



International
Academy

AXA TRAINING CENTRE



NO
ENTRY

NO
ENTRY

COACHING CURRICULUM
2021/22

YOUR RESPONSIBILITY

As a coach working at an official LFC International Academy you have an obligation to follow this curriculum. To achieve our collective aim of delivering the most authentic club coaching program, that requirement is paramount.

Do not deviate from the guidance in this document, the programs permitted or session content in SSP, under any circumstance.

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21/22 COACHING CURRICULUM

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1. SUMMARY

- The **LFC values** guide our actions and underpin all of our coaching activities
- Prominent LFC players should be used as **role models** to help inspire players and demonstrate aspects of the game you are working on
- The LFC International Academy programme is split in to 4 phases:
 - **Player reviews** should be completed in all phases every 10 weeks, using LFC IA templates
 - We provide guidance on **position specificity** which is relevant for each phase
 - The resources within the **eAcademy** allow players to be continuously developing their all-round performance

1. Pre-Academy (up to U8)

2. Foundation Phase (U9-U11)

3. Youth Development Phase (U12-U16)

4. Professional Development Phase (U17+)

- In each phase we consider the **LFC development model**, focusing on 5 key areas (technical, tactical, physical, mental and social) and keeping the player at the centre at all times
- We have example structures and **coach considerations** for sessions within each of the phases
- Examples for each section of the **session structures** can be found in specific phase libraries on **SSP**
- Within the Pre-Academy Phase we do not set a specific cycle and this can be tailored to the needs of your players and programme type (5 weeks, 10 weeks etc.)
- Within the foundation and youth development phases we work to a set 5 week programme cycle

2. PURPOSE

The purpose of this document is to guide and provide you with an understanding of the Liverpool FC International Academy coaching philosophy.

All coaches at LFC International Academies around the world are expected to fully understand this document, and deliver a programme of coaching that follows the principles and details outlined.

The delivery or inclusion of third-party coaching companies or programmes not specifically outlined is not permitted at official LFC International Academies under any circumstance.

This curriculum is your template for planning and delivering a year-round LFC International Academy coaching programme. For specific details on short courses please see the schedules on the LFC IA Boot Room Resource Hub (BRRH).

All our coaching programmes are based upon the current coaching curriculum that is delivered to our players at our Academy in Liverpool.

Our International Academies exist to provide the best coaching programme and experience for all our fans and young players allowing them to develop and reach their full potential.

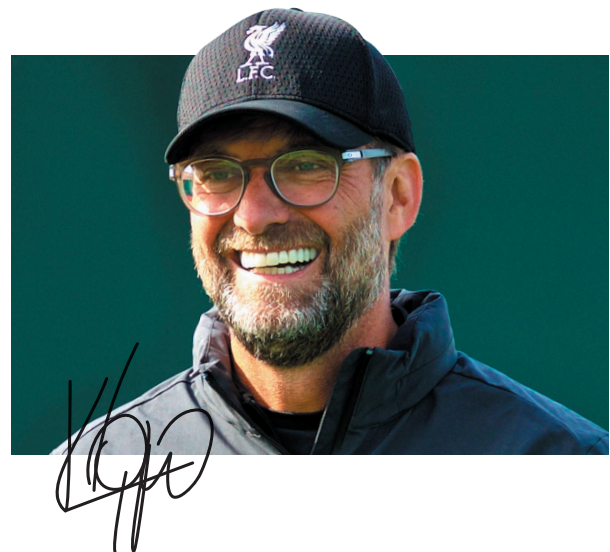
We aim to be the market-leading premium youth coaching product in every operational market. The work that LFC International Academies do in all these countries is key for the club. It influences how we are seen, how we are thought of, and how accessible we are to our fans.

“Around the world our LFC International Academies provide young players with an opportunity to develop, learning new techniques and skills, all under the guidance of our coaching staff. We offer something different and something unique by developing players both on and off the pitch, educating them through experiences that will shape their progression into young adults and giving them skills that can be used throughout their lives.

Our overall aims are to bring LFC to our young fans around the world and to demonstrate just how special our football club is.

Wherever you are lucky enough to attend a LFC coaching programme we hope you have fun and enjoy learning how to play The Liverpool Way.”

– Jürgen Klopp



3. PLAYING THE LIVERPOOL WAY

The process of teaching a child how to play The Liverpool Way is hugely powerful and likely to be an important aspect of their childhood.

With this comes huge responsibility. As coaches you have an opportunity to make a significant difference to young people's lives.

Your coaching programmes may be the only physical interaction that a young fan overseas has with LFC.

They may never visit England, let alone Anfield, so the LFC International Academies play a key role in taking the club to the people and providing them with an authentic and overwhelmingly positive experience.



"People say Liverpool are good at this or at that, but I always say the main thing we are good at is that we are always together."

Pep Lijnders, LFC Assistant Manager

4. OUR GLOBAL OBJECTIVE

“To establish the most authentic club coaching operation”



“As one big LFC family we have a responsibility to provide young players around the world with access to the best environment and coaching possible, that’s what we aim to achieve with our International Academies.

By following the same curriculum that we deliver to our players at the LFC Academy we can ensure that all participants get the very best football education from our coaching staff. I believe it’s very important to develop a players’ skills both on and off the pitch and our International Academies do just that.”

Ian Rush, LFC Legend [660 LFC Appearances, 346 Goals]

5. CLUB VALUES

As a LFC International Academy coach you are expected to understand these values and positively implement them on your coaching programmes.

You are responsible for challenging your players to frequently demonstrate these values when they are representing LFC.

OUR VALUES.

Ambition Know that your dreams are to be achieved

Commitment Put your heart and soul into everything

Dignity Earn respect through honesty and integrity

Unity Work to bring out the best in each other

WALK ON

“For us, it’s important that we show all the time how much it means to us to play for this club, to play for these colours and being the right team to represent the values of this club. That’s a big part of us, we really want to make sure that everybody can see that.”

Jürgen Klopp

6. ROLE MODELS

Role models are vital to making our sessions authentic. Players can use them as a visual learning tool to help understand certain aspects of each session. The sessions are aligned with our player development model and help recreate moments made famous by our LFC players.

