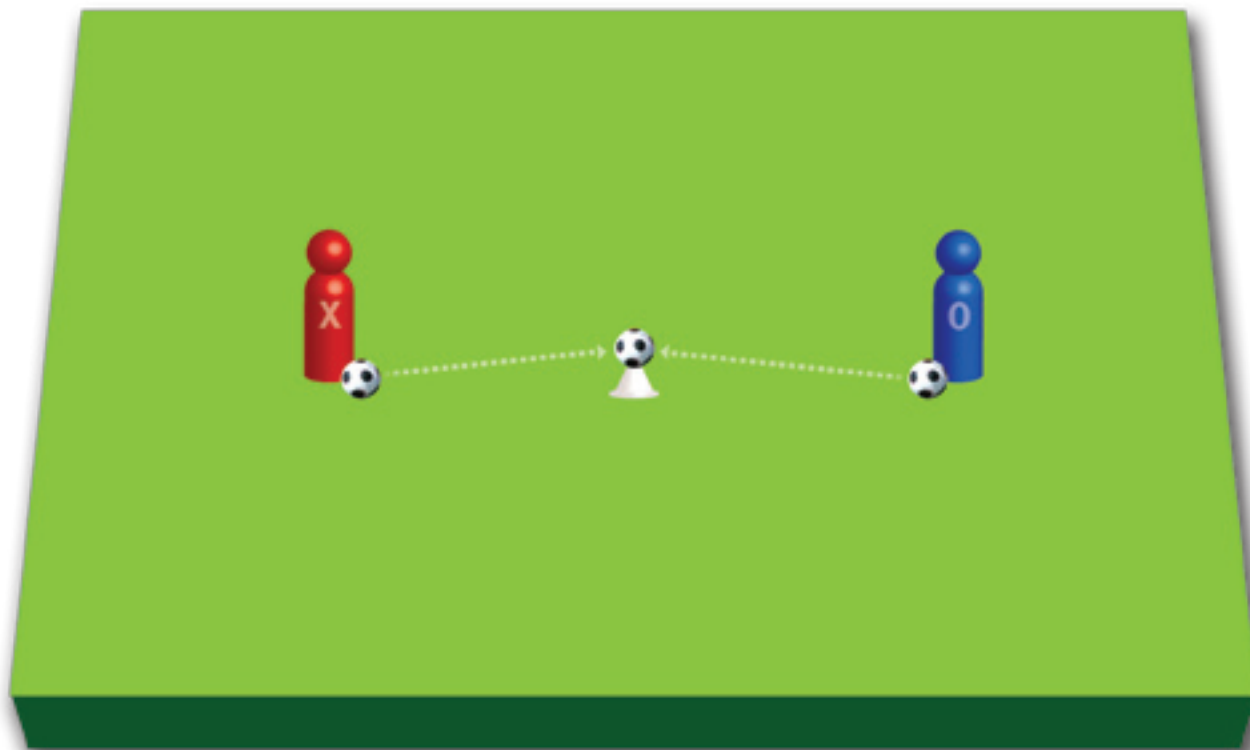


- △ X starts by passing to O
- △ O passes back and defends
- △ X can score through either gate or past the Goalkeeper

- 1 point for a gate 3 points for a goal
- △ Change the defender every time
- △ Competition X v O 3-4minutes each

KEY POINTS

- △ Be positive
- △ Attack quickly
- △ Always keep the ball moving



△ Starting from 10 yards away X v's O to see who can knock the ball off the cone the most

△ For more advanced or older kids take it further away
Also vary the strike from inside of the foot to laces etc

KEY POINTS

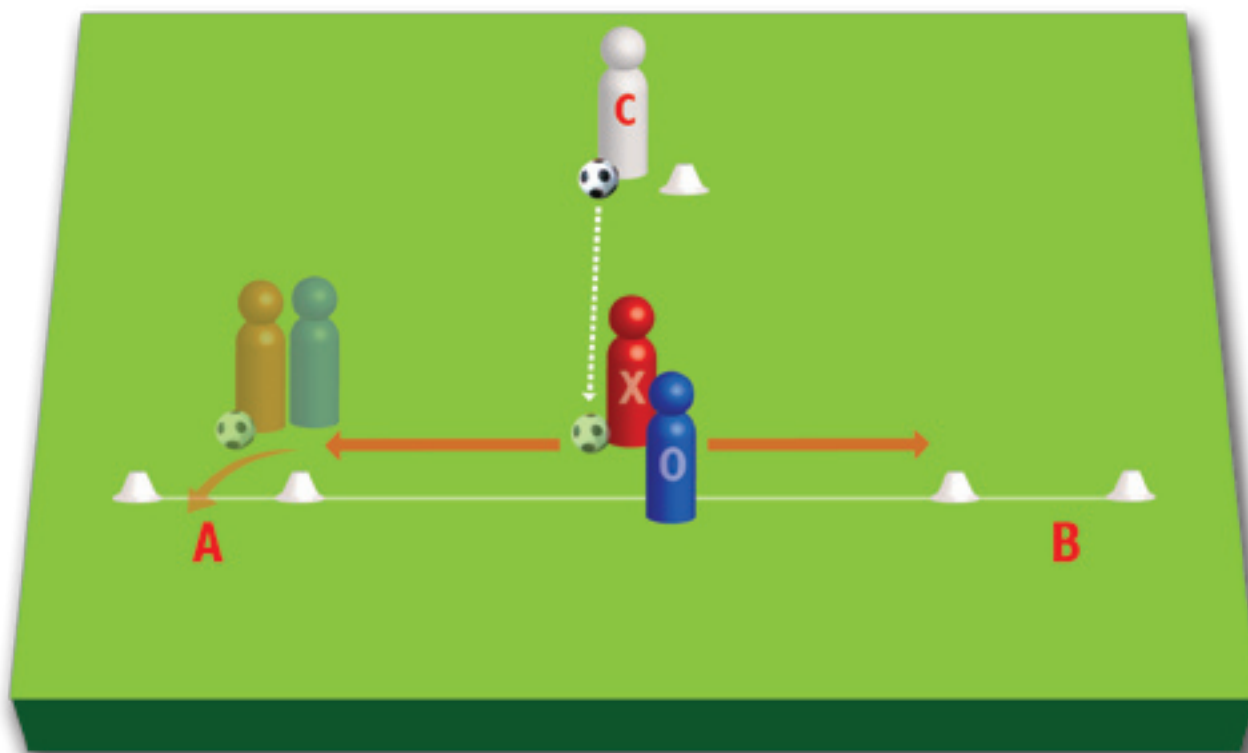
- △ Use the inside of the foot
- △ Go for accuracy not power
- △ Keep the ball on the floor



Difficulty Rating

Session 28

TWO GATE GAME - A



- △ Coach plays the ball to X who tries to beat O to A or B using his side moves
- △ X must have the ball under control when entering gates A or B to score
- △ To begin with O cannot cross the line, although to progress session allow O to defend properly and defend beyond the line
- △ X has 15 seconds to score

KEY POINTS

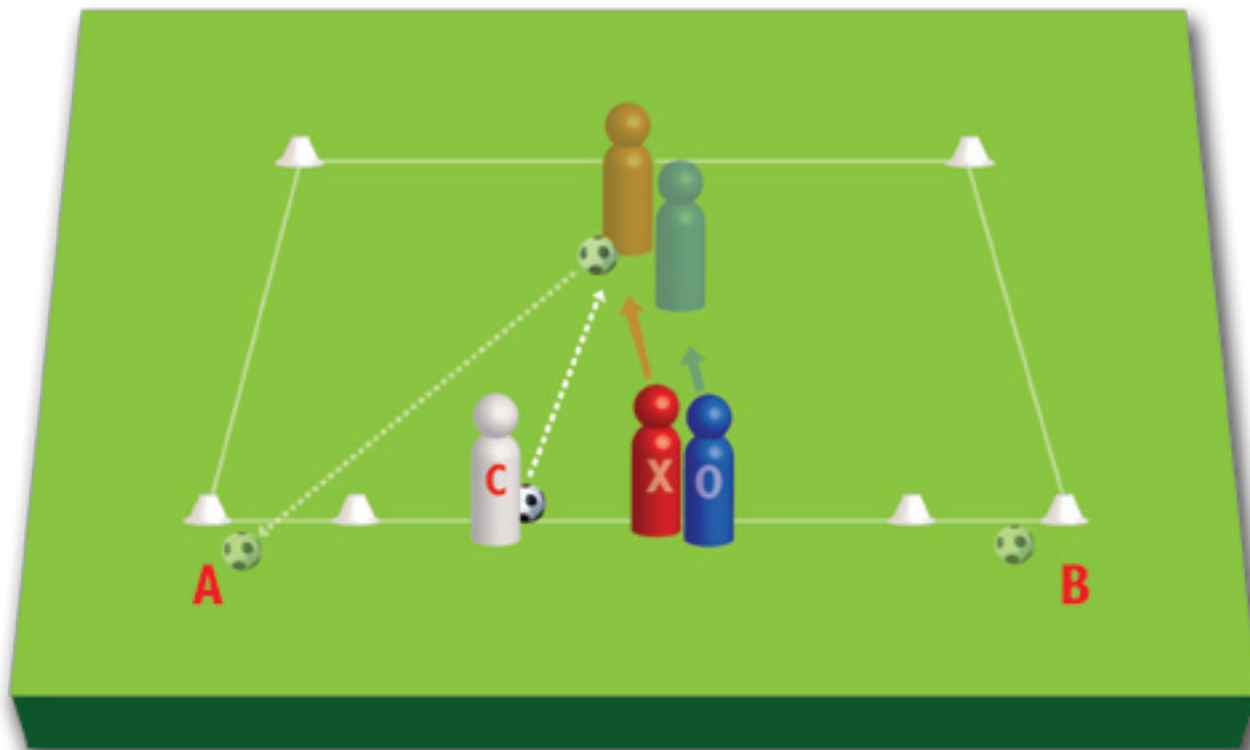
- △ Encourage X to stay close to the line and use all moves quickly and effectively
- △ Control, first touch
- △ Pass

