

LIVERPOOL
Brendan Rodgers
Maximising the potential of individual, group and team learning

Overview:

This is a session that lasts 70 minutes, with coaches and players in a number of specialisms – each offering simplicity and structure, yet requiring good technical ability, intelligence and a certain amount of individualism and flair.

At Liverpool, we want to construct training exercises that progress from one area to the next, building in difficulty as it goes. This eliminates boredom, keeps players focused, and ensures that each stage of the learning process is realistic and valuable.

We split our coaching team up so that players each have someone overseeing their exercise. This also enables us to coach the whole squad by creating numerous areas where drills, practices and games are performed at the same time.

MAXIMISING THE POTENTIAL OF INDIVIDUAL, GROUP AND TEAM LEARNING

SET-UP

AREA

Up to full pitch

EQUIPMENT

Balls, cones, goals, hurdles, mannequins

NUMBER OF PLAYERS

Up to 20 (11v9)

SESSION TIME

Warm-up 15mins,
Speed conditioning 5mins, Possession – the lay-off 12mins,
Individual and group specifics 20mins,
Small-sided game 18mins

What do I get the players to do?

Warm-up

We set up as shown (1), with four 15x5-yard channels. At the bottom of each are three small hurdles. At mid-tempo, players have different instructions for running either around or over them, then move to the top of the practice area and back. As one player returns, the next leaves.

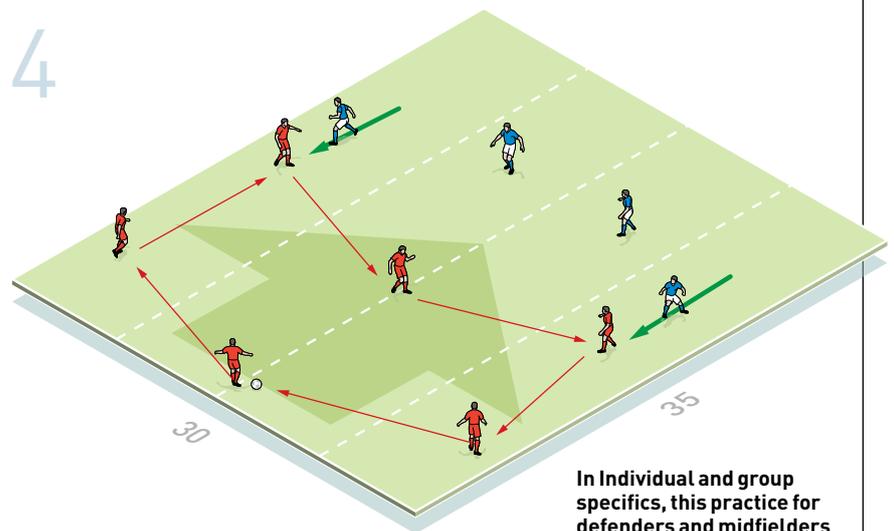
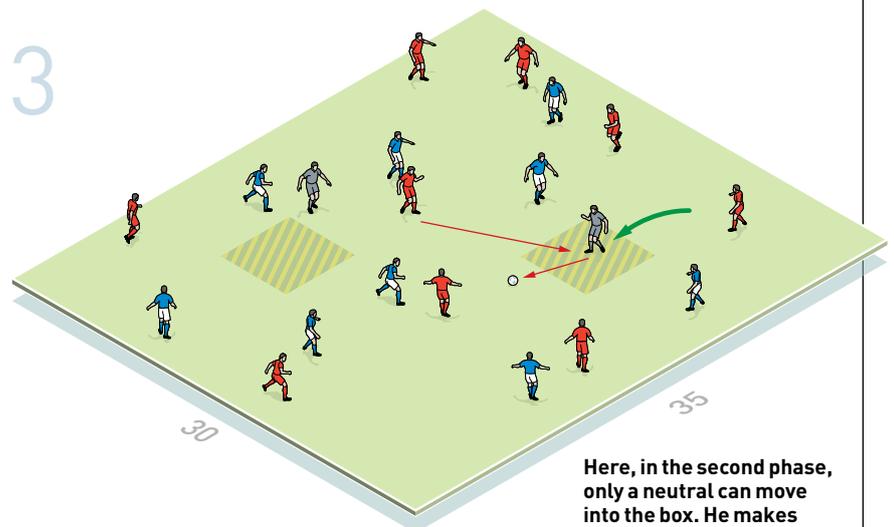
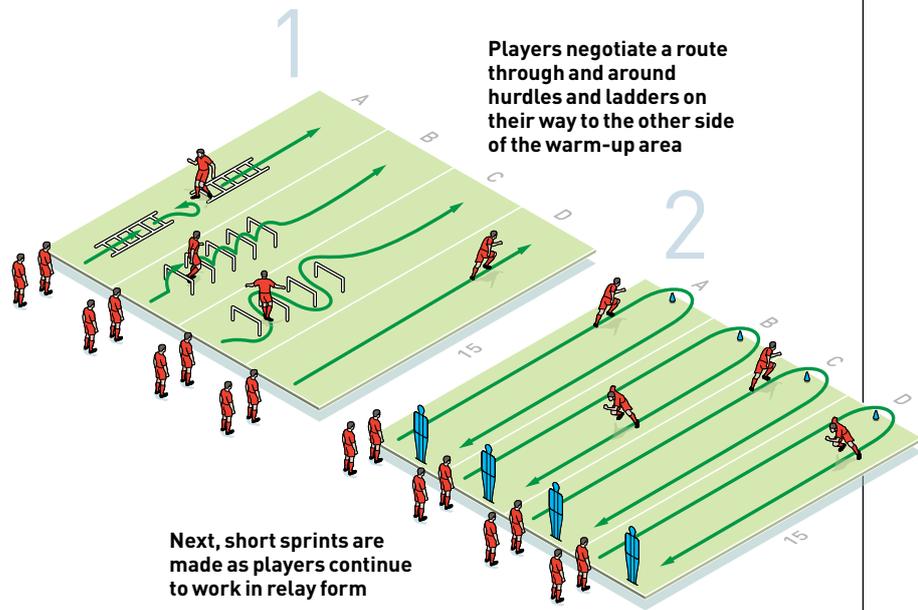
Speed conditioning