At LFC we have world class players in all positions of the pitch, so it is a fantastic opportunity to introduce these to your players, so they feel part of our Club. Be creative with your themed coaching sessions and make the LFC role models central to design and delivery.

The role models are linked to our LFC values and they are used to inspire players both on and off the pitch.

Help your players get to know our role models better by utilising the player workshops and the LFC TV player videos on the [Boot Room Resource Hub](#).



Here you can hear the technical team discussing the importance of utilising role models throughout your sessions.



“There is no better education than good role models.”

Pep Lijnders, LFC Assistant Manager

7. PLAYING STYLE STATEMENT

“OUR IDENTITY IS INTENSITY”



“Our identity is intensity. It’s our idea, a vision, a future, it’s our guide, it comes back in each exercise. Everyone thinks intensity is running harder and more, but for me it is the intensity of concentration. A high level of demand of pressing and counter-pressing, a team that is playing always with a maximum concentration. Always!”

Pep Lijnders, LFC Assistant Manager

8. NON-NEGOTIABLES

In every single session there are minimum requirements at the LFC International Academy. We call these the non-negotiables.

- The safeguarding of our players is our number one priority
- The LFC values (ambition, commitment, dignity and unity) must always be promoted
- The curriculum must be followed
- All sessions are logged on SSP
- Link sessions to our role models
- 100% effort and application
- Respect decisions of staff and officials
- Positive body language
- Always remember you are representing LFC

Players and staff must agree with the non-negotiables and ensure that the group adhere to them throughout the season.



“That’s a big thing for me because you can be a top player or brilliant on the pitch, but you’ve got to respect people off the pitch and not get carried away with yourself. Making sure you are respectful as a team. You have to make sure that you do appreciate what other people do. I always see that and it makes me happy as a captain of the team, even just as a player of the team to see it, because that’s the way it should be in my eyes. That is the way it should be for Liverpool Football Club and the way it always has been.”

Jordan Henderson

9. OUR FIVE GUIDING PRINCIPLES FOR YOUNG PLAYERS

1. Passion for the game

You must be passionate about the game, maintain your enjoyment and remember why you started to play football in the first place.

LFC Elite Development Coach Vitor Matos: 'You should be passionate about what you want to do. This will help you in the way you approach and enjoy the game. Especially if you are in the youngest ages of your development you should play day and night and enjoy the game as much as you can.'

2. Desire to compete

Be competitive but not to the detriment of your development, mistakes are a great learning opportunity.

Vitor Matos: 'This desire to compete, to improve, to win is what will help you make the next step in your development. It's what will help you in the moments when you get a challenge that is very difficult for you. It will help you to create a target and a goal that can help you in all the areas where you really want to improve.'

3. Challenge yourself

See every training session and match as an opportunity to improve.

Vitor Matos: 'The idea is that you always need to create the challenge for your next step. In football there are a lot of ups and downs, so the only thing you should keep in your thought processes is to find the next challenge, challenge yourself and keep trying to achieve that.'

4. Learn the game

To make the most of your talent you're going to have to be committed to working hard.

Vitor Matos: 'Talent is important, but also, the way you work during all of your youth career is really, really important. So, the way you work hard, the way you go into a training session, the way you approach a game is really, really important. Also, the lifestyle. The lifestyle is about you being as professional as you can. You always need to be ready to play, so you need to be fresh and prepared in your whole career as a football player. So, lifestyle is really important, work hard, really important and talent. The combination of these things will help you achieve your final goal.'

5. Talent is not enough

Become a student of the game, listen to your coach and ask questions. Watch and study players who play in a similar position to you.

Vitor Matos: 'Learn the game in a way that you can understand how to use your talent and how to use your skills. This will help you to make the next step, especially when you are in a really, really high-level environment when you need to compete with the best players. So, the way you learn the game and start understanding how to use your skills is really important. For example, you need sometimes to understand that it's not only about you moving to receive the ball, but sometimes also about you moving to open a space for someone else to receive the ball.'

THESE PRINCIPLES ARE ALSO REFLECTED IN THE 'TEAM' MESSAGING AT ANFIELD



"Talent can get you to 16, but I believe it's character that gets you to 35".

Alex Inglethorpe, LFC Academy Manager

10. OUR VISION OF PLAYING EXCELLENCE

- Respect the LFC values in everything we do

Ambition

Commitment

Dignity

Unity

- Attacking football that is played with individual expression, linked to excellent decision making
- Dominating your opponent in 1v1 situations
- Outplaying your opponent in a variety of different ways
- Dominating possession of the ball aided by clever movement
- Scoring goals via individual excellence or combining with teammates
- A commitment to be positive at all times
- A dedication for improvement
- An outstanding work ethic
- Individual application
- Collective organisation
- Winning mentality
- Taking ownership of learning self-improvement
- Excellent communication

“Obviously at the Academy we’re trying to develop players who can attack and dominate the ball and handle that part of the game. And that’s my role as well; so in terms of me, I’m really keen for us to play a particular style of football that I think will prepare the boys for the next level.”

Barry Lewtas, LFC U23 Coach

11. LFC DEVELOPMENT MODEL

We must develop all players at the LFC International Academy in 5 key areas, with the player at the centre of this model.

TECHNICAL

- Core techniques/skills include receiving skills (to control, to create space, to turn and to protect), moving skills (dribbling and RWTB) and releasing skills (passing, shooting, ball striking)
- Sessions that allow the players opportunity to practice core techniques/skills to develop their “hard drive”
- High repetition of these core techniques/skills is key to improvement
- Opposed and unopposed practices

TACTICAL

- Attacking principles of play
- Defending principles of play
- In transition - counter attack and counter defend
- Sessions that allow specific decision-making opportunities and the ability to adapt and combat different pressures and systems of play with and without the ball
- Players should gain an understanding of the five Ws (Who, What, Where, When and Why)

PHYSICAL

- Agility, balance, stability, co-ordination, reactions, strength, endurance, power and speed should all be considered in your planning



- Sessions in which players carry out fundamental movements as well as more game related movements

SOCIAL

- Challenged appropriately
- Sessions to encourage players to interact with each other, problem solve, compete and work as a team
- Supported where necessary - visually, orally or practically

MENTAL

- Preparation, brave with and without the ball, accepting pressure, freedom of expression and positive body language
- Does your session promote a winning mentality?
- Include competition within your session

“You can have the best technical ability but if you aren’t ready to show it then you can’t make the best of it. It’s no different in football than it is in normal life. The first step to achieve anything is to think you can do it. You want to do it, you want to achieve it then you have to find a way to go there. How important is the mental side in football? It’s everything.”