Session 29

TWO GATE GAME - B



Difficulty Rating



△ Coach plays the ball into the space X goes followed by O and the game begins

△ X tries to score in A or B

KEY POINTS

△ Encourage protection, side moves and quick play

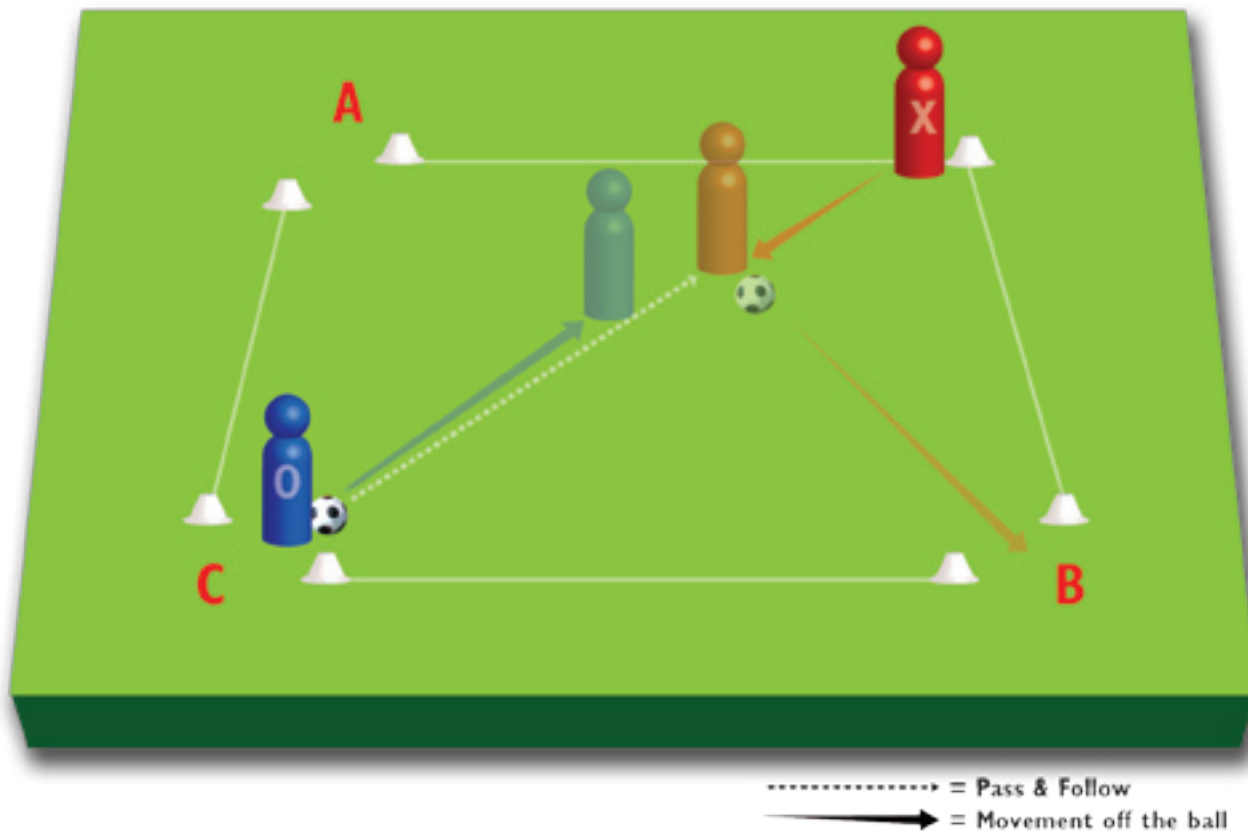
△ Creativeness



Difficulty Rating

Session 30

THREE GATE GAME



- △ O passes to X and defends A + B
- △ X attacks A or B to start with
- △ Introduce goal C later on in the session
- △ 1 goal for A or B
- △ 2 goals for C

KEY POINTS

- △ Encourage forward and side moves
- △ Quickly and effectively
- △ Move away from the space that you want to go to



1v1



- △ X3 passes to X1 and moves sideways to B,
- △ X3 then walks to A and X1 uses forward move to beat X3 and attack the space
- △ X2 passes to X3 who is now at A and the sequence begins again starting from the opposite side

Competiton: Defend the line

KEY POINTS

- △ Pass
- △ Ball control
- △ Different types of moves
- △ The timing and distance of the skill executed
- △ Recognise where the space is to attack

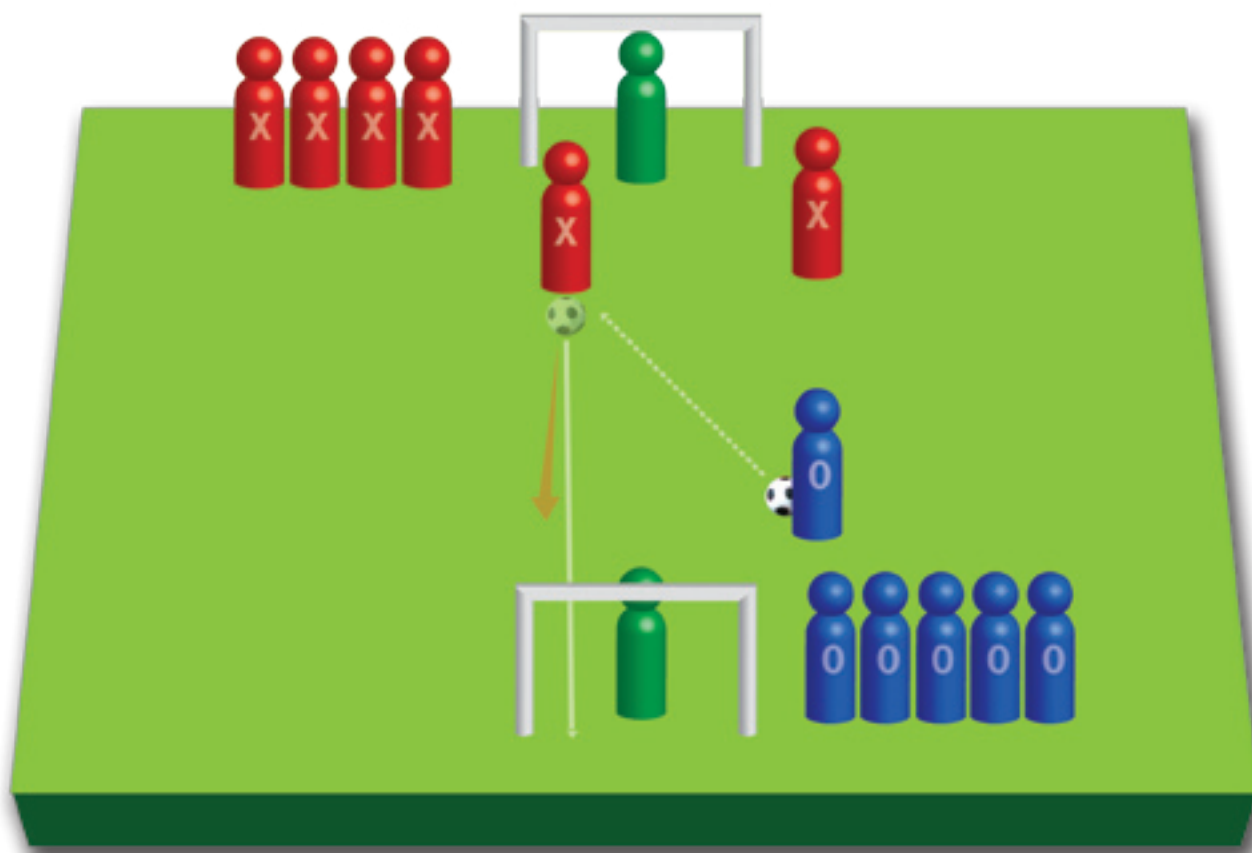


Difficulty Rating

Session 32

ATTACK v DEFENCE

1v1, 2v1, 3v2



△ O passes ball to X, X attacks O

△ Overload to progress

KEY POINTS

△ Attack positively and quickly

△ Create 1v1 situations

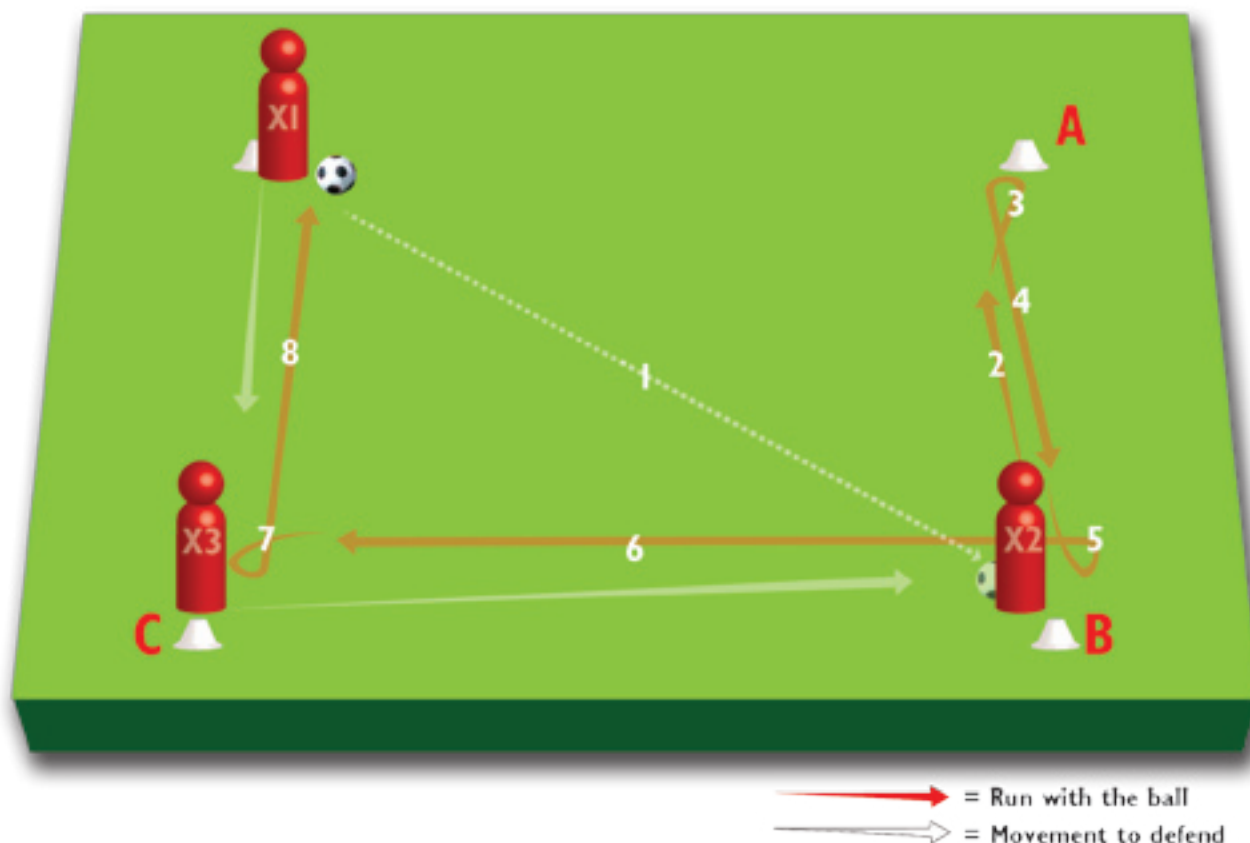
△ Use forward moves effectively

Session 33

TURN TURN TURN



Difficulty Rating



1. X1 pass to feet of X2
 2. X2 controls and takes to A
 3. X2 turns at A
 4. X2 takes towards B
 5. X2 turns and protects at B
 6. X2 controls and takes towards C
 7. X2 turns and protects at C
 8. X2 controls and takes towards D
- Finish/Start again

- △ X3 closes down B as X2 arrives
- △ X1 closes down C as X2 arrives to make the player turn with resistance

