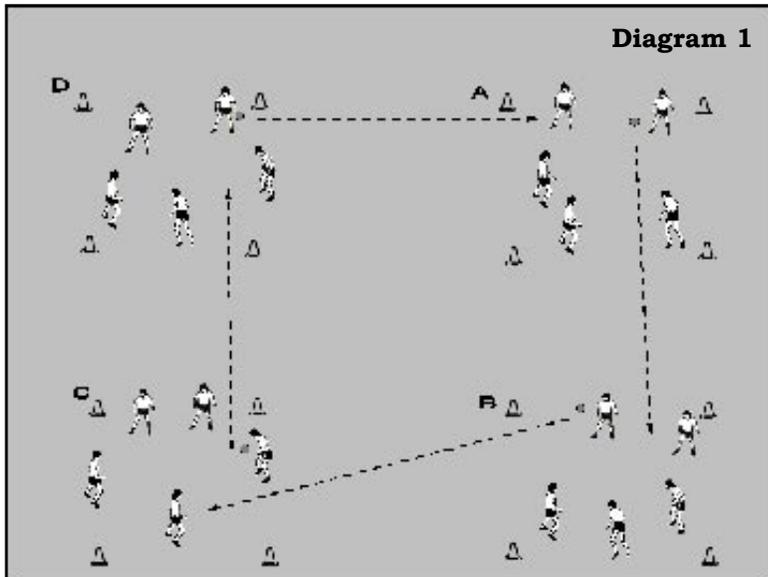


Liverpool F.C.

During my visit to England in October 2000, I was fortunate to spend a day at Liverpool F.C. with Assistant Manager, Sammy Lee. This first team training session was done with team manager Gerard Houllier, and coaches Phil Thompson and Sammy Lee all involved. The objective of the training session was to work on closing down the opposition as quickly as possible. Something I noticed right away was the quality of the playing surfaces at the training ground - they were as good as the greens found on any golf course.

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Warm Up

Following a 15-minute warm up consisting of intermittent jogging and stretching (with all players wearing a heart monitor) the squad split into groups undertaking some technical work. In groups of five, the players passed and moved within a 10-yard coned square. On the coaches command, they passed into another square with the passer following the ball into that square.

Conditions

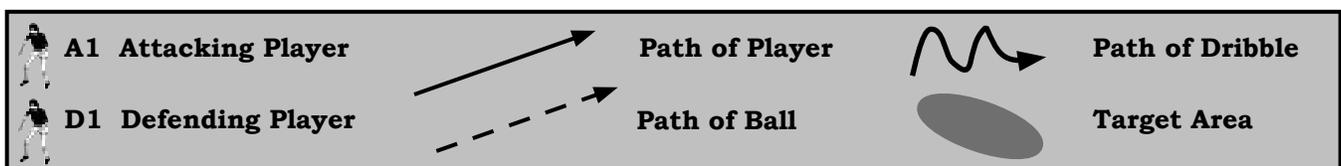
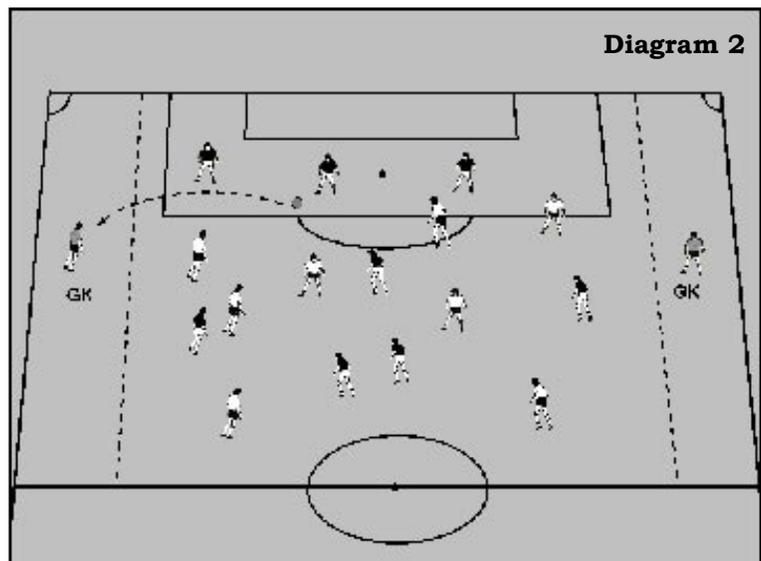
- All one touch
- Good communication
- Work for eight minutes