Jürgen Klopp

12. DEVELOPMENT JOURNEY

It is important to link “learning” in each phase and game format. Creating a link from 6v6 all the way through to 11v11.

The aim of our technical programme is to make the game easier for the players as they grow. This should also be the same for the tactical information that we give players at each stage.

This can be achieved in several ways:

- Organisation used on the pitch
- Key communication used through the age groups
- Linking a technique and tactical idea
- Key mentality that is desired in LFC players/teams
- Teach the game step by step
- Increase speed of action and decision making

Inspire
through:

The environment
Your personality
Your session
The LFC style of play



“Everyone is working hard to see one player from the Academy in the first team, like Trent. The process with Trent was unbelievable because he started here as a young player and finished in the first team, so this is the kind of project that we need to find. A perfect project.”

Vitor Matos, LFC Elite Development Coach

13. KEY PRINCIPLES OF PLAY

COACH ALL THE GAME... ALL THE TIME

It is important that as coaches we are proactively coaching within games and training sessions. Do not ignore obvious coaching points that arise.

IN POSSESSION

- Position – We are always looking for height/width/depth from our teams. Can we play between the lines?
- Overloads – Back/middle/sides. Can we help the back players? Can we drive through the middle of the pitch? 2v1's on sides?
- Movement – Be prepared to run without the ball, it can take as many as 7 runs before you receive the ball (7:1's)
- Receive to play forwards – Be positive as much as possible

OUT OF POSSESSION

- Move with the position of the ball
- Protect the middle of the pitch (press out)
- Do not get outplayed 1v1
- Light switch transition – Win the ball back

**MENTALITY
PERSONALITY
& CHARACTER**

**PRINCIPLES
OR RULES
IDENTITY**

WHERE TO ATTACK? THROUGH, AROUND OR BEHIND THE OPPONENTS

In possession, we focus attacking on three areas:

- **Through** the middle of the opponent
- **Around** the sides of the opponent
- **Behind** the opponent

The space to attack will be determined by the organisation of the opponent's players. The space is never SET, it will always change during the game.

1. Through

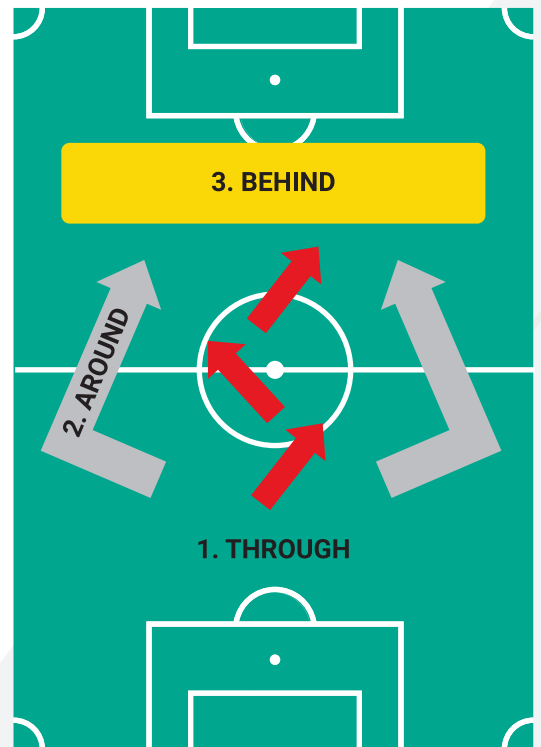
The first option should be to go through the opponents and head straight to goal.

2. Around

If the middle is blocked, we should attack using the space on the sides of the pitch.

3. Behind

At all times, we should be looking for the space behind the opponents in order to pass over the defence or into the spaces between defenders. When the ball is played accurately behind the defence, the chances to score are increased greatly.



"I think if you were to come and see our Academy sides play, there is a similar dynamic, a similar representation as what you'd see in the first team and I like that."

Alex Inglethorpe, LFC Academy Manager

14. A 'PLAYER CENTRED' APPROACH

Long term player development (LTPD) and players enjoying their football are at the core of our playing and coaching philosophy.

We feel an attacking style of play based on effective possession of the ball is the best style to improve learning and development.

To develop creative players with comfortable midfield attributes, freedom of expression is vital in an environment that promotes individual decision making.

Players need to be encouraged to express themselves without the fear of failure. Young players should never be discouraged from trying new things or criticised if they make a mistake. Coaches should always praise effort and application.

"Mistakes are a great opportunity for learning and improvement"

We always prioritise what is best for the player, keeping them at the centre of our development model.

To help support LTPD we have a four phase progression structure.