KEY POINTS

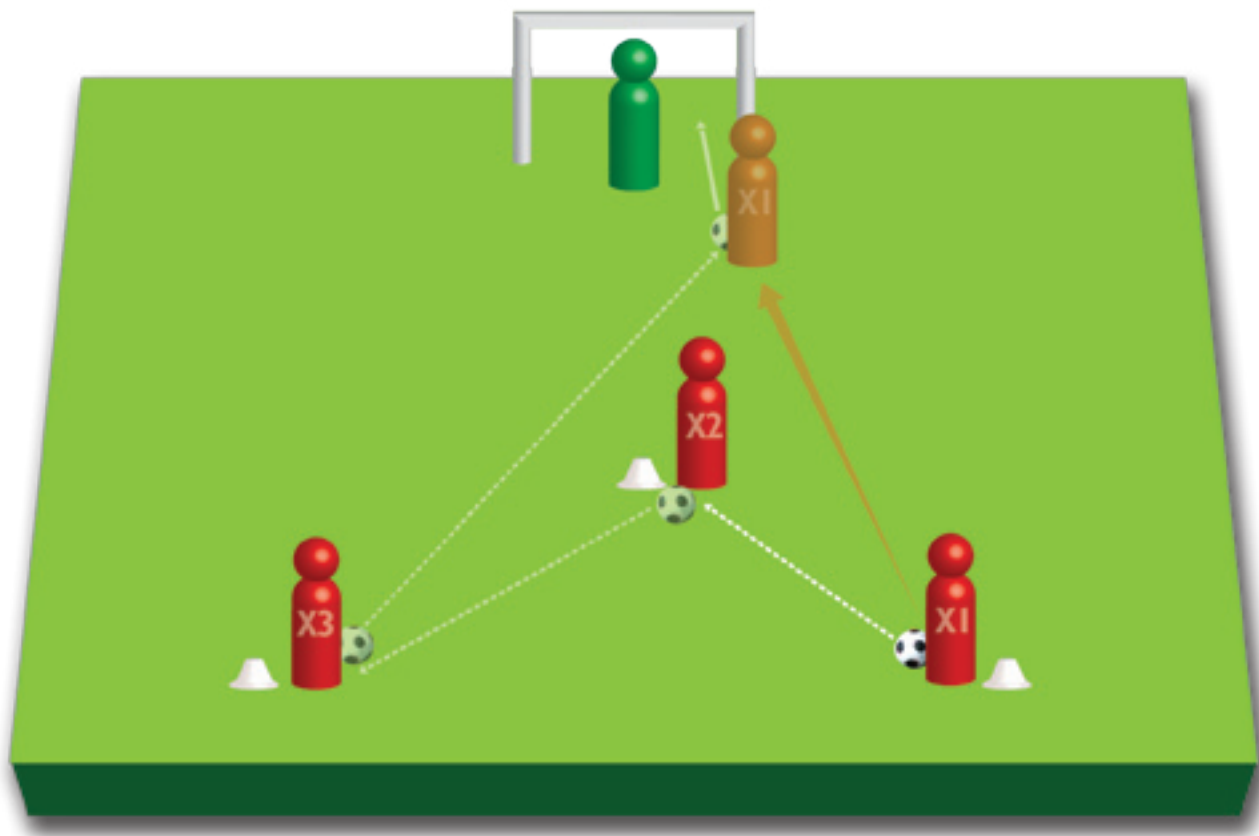
- △ Protection of the ball
- △ Making the turns go to where you want to go (space)
- △ Speed
- △ Agility
- △ Timing of defending and turns



Difficulty Rating

Session 34

3rd MAN RUNNING



△ X1 passes to X2 who sets X3

△ X3 plays through for X1 who made the 3rd man run

KEY POINTS

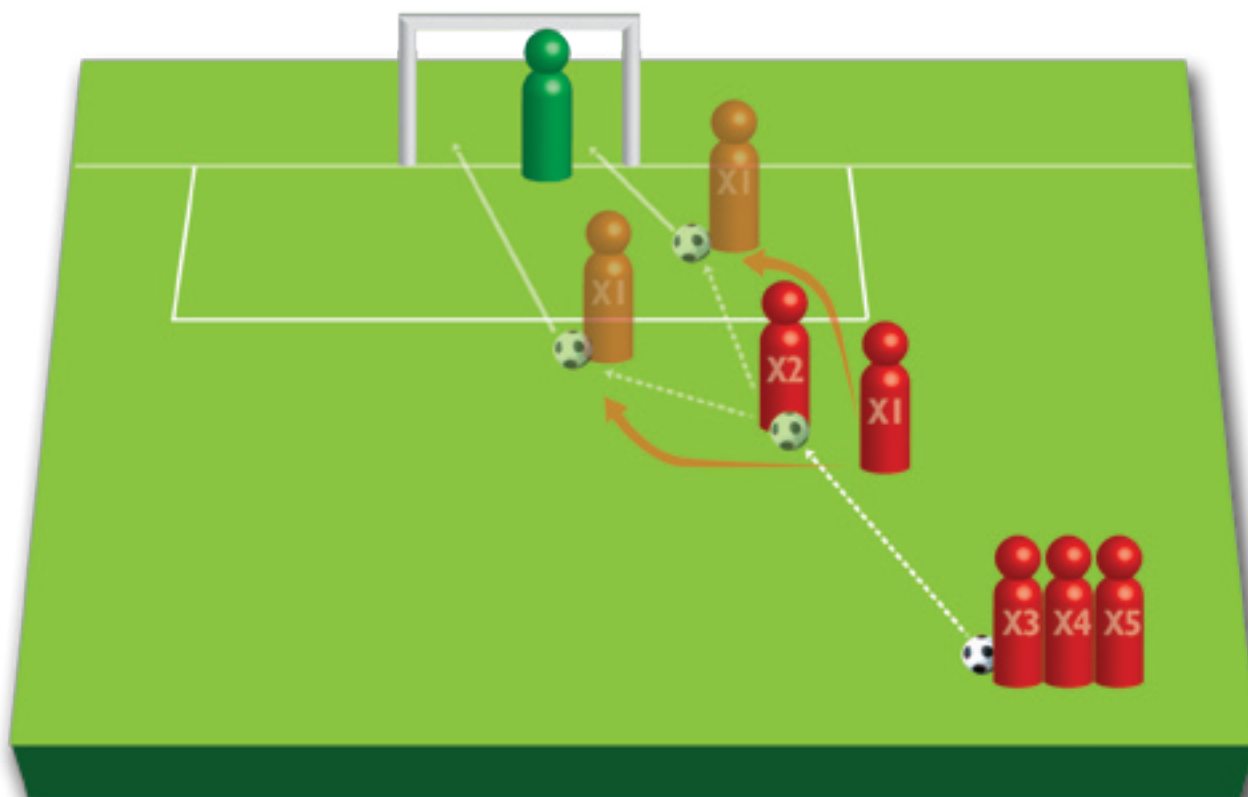
- △ Stay onside
- △ Timing of the run
- △ Follow up for a 'Jimmy Greaves'
- △ Crisp 1 touch passing
- △ Quick movement

Session 35

TORRES and GERRARD STRIKE



Difficulty Rating



- △ X3 passes to second striker X2, who sets X1 for a first time strike in or outside of the box left or right foot work both sides of the box with 2 separate groups

KEY POINTS

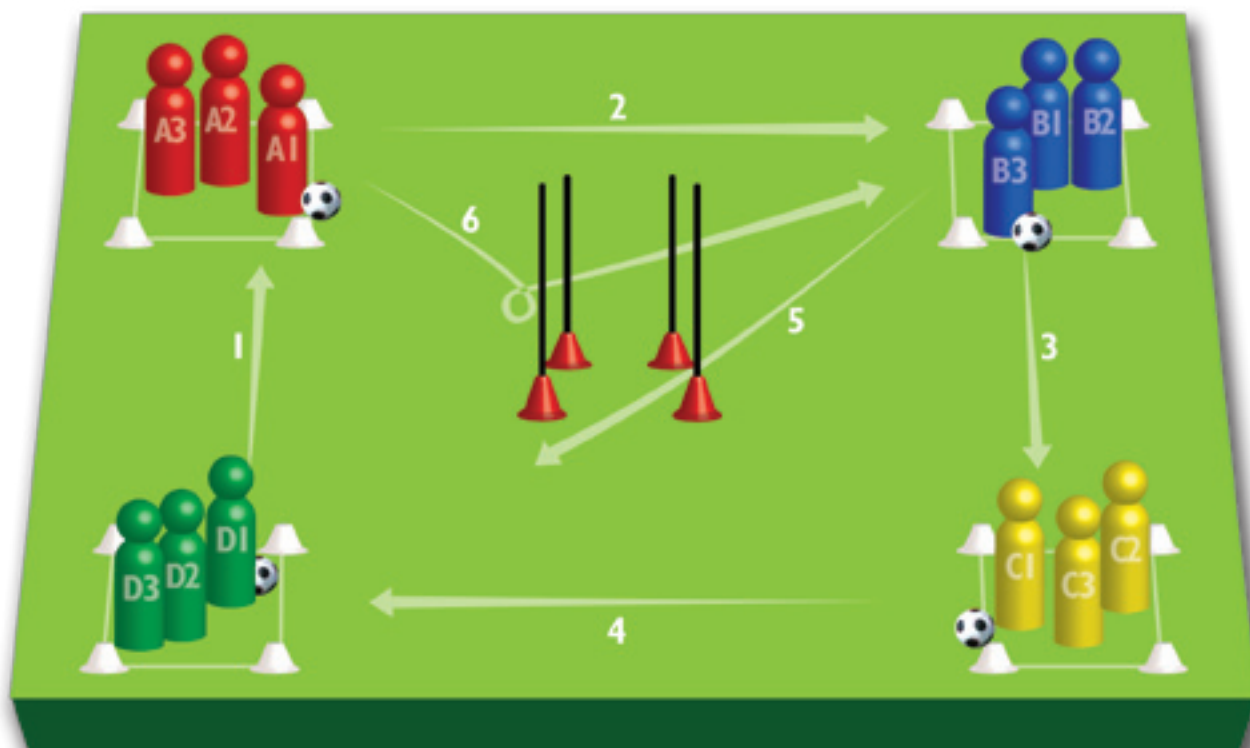
- △ Hit the target
- △ When shooting from an angle shoot across goal
- △ Stay onside
- △ Sharp movement off the ball



Difficulty Rating

Session 36

BOX TO BOX



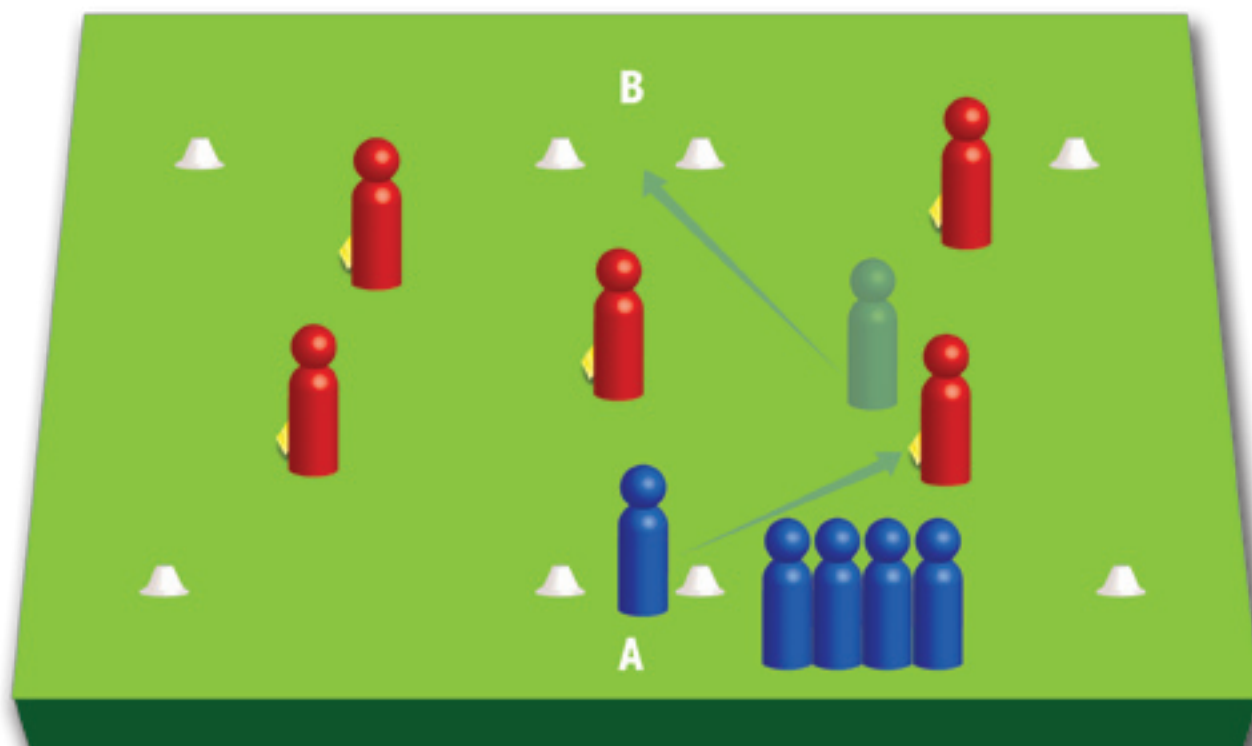
- △ Each player has a number within one of the four boxes
- △ 1 ball in each box
- △ Throw catch and move in the box
- △ When your number is called change group to the left
- △ Change the skill every time you get back to where you started