Next, players must sprint from the start line, run 5 yards to the cone, before coming back.

Possession – the lay-off (2)

This is 9x9 plus two neutrals, who play for the team in possession. In the first phase, any attacker can meet a team mate's pass in one of the two scoring boxes. Receiving an immediate return pass earns him a point.

In the first progression, now only neutral players can venture into the box. Again,



KEY
Ball movement →
Player movement →
Dribble →

Brendan Rodgers
LIVERPOOL

Brendan Rodgers has already earned himself a place in the hearts of the Liverpool faithful after an impressive start to his tenure as Liverpool manager. Under Rodgers, Liverpool have made continual progress and the first half of this season 2013/14 has seen his side sustaining a consistent challenge for Champions League qualification.

Rodgers was appointed as manager of one of the most famous clubs in world football following a stunning two years of progress with Swansea City. His first season in charge saw him lead the South Wales club into the top flight for the first time in three decades. With a philosophy of playing slick, fast measured technical football, the young manager's methods certainly impressed and saw Swansea secure 11th position in the Barclays Premier League and Rodgers nominated for the LMA Manager of the Year award.

Previously, the Northern Ireland born defender – whose playing career was caught short due to a knee injury – managed both Reading and Watford following his appointment by Jose Mourinho first as Chelsea Youth Team Head Coach and then Reserve Team manager.