1. Pre-Academy (up to U8)

2. Foundation Phase (U9-U11)

3. Youth Development Phase (U12-U16)

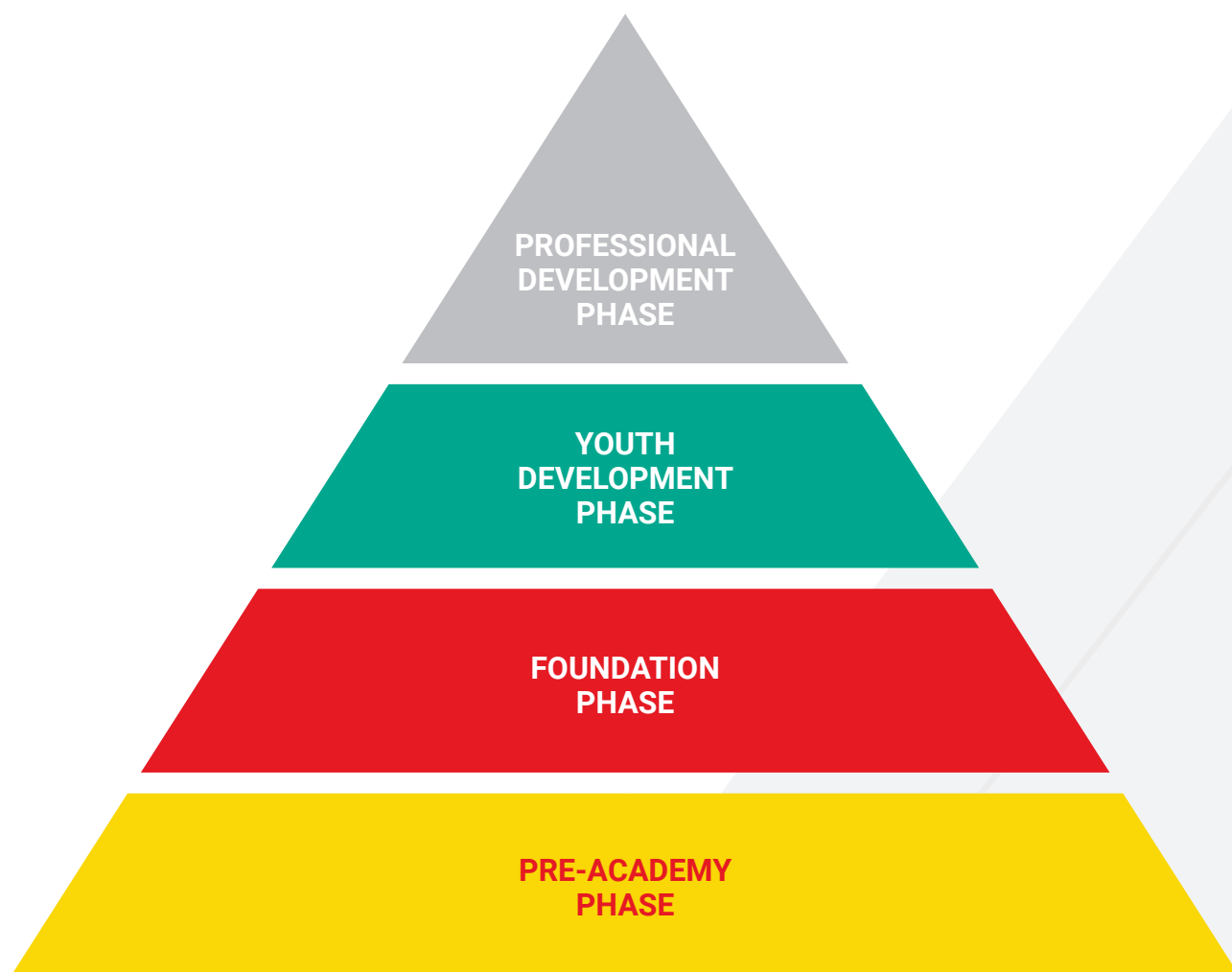
4. Professional Development Phase (U17+)



"I thought about playing for Liverpool every day. I knew that if I worked hard and listened to my coaches, listened to my parents and the people around me then it would be possible."

Trent Alexander-Arnold

15. PERFORMANCE PATHWAY



"I'm a local boy and my dream when I was young was always just to play one game for Liverpool."

Steven Gerrard

"It still feels like yesterday I was in the U11s and I've taken it all day by day and just enjoyed each moment playing with a Liverpool shirt on."

Missy-Bo Kearns, LFC Women's player

16. SSP

Sports Session Planner (SSP) is our online session planning platform for all our International Academy coaches to use when delivering LFC sessions.

Here is the [SSP tutorial video](#) explaining how to use the system

[Setting up your global account](#) shows you how to set up your account so you can locate all our LFC IA curriculum sessions and the breakdown of each phase.



[How to build sessions](#) shows you how to create your weekly sessions using the libraries and sessions provided by LFC.



As an LFC IA coach you should use our curriculum library within SSP for all your coaching sessions. All sessions should ALWAYS be saved as club under the sharing tab.

Every month we assess all SSP sessions from our IA's, we then select the best session to be awarded global session of the month with the winner receiving an award.

In order for a session to be a candidate for global session of the month it must be built from our blocks in SSP in the correct curriculum structure for the phase.

"To get the best from your players, a coach needs to be organised and prepare properly for every session."

Marc Bridge Wilkinson, U18 Coach

17. PRE-ACADEMY PHASE

UP TO U8 – INSPIRE & ENGAGE

To work with children at these age groups requires a special sort of coach.

There is a huge responsibility on coaches within the Pre-Academy as you are the first experience the players will have of someone formally teaching them the game of football. You should be aware that you could be the one who switches the players love of the game off before its even begun.

Your primary concern is ensuring that the players are enjoying their time with LFC.

Please come to each session prepared to give energy, enthusiasm, commitment and care.

In equal measures it will be the toughest yet most rewarding coaching part of your career irrespective of which age players you go on to work with.

“Their love of football and LFC begins in our Pre-Academy”



Here the technical team discuss the main considerations when coaching in this phase

OVERVIEW

- One or two sessions per week (plus games programme)
- 1 to 1.5 hour sessions
- Coach to player ratio 1:16 max (plus assistant)
- No set programme cycle
- Game formats: U5, U6 & U7 5v5 max, U8 6v6/7v7 max or follow local governing body regulations

CONSIDERATIONS FOR COACHES

- Use prominent LFC players to help inspire and explain techniques/skills
- 70% ball rolling time as a guide
- Emphasis on fun and building a love for the game
- Young players cannot sit and listen for long periods of time
- They have a short span of attention and are easily distracted
- Use short, clear and simple instructions; children want to move and participate in action
- Children are generally leader-oriented – love to be led!
- Coaches should adopt a “follow me” or “follow the leader” approach and ensure that all activities are fun and well planned
- Children do not learn the skills correctly just by trial and error
- Coaches must be able to provide a correct demonstration of the basic skills required at this level
- Experimentation and creativity should be encouraged
- Encourage involvement from the children
- All children should be given equal playing time

At these age groups (up to U8) the players should be free to explore the pitch without having fixed positions.

Phrases like...