KEY POINTS

- △ Be alert/aware
- △ Concentrate on control
- △ Accurate firm passing
- △ Communication

- △ After each skill move into next box

1. Dribble
2. Dribble half way, pass
3. Clip from one box to another
4. Dribble halfway 2 turns
5. Dribble through poles diagonally
6. Into nearest pole turn and protect left/right



- △ O's must get from A to B as quick as possible.
- △ First O's must tag any X within the area to progress through
- △ If X is forced out of the area then O goes through for free

Competition

- △ Time each team to see how long it takes them all to get from A to B
- △ The quickest team wins

PROGRESSION

1. Introduce 1 ball and whoever has the ball can't be tagged
2. Put the ball on the floor, defender needs to get a touch to go through

KEY POINTS

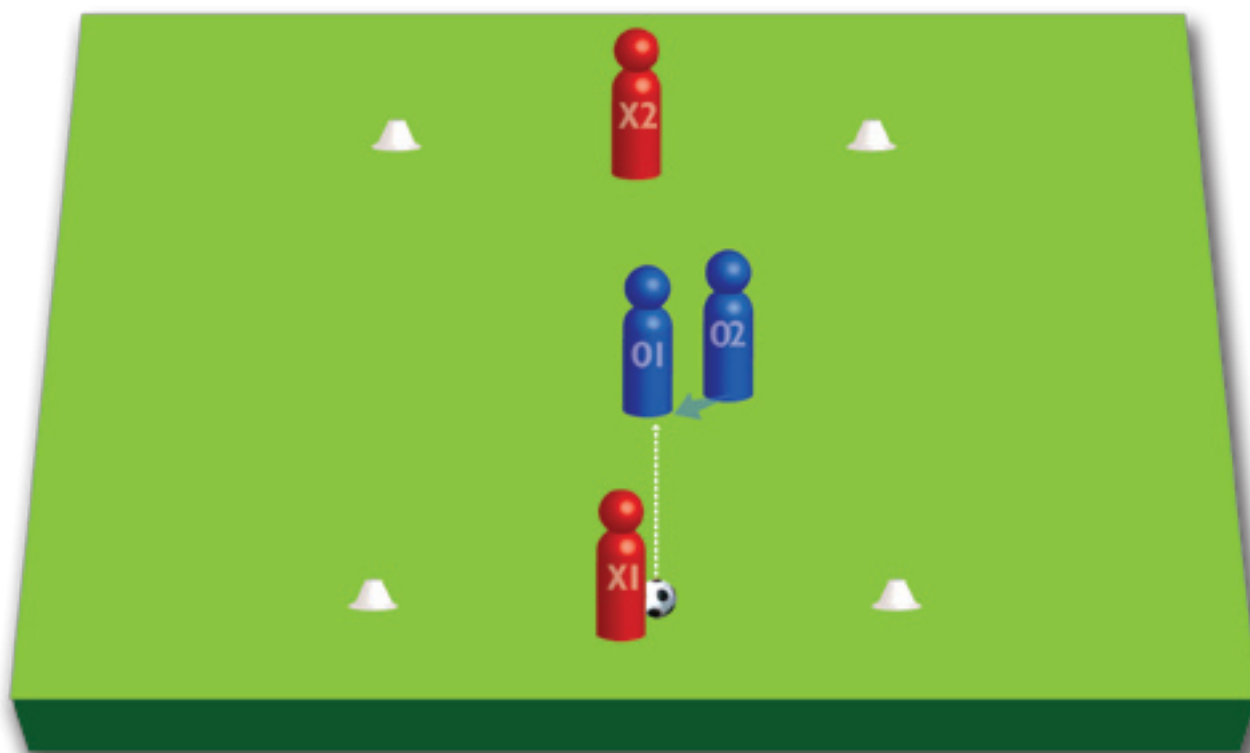
- △ Awareness
- △ Sharpness ,quickness and acceleration away from a defender



Difficulty Rating

Session 38

UNDER PRESSURE



△ X have footballs on the outside and serve to O

△ Both middle-players (O) work to the same player on the outside,

△ O1 receives the ball from X1 whilst O2 acts as a passive defender, applying pressure towards O1

△ Players will then alter-roles and repeat the practice with X1 and X2

△ Work on passing, heading, volleys, turns etc

△ Don't forget to change the O with the X

PROGRESSION

Can now be taken into a competition, 1v1

1. O1 will receive the ball from X1 and try to get the ball to X2 to receive a point

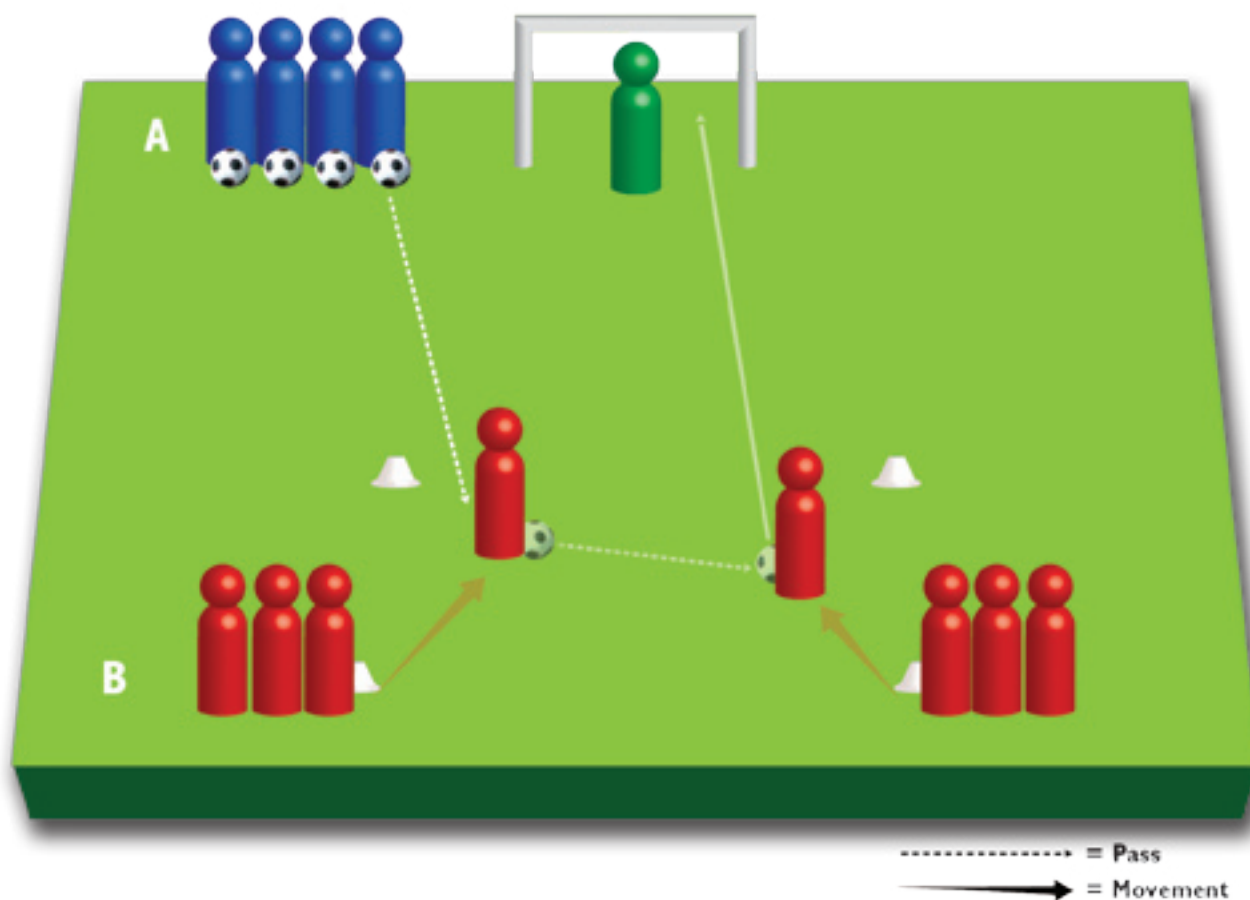
2. Roles are once again switched.
Tackling is now allowed

KEY POINTS

△ Composure

△ Touch

△ Positive play



Group A ball each
Group B 1 touch set and finish
△ A ping into box
△ B 1 touch set for partner to shoot
Swap over after 2 shots each

KEY POINTS

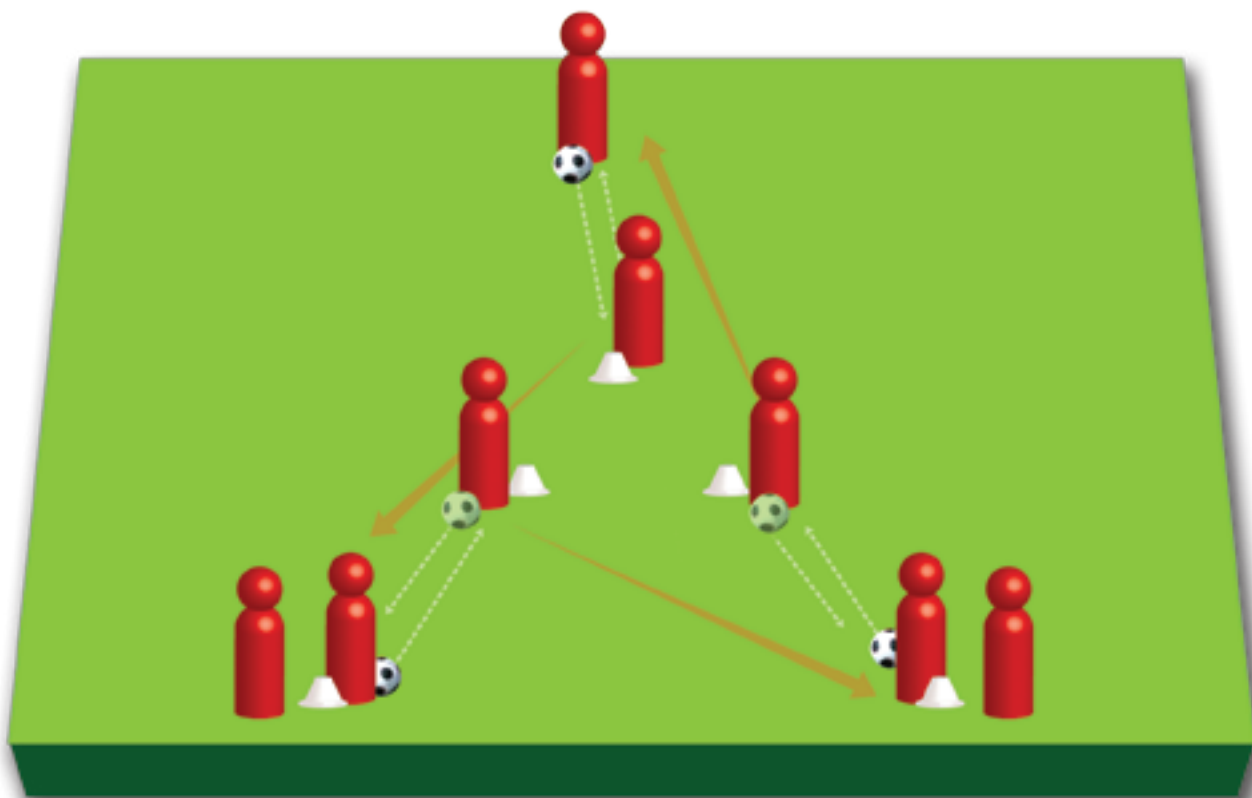
- △ Quality accurate passing
- △ Control/first touch
- △ Hit the target