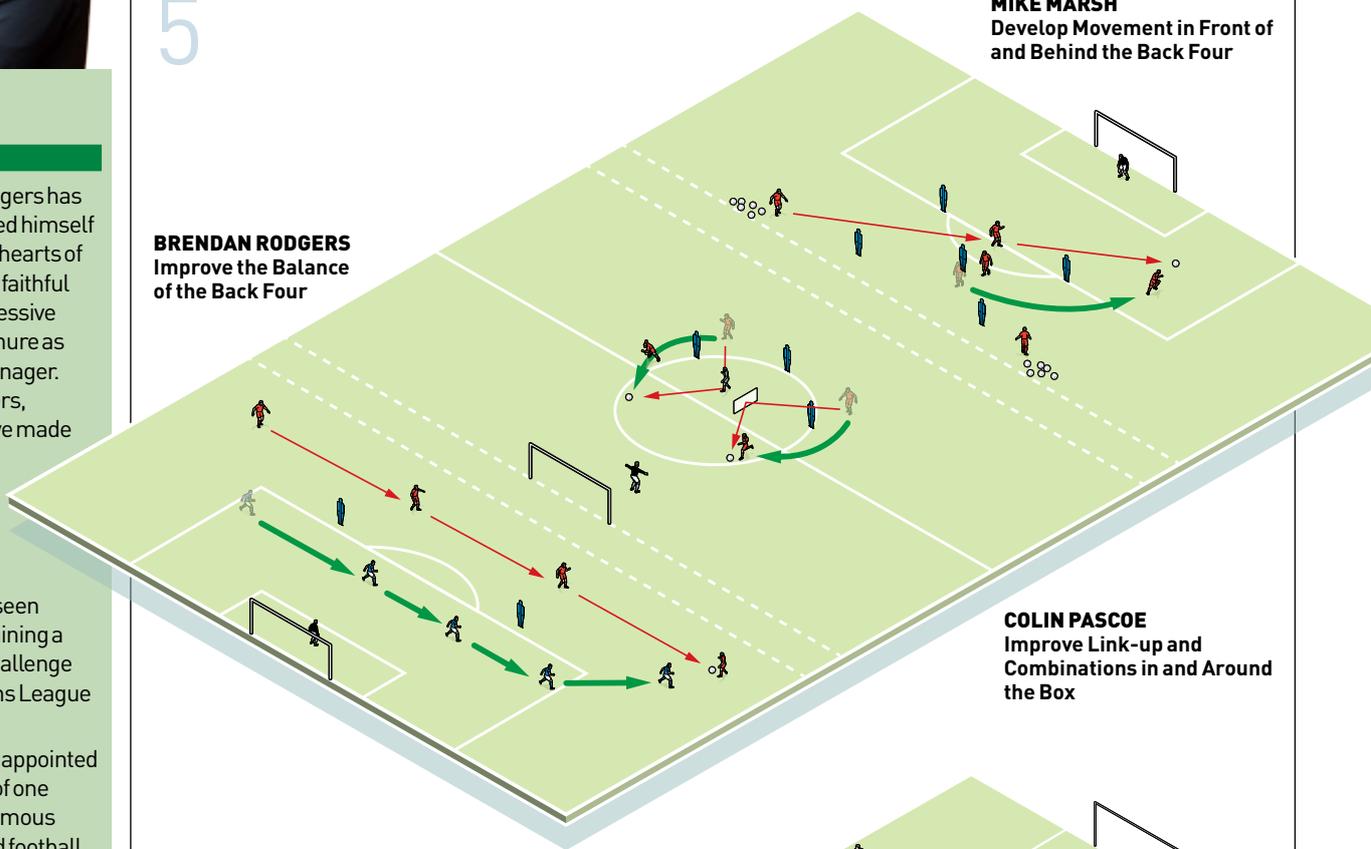
MAXIMISING THE POTENTIAL OF INDIVIDUAL, GROUP AND TEAM LEARNING

5

BRENDAN RODGERS
Improve the Balance of the Back Four

MIKE MARSH
Develop Movement in Front of and Behind the Back Four

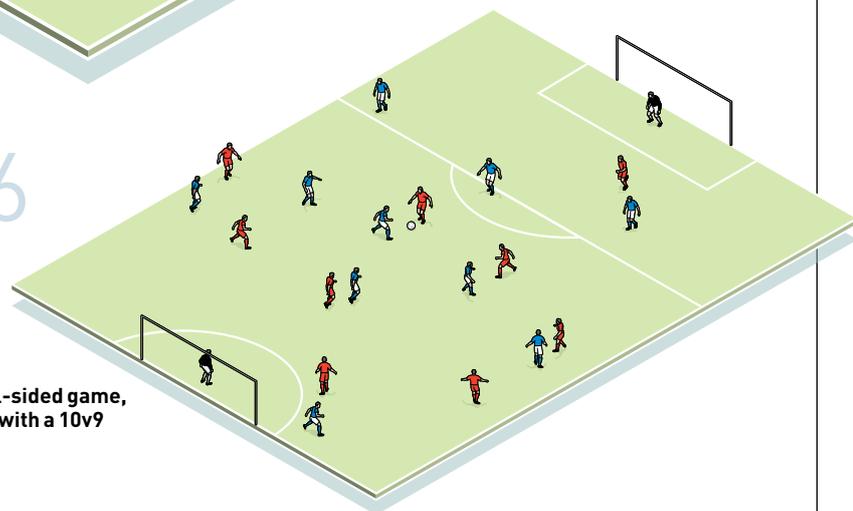
COLIN PASCOE
Improve Link-up and Combinations in and Around the Box



6

In the Small-sided game, blues work with a 10v9 overload

KEY
Ball movement →
Player movement →
Dribble - - - →



an immediate return pass earns a point. Finally, only neutral players constructing a one-two can earn a point.

Individual and group specifics

Now split coaching comes to the fore, with first-team coaches assigned different exercises and tasks. Defenders and holding midfielders work with myself, Brendan

Rodgers, passing the ball from side to side, as shown, and gradually advancing up the pitch (4). They are pressed by a line of four opponents, but must move forward in balance.

Wingers and attacking midfielders work with Colin Pascoe, setting up as shown (5) to construct technical link-up play before going through on goal. There

is no set structure when looking at the imagination and creativity of our attacking play; but quick and accurate passes into feet and into space will give us the confidence to move around and through opponents. Finally, attacking midfielders and strikers work with Mike Marsh. This is about penetrating the defensive line,

with attackers using clever and sharp passes, blind side and disguised runs.

Small-sided game (6)

We conclude with a game, which is 10v9/9v10 in a 50x40-yard area. We look to develop flexibility, and the confidence for players to put everything they have learnt into a real game situation. ■