"We need a defender" to help create depth
or

"Where is our forward" to create height
should be used to help the players think and recognise the situations for themselves.

SESSION FOCUS

- Fun and enjoyment (let them play!)
- LFC role models
- LFC values
- Technical development
- Ball mastery – turns, RWTB, dribbling, forward and side moves
- Ball striking
- Unopposed/semi opposed and opposed
- Outplaying opponent (1v1, 2v1, 2v2, 1v2)
- Physical development
- Football agility
- Agility, balance and coordination (ABC)
- Competition
- Scoring goals (as many as possible)
- 1000 touches per session
- Street soccer
- Always include a game

POSITION SPECIFICITY

PRE-ACADEMY

POSITION SPECIFIC = FOOTBALLER

At this phase players should be exposed to playing in all areas of the field. No positions should be set as the format is generally 5v5 and we want to guide the players to make decisions and think for themselves asking questions like "where is my defender/midfielder/winger/forward?"

U7 and U8 players who play different formats of the game (6v6/7v7) should experience throughout the course of the season playing in all areas of the field (defence, midfield and attack), across the left, middle and right. This helps the players come out of their comfort zones and develops their game awareness as well as supporting their growth in the 5 key areas outlined in the development model.

"They [Pre-Academy years] were probably the most enjoyable days when there was no pressure on results. You could just go out and perform and be happy and just enjoy playing football with your mates."

Trent Alexander-Arnold

EXAMPLE SESSION STRUCTURE

As stated in the overview, sessions at Pre-Academy can be 1 to 1.5 hours so below is an example session structure for both time frames.

PRE-ACADEMY 1.5 HOURS					
TECHNIQUE	ATHLETIC DEVELOPMENT	STREET SOCCER	1v1 DOMINATION/ OUTPLAYING WORK	STREET SOCCER	FUN FINISH
15 MINUTES	15 MINUTES	15 MINUTES	15 MINUTES	20 MINUTES	10 MINUTES

PRE-ACADEMY 1 HOUR				
TECHNIQUE	ATHLETIC DEVELOPMENT	STREET SOCCER	1v1 DOMINATION/ OUTPLAYING WORK	FUN FINISH
10 MINUTES	10 MINUTES	15 MINUTES	15 MINUTES	10 MINUTES

See Sports Session Planner, 'Curriculum Library' for specific sessions and also to create your own examples in the set structure as outlined above.

PRE-ACADEMY_TECHNIQUE
 PRE-ACADEMY_ATHLETIC DEVELOPMENT
 PRE-ACADEMY_STREET SOCCER
 PRE-ACADEMY_1V1



[Here](#) you can view some example sessions from this phase.



18. FOUNDATION PHASE

U9, U10 & U11 – BUILD THE “HARD DRIVE” & “OUTPLAYING” QUALITIES

The first responsibility of coaches within the foundation phase is to nurture the players transition from the pre academy into this more structured phase. The number one priority remains that the players are having fun and enjoying their time with LFC, however elements of outplaying skills, ball mastery, individual technical work and competition will increase within the sessions as the players move through this phase.

Players are like sponges in the foundation phase, it is important to build a positive learning environment by encouraging the players to ask questions of you and themselves, allow them to feedback and reflect. Mistakes must be seen as opportunities for learning. Feedback should always be positive and heavily linked to our values and role models.

You are preparing the players for the transition into the youth development phase where more tactical elements will start to be introduced to the sessions.



Here the technical team discuss the main considerations when coaching in this phase

OVERVIEW

- 1 to 3 sessions per week (plus games programme)
- 1 to 1.5 hour sessions
- Coach to player ratio 1:16 max
- 5 week programme cycle
- Game formats: 6v6/7v7/8v8/9v9 or local governing body regulations

CONSIDERATIONS FOR COACHES

- Players are highly motivated and enthusiastic
- Are sensitive to criticism and failure (mistakes)
- Pre-pubescent players are generally well balanced and coordinated
- Coaches need to encourage reflective time with lots of support
- Experimentation and creativity should be encouraged
- Use short, clear and simple instructions
- Let them play! Re-create that street football environment with fun football related practices
- All children should be given equal playing time at training and on match-day wherever and whenever possible
- Players start to understand that they have to work together as a team to be successful
- Preference for a certain position may start to show, although players should still be given the opportunity to play all positions regularly
- You can start to work on some basic team tasks – how to defend and how to attack
- An awareness of individual roles in relation to teamwork is developing as well as an understanding of playing without the ball both when we are in and out of possession

PROGRAMME

WEEK	1	2	3	4	5
TACTICAL CYCLE	IN POSSESSION			OUT OF POSSESSION	REVIEW OF THE WHOLE GAME

SESSION FOCUS

- LFC role models
- LFC Values
- To demonstrate a desire to want to win in both training and in games
- To be brave in wanting to have the ball
- Competitive elements to training
- Positive feedback when players have the ball
- Develop physical competency around agility, balance, coordination and speed
- Ball mastery – twist and turn – changes of direction with the ball
- To develop the technical “hard drive” required to dominate your opponent in all 1v1 situations
- Receiving techniques/skills
- Moving techniques/skills – RWTB and dribbling
- Releasing techniques/skills – passing and shooting
- Basic competency of ball striking and receiving in all forms
- To try to develop an understanding of occupying key areas

- To develop an understanding of playing “through”, “around” or “behind”
- Tactical instruction within training and games
- Framing training and games with tactical presentations
- Week 5 focus can include group development areas, recaps, skills challenges and player reviews

POSITION SPECIFICITY

FOUNDATION

POSITION SPECIFIC = FOOTBALLER & DEFENSIVE HALF / ATTACKING HALF

Foundation phase age groups follow the same principles as Pre-Academy Phase U7 and U8 where they are exposed to playing throughout all three units (defence, midfield and attack) and across the left, middle and right throughout the season.

At U11 players may start to show certain attributes that would suggest they will either play in the attacking half of the pitch or the defensive half. The players here will still play in left, middle and right areas but in a specific half of the field.