Difficulty Rating

Session 40

PASS AND MOVE



- △ 2 touch passing in group/follow pass
- △ 1 touch passing in group/follow pass
- △ Player in middle sets back and moves to group on Left/Right

KEY POINTS

- △ Accurate/quality passing
- △ Communication
- △ Movement off the ball



GAME

7v7 ball in your hands

- △ You cannot run with the ball in your hands
- △ If a player throws the ball to you, you must head it and the next player catches
- △ If this does not occur then the opposition gets possession
- △ Must score with a header

PROGRESSION

1. Throw volley catch
2. Throw chest volley catch etc



Difficulty Rating

Session 42

YEIGHTSY



△ O plays to X and joins the back of the O's on the opposite side
Same with the X's

Different skills involved are:

- 2 touch passing
- Running with the ball
- Turns
- Reverse pass

KEY POINTS

- △ Pass and move
- △ First touch out of your feet
- △ Communication



1. Take towards middle cone
2. Turn and protect
3. Take towards defender and beat
4. Shoot

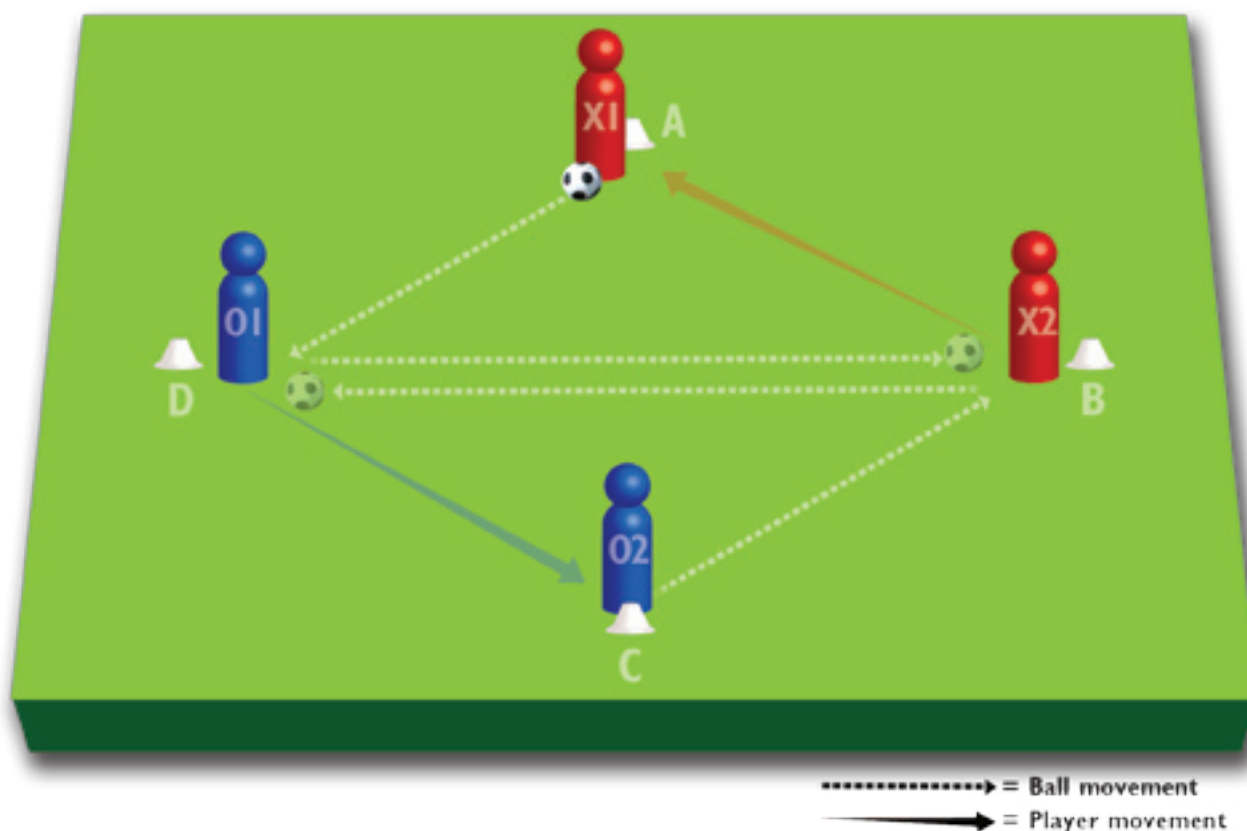
Note- the defenders on the line defend the line only. They change with somebody else from there own team every 2-3 minutes

KEY POINTS

- △ All skills must be done with both feet
- △ This is a warm up
- △ Work on getting as many touches on the ball as possible
- △ Work on lifting your head up whilst doing each skill

Session 44

DIAMOND WALL PASS



- △ X1 and X2 change places (only work between A + B)
- △ O1 and O2 change places (only work between C + D)
- △ X2 closes X1 who plays wall pass with O1
- △ X1 plays to O2 is closed down by O1
- △ O2 plays wall pass with X1 and the sequence continues

Competition

30 passes in 30 seconds/ or how many passes in 30-60 seconds

- △ To progress use both feet
- △ Change direction

KEY POINTS

- △ Encourage quick decisive passing with inside of foot and quick movement of the ball
- △ No sooner have you released the ball than you will be back on it
- △ Invite the defender in and quickly play round him

Session 45

STEP BEAT PASS - A



Difficulty Rating



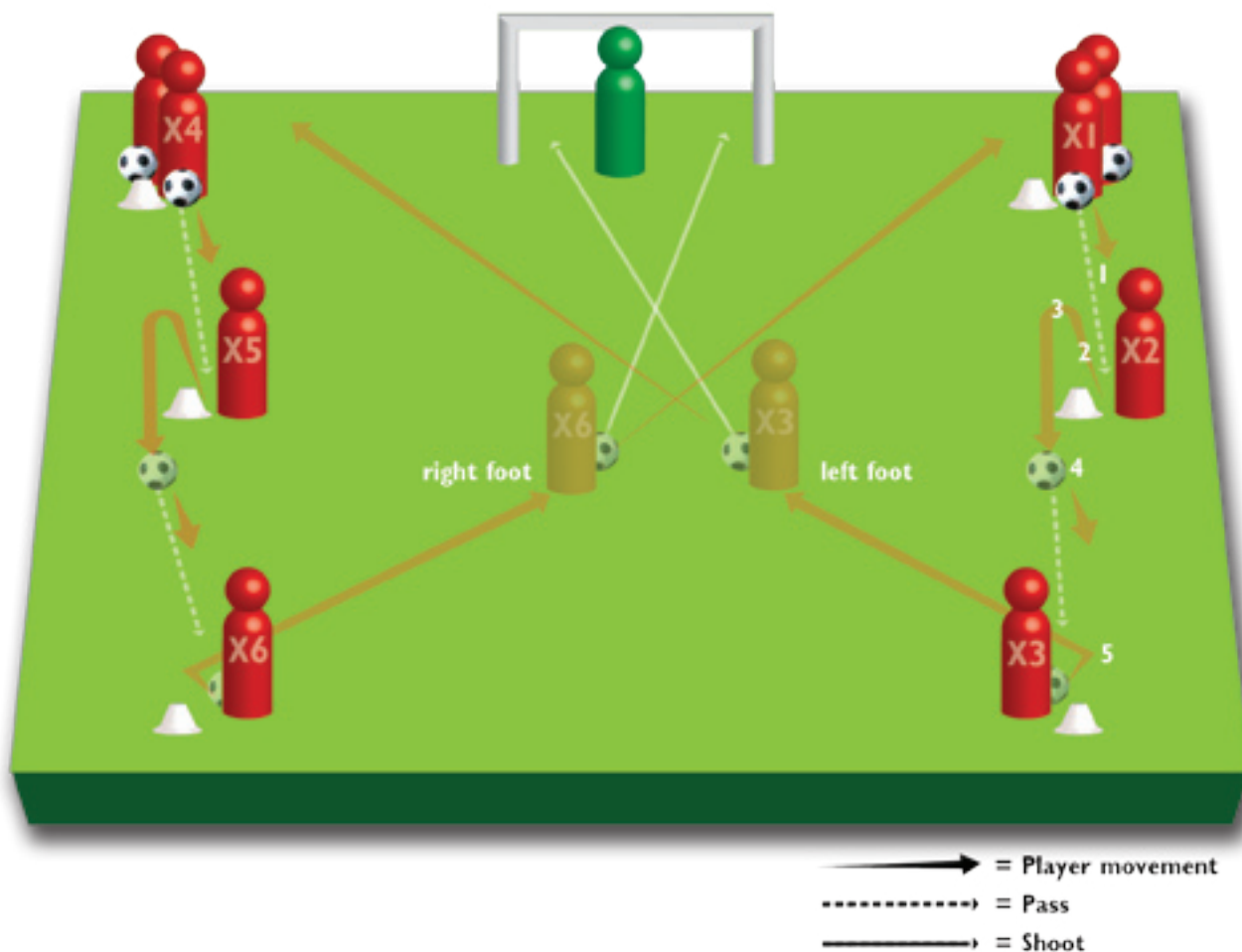
△ O1 passes to O2 and closes, O2 controls and steps inside, takes outside past O1's cone and passes to X1 who passes to X2 and it all starts again

KEY POINTS

- △ Invite the defender in and beat quickly
- △ Encourage quick beat, big touch into the space and a quality pass on the floor
- △ To progress allow to beat inside

Session 46

SHOOTING ALLEY



- △ X1 passes to X2, X2 takes towards X1 and turns and passes to X3 and closes down quickly
- △ X3 steps right takes left and shoots left then joins the back of X4

