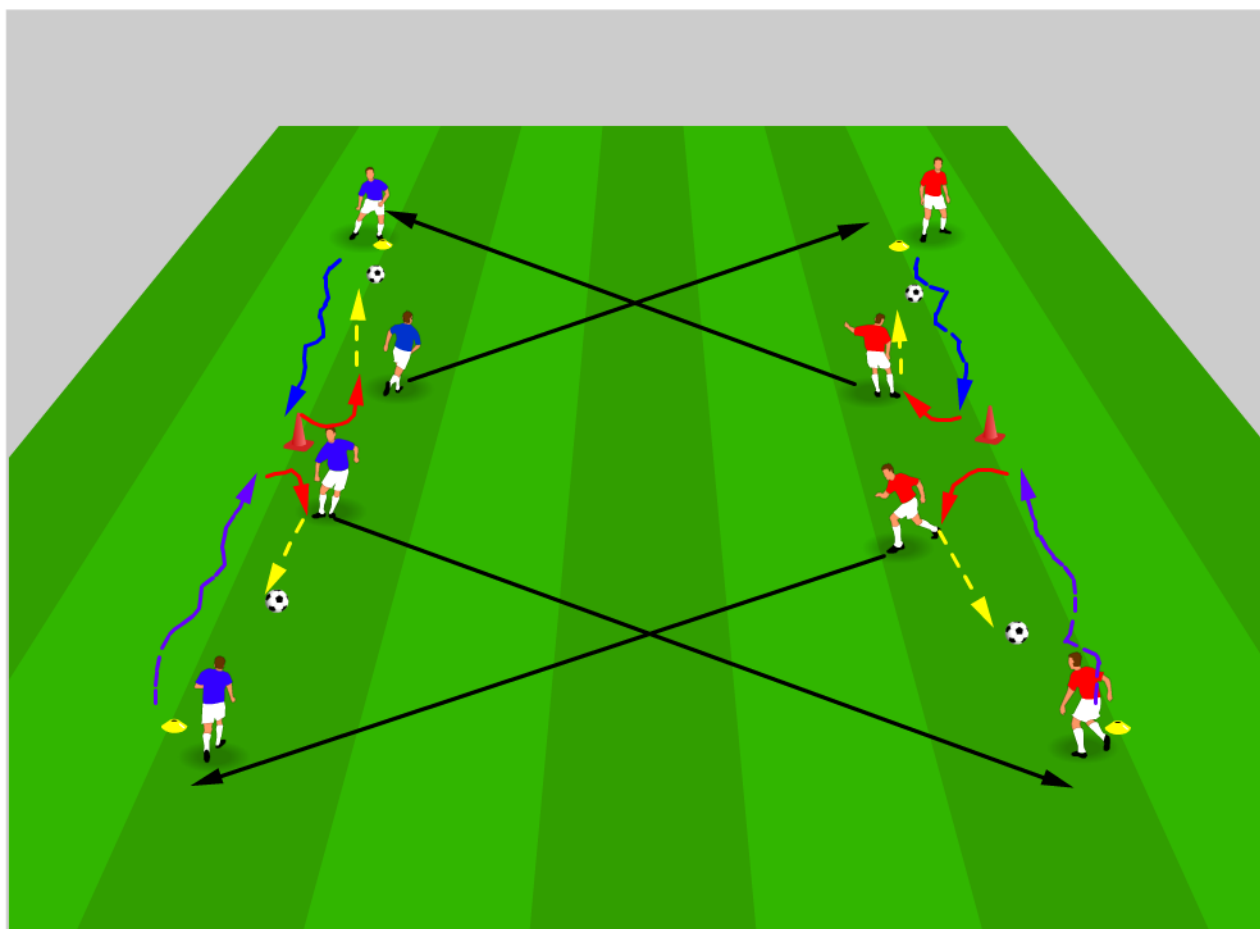


Liverpool FC Academy Technique and Conditioning



**Date:** 9 July 09

**Measurement:** 15 x 20 Yds

**Time:** .

**Players:** 8 per group

**Duration:** .

**Level/Age Group:** 10+

**Description:** Players 1 and 2 run to the middle of the cone and produce a turn. They then pass the ball to the next player in their line and run diagonally to join the other line. Both groups perform the same movements/patterns.

**Objective:** To improve conditioning while working also working on technique.

**Coaching Points:** The dribbling and moves are done first with one foot and then the other so that the players have the opportunity to practice with both feet. Turns: Inside of foot, Outside of foot, dragback turn etc...

**Progression:**  
1. Pass diagonally and run straight back.  
2. Refer to WORLD CLASS COACHING Magazine July/August 2009

**Notes:**