“I played everywhere! At 10 I was a winger for Liverpool. In Sunday League football I was a central midfielder – running round everywhere, taking people on, scoring goals, trying to defend. I was probably 12 or 13 at Liverpool when I went from playing as a winger to centre-back for a bit. I played there until I was about 14 or 15. I played as a No 6 for a year or two. Then I made the decision to move to right-back and that’s where I’ve been since.”

Trent Alexander-Arnold

EXAMPLE SESSION STRUCTURE

As stated in the overview, sessions in the Foundation Phase can be 1 to 1.5 hours so below is an example session structure for both time frames.

FOUNDATION 1.5 HOURS				
TECHNIQUE	ATHLETIC DEVELOPMENT	STREET SOCCER	TECHNIQUE	THE GAME
10 MINUTES	10 MINUTES	20 MINUTES	25 MINUTES	25 MINUTES

FOUNDATION 1 HOUR			
TECHNIQUE	ATHLETIC DEVELOPMENT	STREET SOCCER	THE GAME
10 MINUTES	10 MINUTES	20 MINUTES	20 MINUTES

TECHNICAL STATIONS DETAIL	
IN POSSESSION	Ball mastery, skill sets – side and forward moves, RWTB, shooting, passing and receiving, 1v1 domination
OUT OF POSSESSION	Body shape, pressing, sliding and screening, tackling, intercepting and blocking
REVIEW OF THE GAME	Opportunity to recap, work towards tournaments, set plays, deliver skills challenges or work on specific development areas

See Sports Session Planner, 'Curriculum Library' for specific sessions and also to create your own examples in the set structure as outlined above.

FOUNDATION_TECHNIQUE
FOUNDATION_ATHLETIC DEVELOPMENT
FOUNDATION_STREET SOCCER
FOUNDATION_TECHNICAL CIRCUIT



[Here](#) you can view some example sessions from this phase.

PROGRAMME OVERVIEW

Tactical Phase	IN POSSESSION		TRANSITION	OUT OF POSSESSION	CONSOLIDATION
	Week 1	Week 2	Week 3	Week 4	Week 5
	Defensive 1/2	Attacking 1/2	Counter Attacking	Defending	
Techniques and areas to develop	Specific passing	Receiving back to goal	Regaining possession to counter	1v1 defending	Technical circuit, competitions, recaps, skills challenges, player reviews, group development areas, focus on upcoming events (e.g. tournaments).
	Receiving back foot	RWTB	RWTB/dribbling	Defending organised (2v2,3v3)	
	Turning/Side Moves	Dribbling 1v1 domination	1v1 domination	Defending outnumbered	
	Receiving under pressure	Combination play	Exploiting overloads	Defending technique	
	Switching play	Crossing and finishing	Specific passing	Communication	
	Playing out from the back	Shooting (from different angles)	Finishing	Counter defending	

19. YOUTH DEVELOPMENT PHASE

U12 - U16 - LEARNING TO COMPETE

When coaching in the youth development phase you will encounter a wide range of physical, social and mental maturities within your age groups. The skill of a great YDP coach is understanding your players individual needs and challenges, you will need to be adaptable and empathetic as their coach.

This phase is where players are using the skills they have learnt previously and starting to learn how to compete and win. It is critical that the fun environment and the individual technical development from the PA and FND continues throughout the YDP, they should always enjoy their football and players never stop learning.

The players are mature enough now to work on more tactical elements within sessions, formal and informal feedback should increase along with player ownership in training and development aims. Players begin to work on more unit and team tasks, defending and attacking as a group with more emphasis on organisation and communication as they play 11v11.



Here the technical team discuss the main considerations when coaching in this phase

OVERVIEW

- 3+ sessions per week (plus games programme)
- 1.5 to 2 hour sessions
- Coach to player ratio 1:16 max
- 5 week program cycle
- Game formats: 9v9 & 11v11 or local governing body stipulations

CONSIDERATIONS FOR COACHES

- Players are mature enough for more tactical elements within sessions
- Coaches need to encourage self-reflection and evaluation
- Experimentation and creativity should be encouraged
- Use short, clear and simple instructions
- Players start to have more of an input into sessions and tactics
- Include opposed 1v1 elements in each session to keep the focus on individual technical development
- Players should have more feedback via LFC feedback forms
- Preference for a certain position will start to show, although players should still be given the opportunity to play in different positions regularly
- Players should be working on team tasks – how to defend and how to attack as a team
- Players in the YDP may suffer with fatigue as the amount of sports they play increases
- Set tasks around match analysis of LFC first team and individual role models

“The goal is that we create, or continue the creation of, a new generation of players that will allow the club to move forward while also keeping its high standards,”

Vitor Matos, LFC Elite Development Coach

EXAMPLE SESSION STRUCTURE

As stated in the overview, sessions at youth development phase can be 1.5 to 2 hours so below is an example session structure for the different time frames.

YOUTH DEVELOPMENT PHASE 1.5 HOURS				
EARLY ARRIVALS	INTEGRATED WARM UP	INDIVIDUAL/ TECHNICAL WORK	SLICE OF THE GAME/UNIT WORK	GAME
10 MINUTES	20 MINUTES	20 MINUTES	20 MINUTES	20 MINUTES

YOUTH DEVELOPMENT PHASE 1 HOUR 45 MINUTES				
EARLY ARRIVALS	INTEGRATED WARM UP	INDIVIDUAL/ TECHNICAL WORK	SLICE OF THE GAME/UNIT WORK	GAME
10 MINUTES	20 MINUTES	25 MINUTES	25 MINUTES	25 MINUTES

YOUTH DEVELOPMENT PHASE 2 HOURS				
EARLY ARRIVALS	INTEGRATED WARM UP	INDIVIDUAL/ TECHNICAL WORK	SLICE OF THE GAME/UNIT WORK	GAME
10 MINUTES	20 MINUTES	30 MINUTES	30 MINUTES	30 MINUTES

See Sports Session Planner, 'Curriculum Library' for specific sessions and also to create your own examples in the set structure as outlined above.

YOUTH DEVELOPMENT_EARLY ARRIVALS
 YOUTH DEVELOPMENT_INTEGRATED WARM UP
 YOUTH DEVELOPMENT_TECHNICAL WORK
 YOUTH DEVELOPMENT_SLICE OF THE GAME/UNIT WORK



[Here](#) you can view some example sessions from this phase.