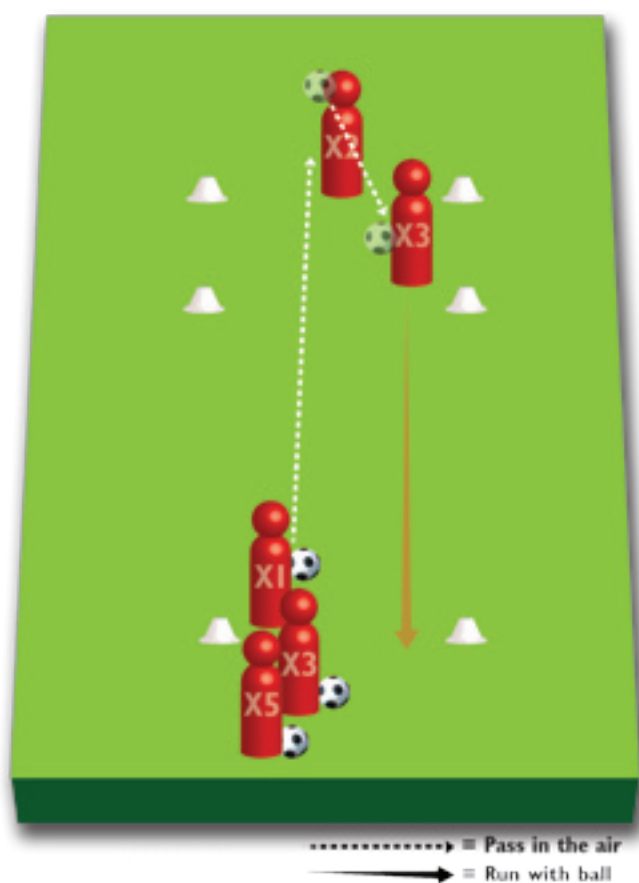
1. Pass & follow
2. Take toward X1
3. Turn
4. Pass & follow
5. Stop beat
Shoot

KEY POINTS

- △ Precise passing
- △ Beat outside shoot inside
- △ Encourage shooting with both feet

Session 47

NO BOUNCE

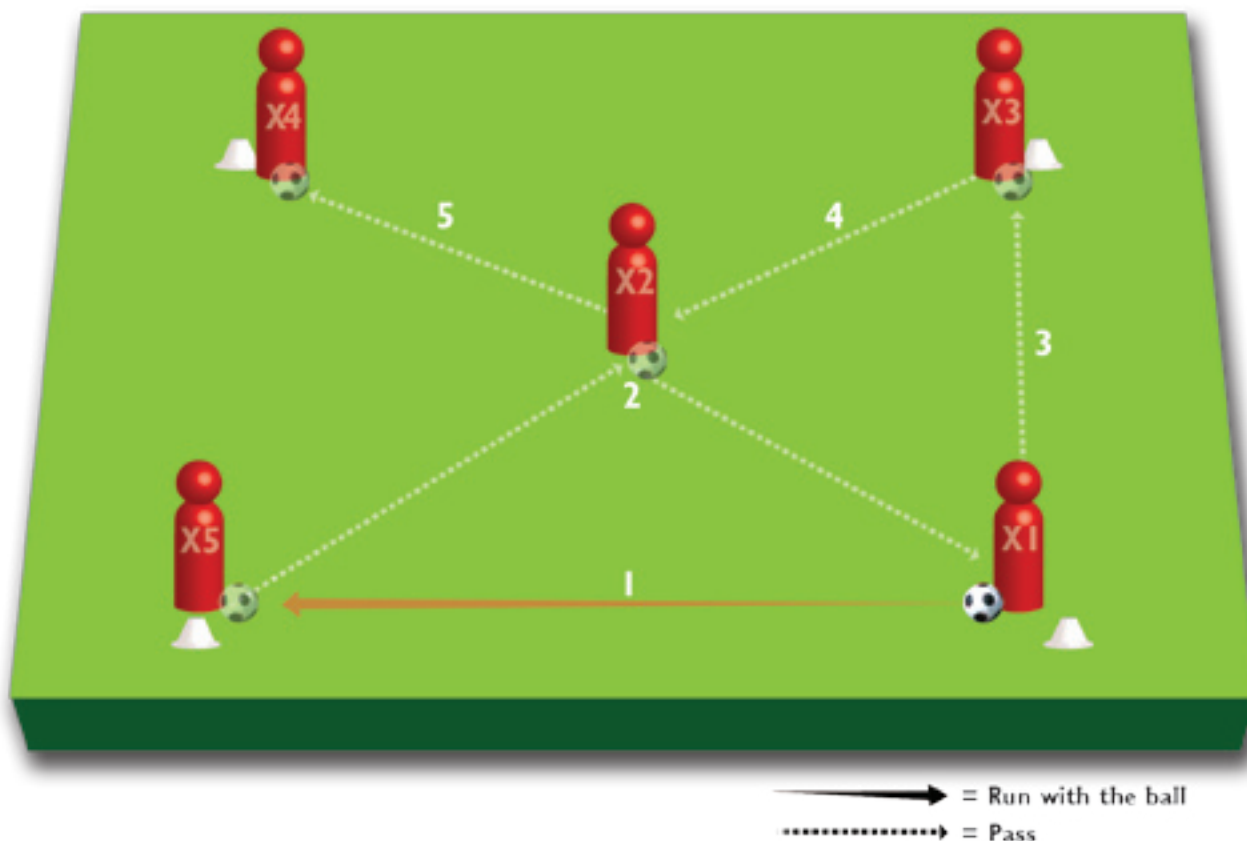


- △ X1 clips a long ball in the air
- △ X2 heads it
- △ X3 catches and takes back to the start
- △ X1 takes X2's place
- △ X2 takes X3's place and so on

Mix the skills up
Eg. volley back , chest and volley

Session 48

FIVE MAN WALL PASS



- △ X1 passes to X5 and closes
- △ X5 plays wall pass around X1 with X2
- △ X2 then caresses the return into the corner and closes X5 who plays a wall pass around X2 with X3
- △ X3 plays the ball to X5 first time and X5 plays to X4 and the sequence begins again

KEY POINTS

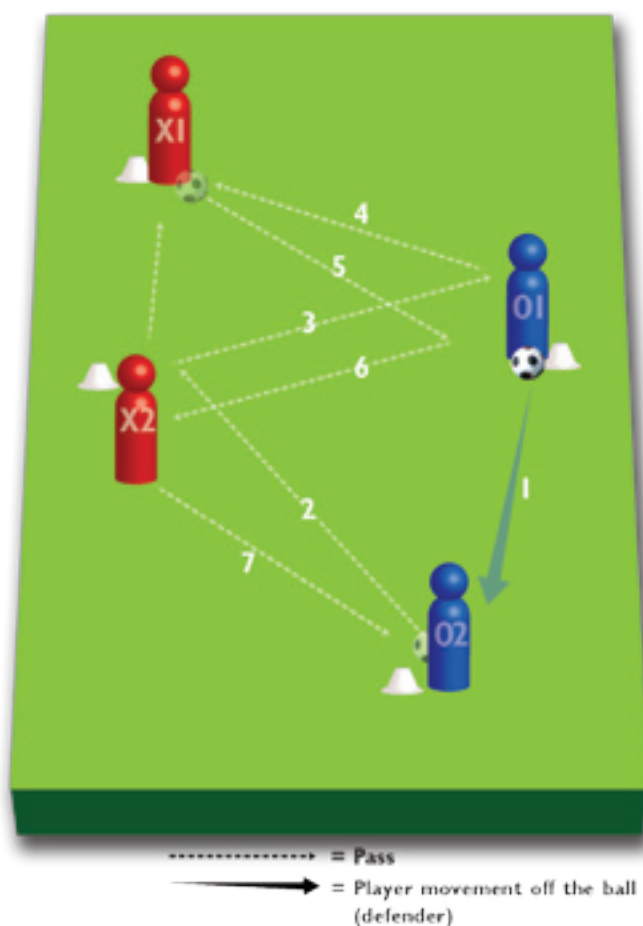
- △ Concentration is a must and understanding is key for this to work affectively
- △ Encourage one touch play with both feet
- △ To progress change the direction
- △ Suck the defender in and quickly play round him

Session 49

WALL PASS BEAT - B



Difficulty Rating



- △ A passes to B and closes
- △ B plays wall pass with D and passes to C
- △ D then closes C who plays a wall pass with B around D, then plays to A

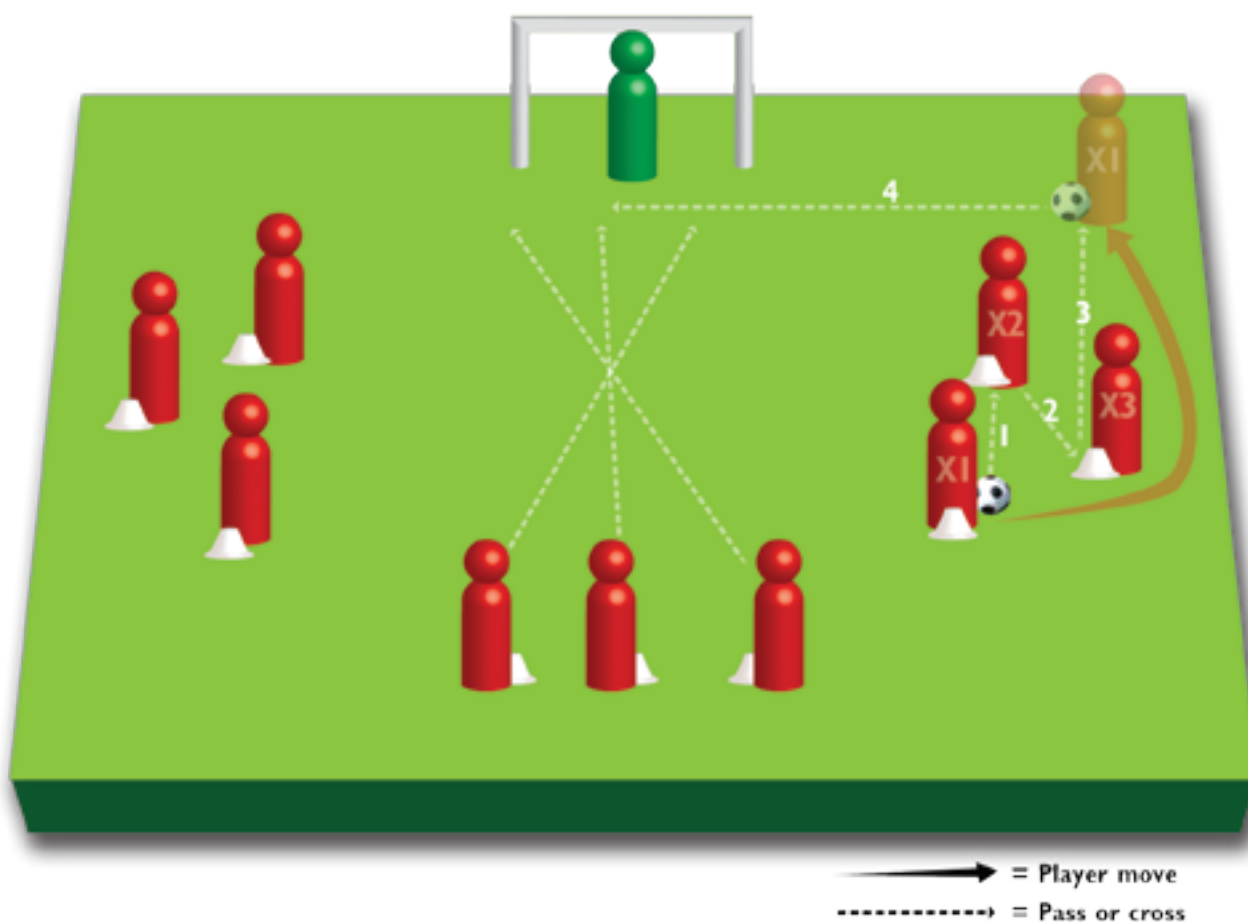
The process is repeated

KEY POINTS

- △ All skills must be done with both feet
- △ This is a warm up
- △ Work on getting as many touches on the ball as possible
- △ Work on lifting your head up whilst doing each skill