Pressing The Opponent

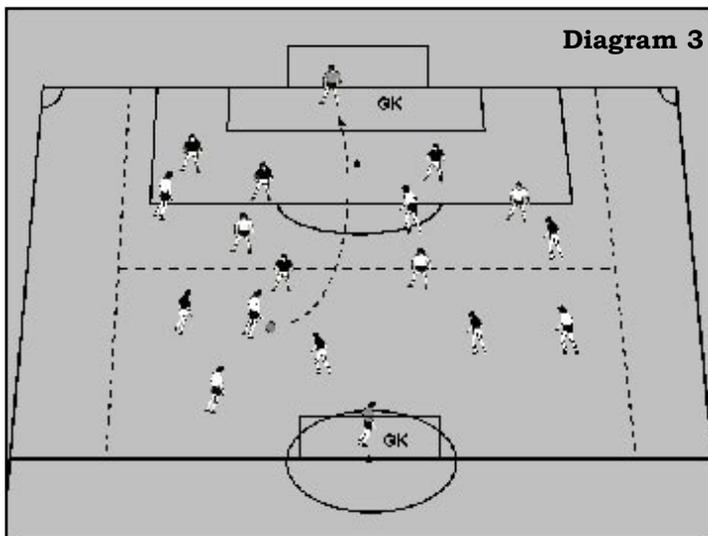
Play 8 v 8 across the width of the field with the objective of playing the ball over the marked lines into the goalkeeper's hands without a bounce. The focus of the exercise is the closing down aspect of the game. Players are encouraged to quickly close down the ball and not be too concerned about the spaces or players behind them. If one team is successful in closing down, then the other team will be unable to get the ball to their goalkeeper.

Coaching Point

Communicate so that all players know who and when to close down.



Liverpool F.C.



Progression

Using half a field, the objective again is to get the ball into the goalkeeper's hands, however this time from the defending half of the field. A team must complete five passes before being allowed to play a long ball into the goalkeeper.

Conditions

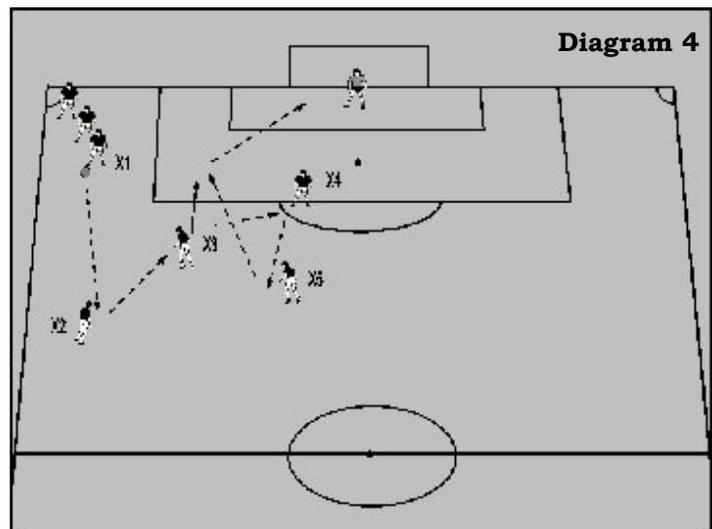
- Focus on individual defending techniques both from a forward and defender's point of view - body shape and position, forcing onto weaker foot, delay and slow down, etc.
- Off side is in effect
- Unlimited touches
- Two 8-minute halves

Shooting Drill

This shooting drill is one-touch where X1 passes to X2 who passes to X3, to X4 to X5 who lays the ball into X3's path for a shot. Players rotate 1 to 2 to 3 to 4 to 5 to the X1 line.

Some of the group then finished with some head tennis while others (Robbie Fowler and the forwards) worked on some individual finishing.

The warm-down consisted of some light jogging and a stretch.



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