PROGRAMME OVERVIEW

Tactical Phase	IN POSSESSION		TRANSITION	OUT OF POSSESSION	CONSOLIDATION
	Week 1	Week 2	Week 3	Week 4	Week 5
	Defensive 1/2	Attacking 1/2	Counter Attacking	Defending	
Techniques and areas to develop	Specific passing	Receiving back to goal	Regaining possession to counter	1v1 defending	Competitions, recaps, skills challenges, player reviews, group development areas, set plays, focus on upcoming events (e.g. tournaments)
	Receiving back foot	RWTB	RWTB/dribbling	Defending organised (2v2,3v3)	
	Turning/Side Moves	Dribbling 1v1 domination	1v1 domination	Defending outnumbered	
	Receiving to step into midfield	Combination play	Exploiting overloads	Defending as a unit (age specific)	
	Switching play	Crossing and finishing	Specific passing	Heading	
	Playing out from the back	Shooting (from different angles)	Finishing	Counter defending	

TACTICAL AND TECHNICAL THEMES

TACTICAL THEMES

WEEK 1 – DEFENSIVE 1/2

- Playing out from the back (against different systems and blocks)
- Centre back stepping in
- Full backs building the attack
- Playing through deep lying midfielder
- Midfield rotations
- Playing through, around or behind
- Full back and wide player relationships

WEEK 2 – ATTACKING 1/2

- Wide triangle rotations
- Switching the play
- Supporting the attack from midfield
- Movement and rotation in final 1/3
- Combination play in and around the penalty box
- Crossing and finishing
- Overlaps and underlaps
- Line breaking runs

WEEK 3 – TRANSITIONS

- Counter attacking (see rules of counter attacking)
- Exploiting overloads

RULES OF COUNTER ATTACKING

- Anticipate the opportunity
- Regain possession - interceptions - clearances
- Quick forward passes - sprint with the ball
- Support flooding forwards
- Disguise intention (zig zag)

- Final pass
- Finish the attack

WEEK 4 – OUT OF POSSESSION

- 1v1 defending
- Defending in units
- Defending organised (as a team)
- Defending outnumbered
- Defending crosses
- Counter defending
- Pressing
- Defending deep
- Defending direct play
- Defending in and around the penalty area

WEEK 5 – CONSOLIDATION

Opportunity to recap, work towards tournaments, set plays, deliver skills challenges or work on specific development areas.

POSITION SPECIFICITY

YOUTH DEVELOPMENT

POSITION SPECIFIC = DEFENSIVE HALF / ATTACKING HALF

At U12-U14 players will display attributes that would suggest they will either play in attacking or defensive roles. The players here will still play in left, middle and right areas but in more specific parts of the pitch.

When the players get to U15 and U16 you may be able to start to narrow this down further to a player showing particular attributes to play in two or three positions.

“At Liverpool we never accept second best.”

Sir Kenny Dalglish, LFC Legend [Player 1977-1990, Manager 1985-1991, 2011-2012]

20. PROFESSIONAL DEVELOPMENT PHASE

U17+

If you are operating in the professional development phase please contact us for advice and guidance on the content.

POSITION SPECIFICITY

PROFESSIONAL DEVELOPMENT

U17+ (PLAYERS WILL TRAIN AND PLAY TO DEVELOP IN THEIR SPECIFIC POSITION)

“The Liverpool philosophy is simple and is based on total belief. Maybe that has been key to Liverpool’s consistency. We were taught to go out there, play our own game and fear no one.”

Phil Neal, LFC Legend [650 appearances]



21. 1V1 DOMINATION

PLAYERS WHO UNLOCK THE GAME

We are an Academy that believes in individual expression and the development of players who dominate 1v1 situations.

The term outplaying is used to describe how a player is able to beat a direct opponent either alone or in combination with a team mate.

Each player will do this in a unique way that fits their playing style/personality.



Alone

- We must give the players experience of playing:
- Against different types of opponents.
(big, small, fast, slow, strong, weak)
- In different 1v1 situations.
(facing, behind, on shoulder, on angle, line restricted, random 360° pressure)

In Combination

- The option of using a second player is only added once we have players comfortable in playing 1v1 alone.
- The second player is used to problem solve and challenge.
- 1v1 **Game Scenarios** can be found on **[Boot Room Resource Hub.](#)**



“Being good in 1v1 situations is something we want from all our academy players no matter their age.”

Marc Bridge, Wilkinson U18, Coach

22. MATCHDAY ORGANISATION

The balance of the team and the planning of playing time is a very important task in your role as a coach.

Please visit the Boot Room Resource Hub to find match day playing templates that you can use to help you organise your players playing time. There are different **templates** for varying formations and squad size on the [Boot Room Resource Hub](#).



“My view is that in order to learn to play the game, you need to play the game – a lot.”

Martin Diggie, Head of Coach Development

23. eACADEMY

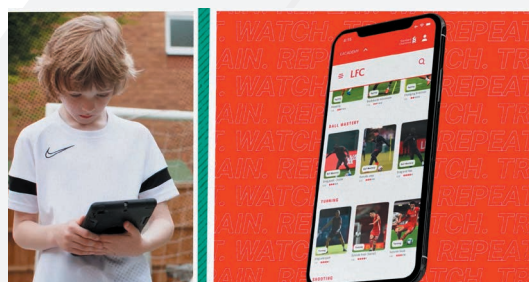
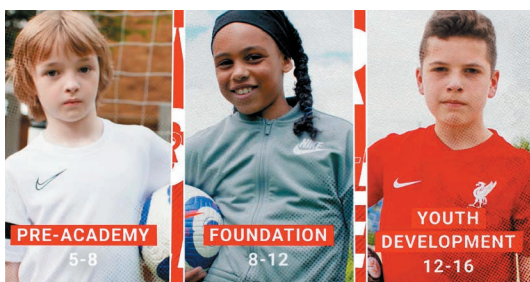
LFC eAcademy is an award-winning digital product that helps players improve their football skills and stay active by learning to play The Liverpool Way. It is a great opportunity for your players to benefit from the leading academy expertise of one of the world's most successful clubs and has been endorsed by Reds manager Jürgen Klopp.