Session 50

WIZZARD WING PLAY



- △ X1 passes to X2
- △ X2 passes to X3
- △ X3 plays X1 into the space
- △ X1 delivers for the runners as shown

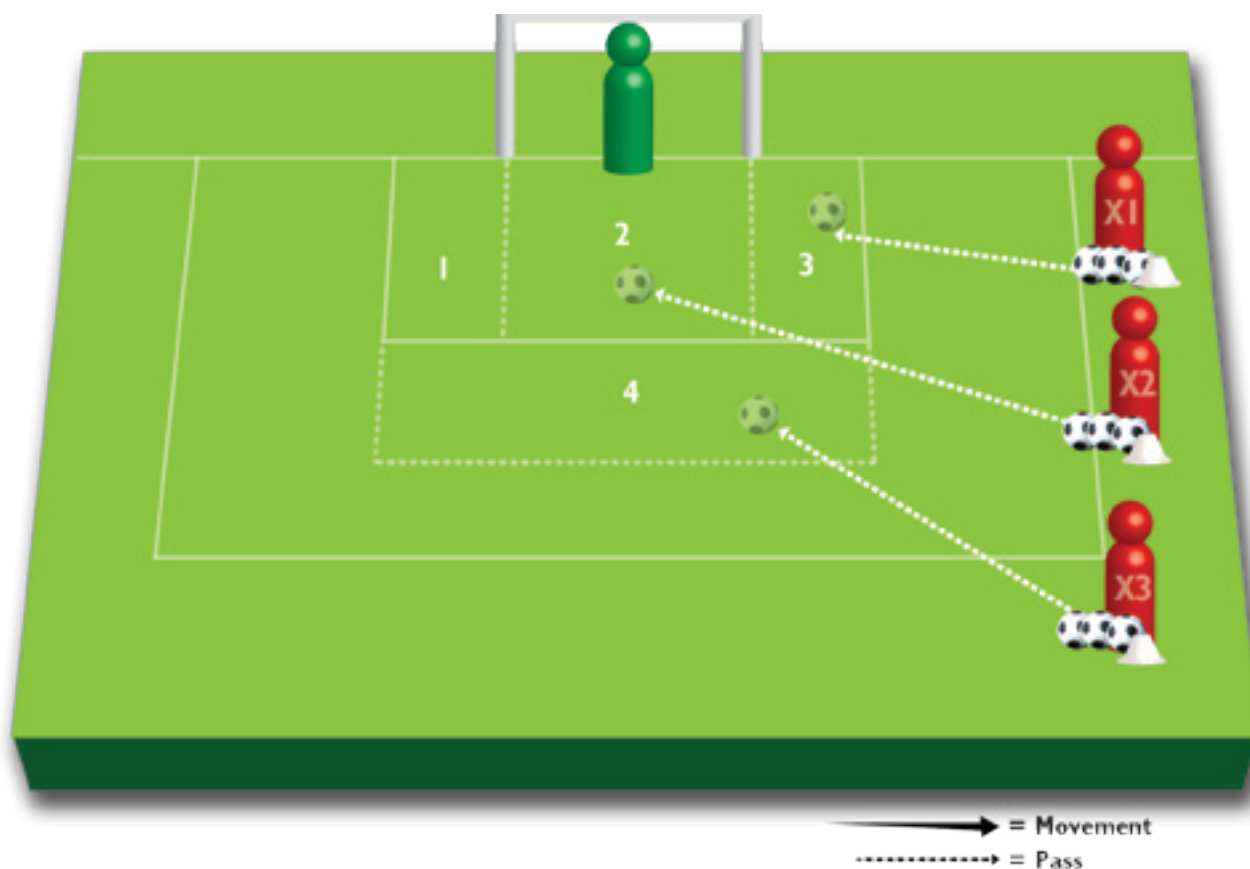
KEY POINTS

- △ Timing of the run from X1
- △ Timing of run from strikers
- △ Movement off the ball
- △ Work both sides

Goal Keeping Session 1

GK CROSSING

☆☆☆
Difficulty Rating



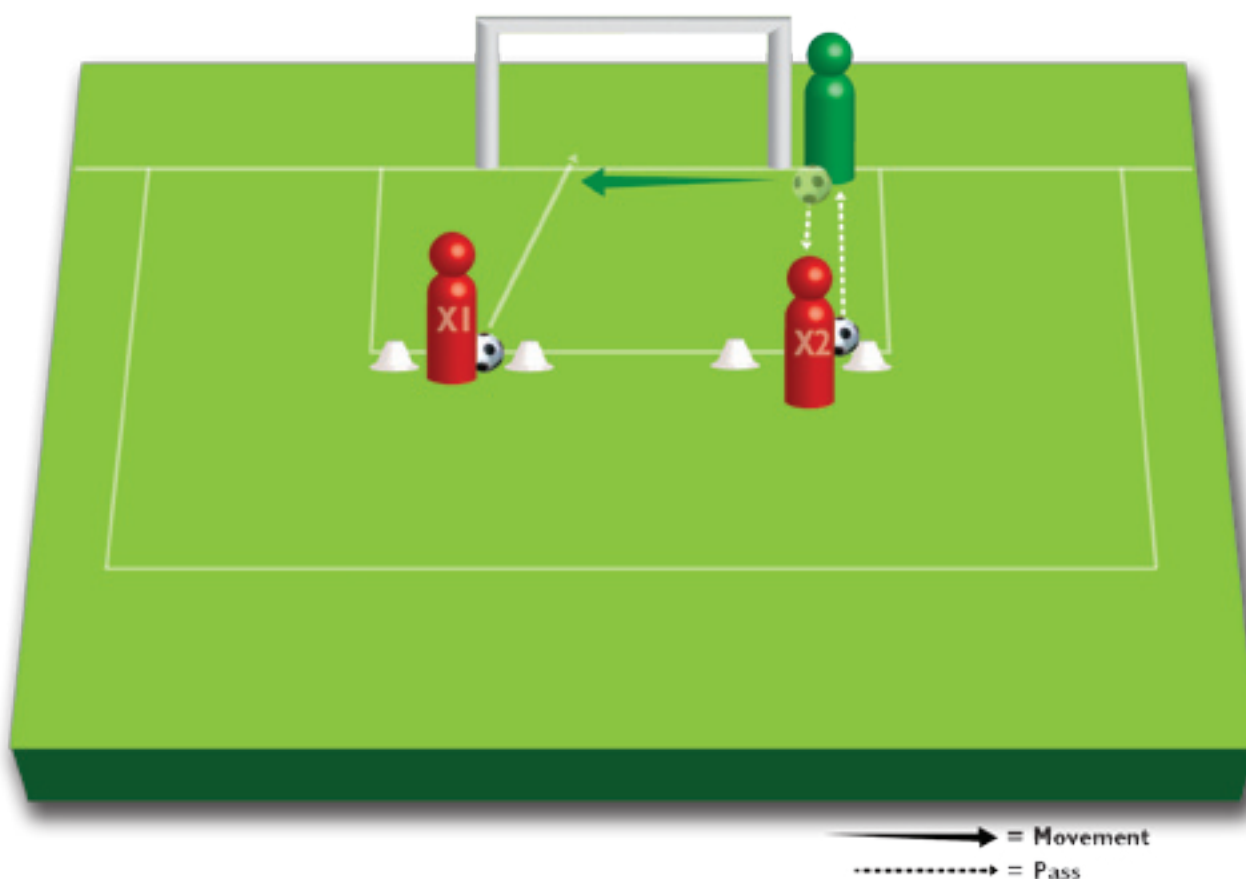
- △ X1, X2, X3 take it in turns to cross the ball into the 18 yard box
- △ Before the GK moves he must clearly shout which box he is going to catch the ball in



Difficulty Rating

Goal Keeping Session 2

PASSING MOVEMENT & SHOT STOPPING



- △ X2 passes ball to GK who deals with pass and returns 1 or 2 touch through gate
- △ GK then gets across the goal asap in position to save a shot from X1
- △ X1 takes a touch out of feet and strikes at goal

6 reps, change sides

KEY POINTS

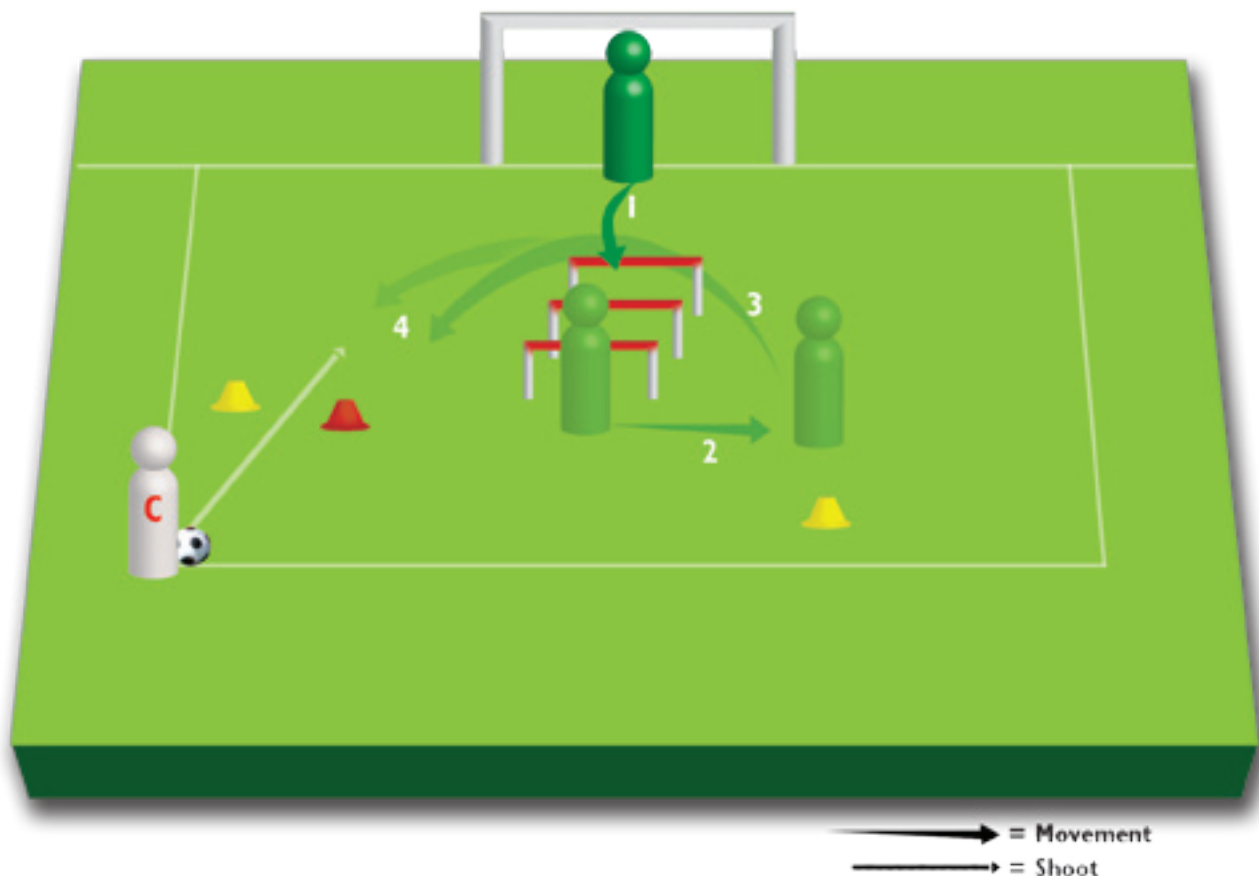
- △ GK's supporting position in relation to the ball
- △ Decision – 1 or 2 touch and type of pass
- △ Movement across the goal, fast but ready in set position when ball is to be struck
- △ Saving technique
- △ Positioning – into line and down the line