Jürgen said: *"eAcademy gives you a unique insight into the skills we value the most at LFC."*

The eAcademy features all the skills and technique videos which have been identified by LFC coaches as the most important for all players to learn. They are split into the following nine categories: (passing, shooting, dribbling, ball mastery, agility, turning, receiving, crossing, athletic development). Including LFC match footage for aspirational elements within each technical video (VVD lofted pass, Sadio Mane dribble, Mo Salah shooting, Henderson outside foot pass, Firmino step over etc.)



Each skill is rated with a difficulty level, allowing your players to train at their own pace and at a level they feel comfortable. There's plenty of content for beginners through to advance-level players. In each video there's detailed demonstrations from LFC coaches and clips of LFC first team players performing the very same skills in match situations. eAcademy will inspire youngsters to train, improve their skills and keep fit. What's more, they can train on their own or alongside friends and family when circumstances allow.



View the LFC eAcademy coach user guide

23. eACADEMY *(continued)*

The resources within the eAcademy will help you to provide players with material which enables them to continue to work on the fundamental skills and techniques prioritised at LFC.

This will guide programmes outside of structured sessions and means that players can engage with LFC and benefit from being part of the LFC International Academy even when it may not be possible or appropriate to train as a team.

The contents of the eAcademy can also be used to add an additional, supplementary individual training program as and where necessary for example:

- Additional, individual specific training programs
- Continuous 'homework' programs
- Opportunities to develop techniques identified in player feedback process
- Pre-season
- Off-season
- Cancelled sessions

The fundamental principle of individual skills development is that players need to repeatedly practice techniques correctly to master them. The LFC eAcademy is the platform for achieving this.

PLAYER TRAINING PLANS

Our LFC Player Training Plans give youngsters a coaching journey of their own, allowing them to hone specific skills, just like their heroes.

Simply pick your favoured position or player and follow the recommended training plan with eAcademy.

Defenders | Virgil Van Dijk and Joe Gomez

> [**Download Training Plan**](#)



Attacking Full-Back | Trent Alexander-Arnold and Andrew Robertson

> [**Download Training Plan**](#)



Midfielders | Jordan Henderson and Fabinho

> [**Download Training Plan**](#)



Attacking Midfielders | Naby Keita and Curtis Jones

> [**Download Training Plan**](#)



Forwards | Sadio Mane and Mo Salah

> [**Download Training Plan**](#)



“The eAcademy is a fantastic platform to show young players how to play the Liverpool Way.”

Trent Alexander Arnold

“The LFC eAcademy will support and guide young footballers to make sure they are working on the areas that will help them the most.”

Jordan Henderson

24. PLAYER REVIEWS

Players should be given a review every 10 weeks via an LFC IA feedback form (see 2 options below). They should be given constructive feedback and future targets should also be agreed within the process. Skills challenge scores should be logged, and progress assessed. All forms and guidance notes can be found on the [Boot Room Resource Hub](#). Only these forms are permitted for use on LFC International Academies.



[View short and long-term feedback forms](#)



"It's great when you sit back at the end of a day and you see that a player has taken on board a piece of information."

Marc Bridge, Wilkinson U18 Coach

25. COACHING TERMINOLOGY

At LFC we are consistent with the terminology we use with our players. The aim is to keep things simple so that all players clearly understand the instructions we are giving.

PRE-ACADEMY SPECIFIC

FIRMINO: The ability to wriggle out of pressure when it's coming from behind you

SALAH: The ability to go past or play past an opponent when the pressure is in front of you

PINCH THE BALL: Try to take the ball without fouling the opponent

BIBS: Hitting the corners when shooting

PROTECT THE BALL – BODY WORK: The way in which a player protects the ball using their body as a shield

HAVE WE GOT A FORWARD/DEFENDER? (Pre-Academy Phase): Expression used to get the players to scan to help with team balance

EYES UP/SNEAK A LOOK: Encourage players to scan the pitch to help the next decision

ENJOY/STAY ON THE BALL: Reinforcing the importance of keeping the ball both individually and as a team

SHOULDERS: Encourage players to scan the pitch to know what's around them

OUTPLAY: To go past an opponent either with or without the ball in a style that suits you

DON'T GET OUTPLAYED: To not let your opponent play or run past you with the ball

FIND A WAY: To play your way out of, or through pressure with the ball

MANE: Receive the ball to change direction using various parts of the foot

3 SECONDS: Encourage players to react quickly and win the ball back after losing possession

RELEVANT FOR ALL DEVELOPMENT AREAS

STRONG PASS: When a player makes a pass that gets the ball to its destination quickly and accurately

BATTLE OF THE ARMS AND THIGHS: When you get your arms or thighs across your opponent to gain an advantage

BODY SHAPE: When a player opens his body to receive the ball or view the game enabling them to see three sides of the pitch

CHECK YOUR SHOULDERS: Encouraging players to scan the pitch before receiving the ball

TWO TOUCHES: When a player receiving a pass recognises they have no time and space and then takes a touch to allow them to read the game

BREAK THE LINE: When a player receives a pass and breaks the line of the defender with their touch

SAFE SIDE: Encourage players to pass to the safe side away from defending players

BE POSITIVE / GET BEHIND: Reinforce players to finish behind defenders when beating from the front

BE AGGRESSIVE: Encouraging players to be positive when dribbling

FIND THE LINE: This is an indication for a player to find space to enable the player on the ball to have a clear line of pass for them to receive

PASS OR DRIBBLE: Aiming to simplify a player's decision

LIGHT SWITCH TRANSITIONS:

As soon as we win or lose the ball we react quickly to either counter attack or counter defend (win ball back as quick as possible)

FLOOD THE PITCH: Support play in numbers, how and where? Can we move up the pitch together?

CAP OUT: If the path to goal is blocked by defenders can we 'cap out' and start again?

CIRCULATE THE BALL: Keep possession of the ball by quick passing looking for opportunities to penetrate forward

SET: When a receiving player plays the ball back 1st time, when they are marked or cannot turn

SWITCH: When a player or a team need to move the ball from one side of the pitch to the other

26. KEY CONTACTS



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