Goal Keeping Session 3

MOVEMENT / POSITIONING



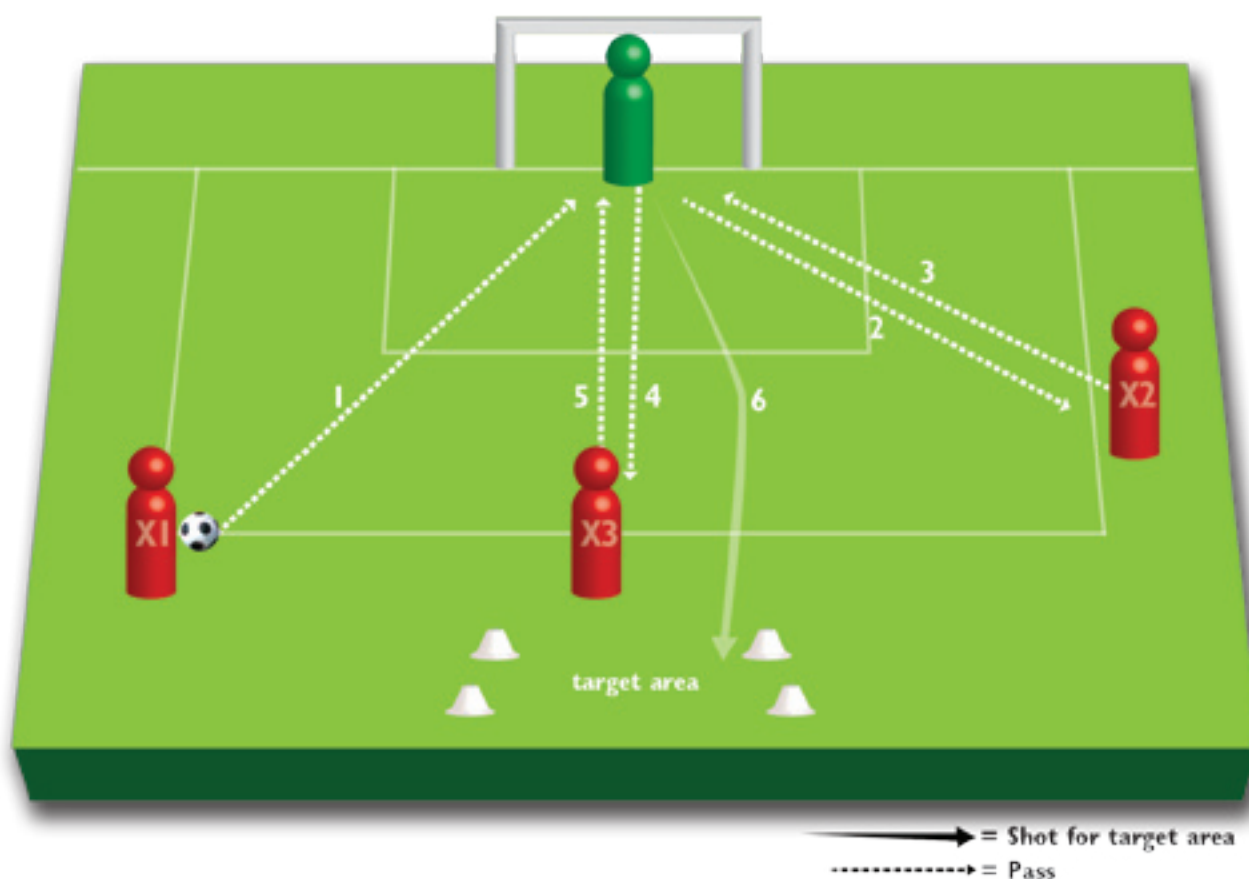
Difficulty Rating



- △ GK goes over hurdles (2 feet gap between hurdles)
- △ GK moves across and gets set in line with cone
- △ He then moves behind hurdles and gets set at red or yellow cone
- △ He then adjusts in line with the Coach and saves a shot
- △ Change sides

Goal Keeping Session 4

BACKPASSES & DISRIBUTION



- △ X1 passes into GK, who transfers to X2,
- △ X2 plays ball straight back to GK,
- △ GK then plays into X3 who sets back for GK to kick long to target area
- △ Change sides
- △ Different long balls ie. 1 touch, 1st time and bounce

KEY POINTS

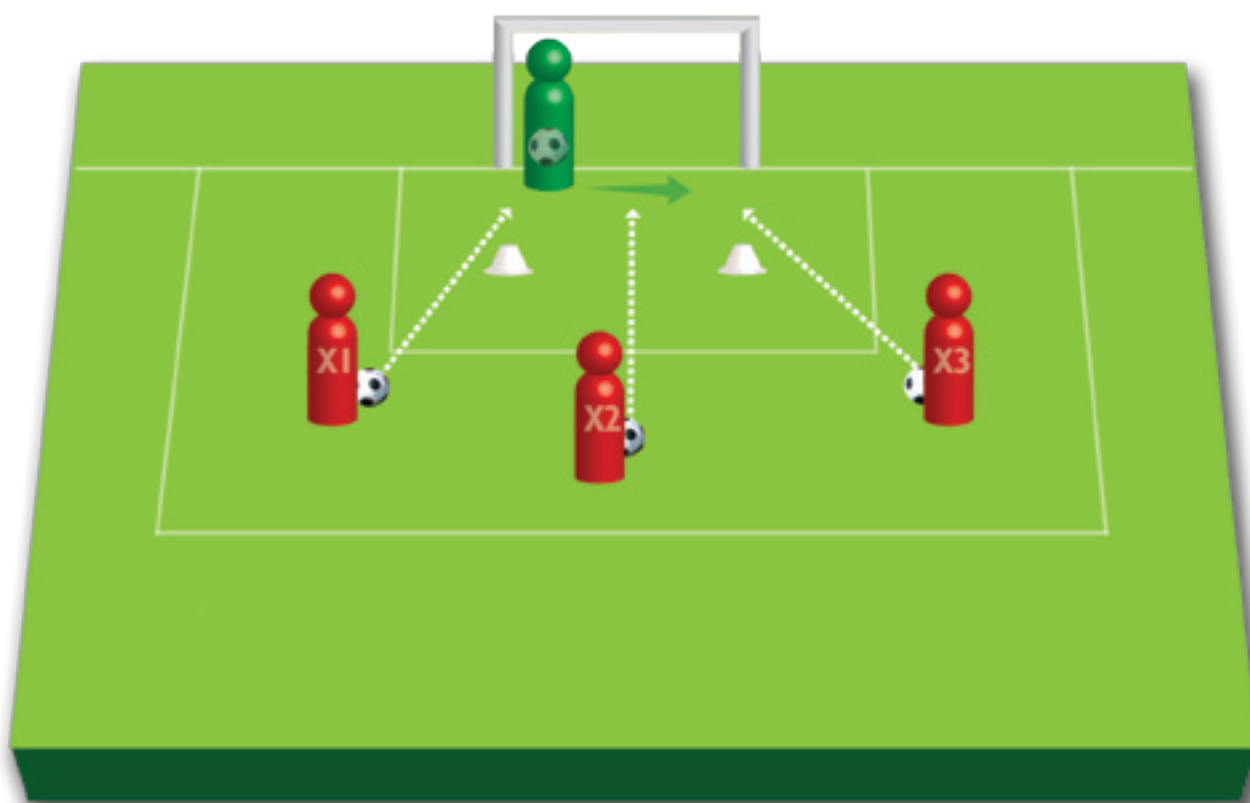
- △ GK's movement into position
- △ Support play
- △ 1st touch + passing technique
- △ Decision, 1 or 2 touch

Goal Keeping Session 5

ANGLES & DIVING TECHNIQUE



Difficulty Rating



- △ GK starts at the near post
- △ X1 serves ball towards cone for GK to make save
- △ GK then gets to middle gate asap and deals with a pass from X2
- △ GK then gets to final gate and saves at near post from X3
- △ Repeat, going opposite way x4

KEY POINTS

- △ GK's position – on toes leaning forward
- △ Diving technique – arms straight, dive forward
- △ Movement of feet in between saves



ACADEMY COACH YEARLY PLANNER 2008

January

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
Soccer School (ACADEMY)			Goalkeeping Soccer School (ACADEMY)			
23	24	25	26	27	28	
Isle of Man Soccer School (QE II High School - Isle of Man)						

March

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
23	24	25	26	27	28	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

April

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31	1	2	3	4	5
6	7 Soccer School (Myerscough college)	8	9	10	11	12
13	14 Soccer School (ACADEMY)	15 Soccer School (Whitehaven FC)	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3

May

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26 Soccer School (Christleton High School - Chester)	27 Soccer School (ACADEMY)	28	29	30	31

June

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	9	10	11	Travel day (to Greece)	Green Plan Day	Camp 1 (Greece)
15	16	17	18	Day off (Greece)	Camp 2 (Greece)	Soccer School (Sweden)
22	23	24	Day off (Greece)	Travel Day (to Norway)	Soccer School 1 (Norway)	28
29	30	1	Soccer School 2 (Norway)	Camp 3 (Greece)	27	Travel day (Norway)
Soccer School 3 (Norway)	Travel day (to Spain)					



July

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Day off (Norway)	Soccer School 4 (Norway)		
Soccer School (Spain)	Travel day (to Portugal)	Soccer School (Portugal)		Travel home		
			Travel Day (to Dublin Ireland)	Soccer School (Dublin)		Travel day (to Spain)
Soccer School (Costa De La Luz)						Soccer School (Alicante)
Soccer School (Cork Ireland)				Travel home		
			Travel home			
			Goalkeeping Soccer School (ACADEMY)			

August

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Travel day (Norway)	Soccer School 5 (Norway)
Soccer School (ACADEMY)						
Soccer School 5 (Norway)		Day off (Norway)	Soccer School 6 (Norway)			Travel day (Norway)
Soccer School (ACADEMY)						
Soccer School 7 (Norway)			Day off (Norway)	Soccer School 8 (Norway)		
Travel day (to Belfast Ireland)	Soccer School (Belfast)			Travel home		
Soccer School (ACADEMY)						
		Soccer School (ACADEMY)				
			Goalkeeping Soccer School (ACADEMY)			

September

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

October

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Academy Soccer School + Gibraltar Soccer School (all dates to be confirmed)						

November

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

December

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday



Development Centre Sessions

Within the sessions 1-50 we have identified some sessions which are suitable for Development Centre Coaching.

The sessions identified are:

- 1. TIPPY TAPPY (PAGE 11)**
- 2. LINE GAME (PAGE 12)**
- 3. MARADONA'S – FORWARD MOVES (PAGE 13)**
- 5. NUMBERS GAME (PAGE 15)**
- 8. TAILS (PAGE 18)**
- 10. KING OF THE RING (PAGE 20)**
- 13. ZIDANES / SIDE MOVES (PAGE 23)**
- 14. THE PLOUGH (PAGE 24)**





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