

LFC RESIDENTIAL CAMP [One week programme 2019]					
Time	MON	TUES	WED	THURS	FRI
7.30-8.45	BREAKFAST				
9.30- 11.30 (FO)	Sports Science Extended Warm Up	Pre Activation Work and Dynamic Warm Up	Anfield Stadium Tour	Sports Science Physical Testing (FO)	Departure Day
	Passing [Role Model Henderson]	Turning [Role Model Firmino]		Dribbling [Role Model Mane]	Departure Day
12.15-13.45	LUNCH		Lunch @ Anfield		
14.00-16.00 (ALL)	Player Workshop 1	Match Analysis 1 [Premier League]	Player Workshop 2	Match Analysis 2 [Champions League]	Departure Day
	Individual & Group LFC Projects/Tasks				
17.15-18.45	DINNER				
19.00-21:00 (ALL)	Sport Science, Pre Activation Work, Session Prep and Dynamic Warm Up				
	LFC Skills Challenge A	LFC Skills Challenge B	Tournament	One on One Coach Review and Feedback	
	Finishing Masterclass	Technical Stations	Tournament		
22:00	LIGHTS OUT				

LFC RESIDENTIAL CAMP [Two week programme WK 1 2019]						LFC RESIDENTIAL CAMP [Two week programme WK 2 2019]						
Time	MON	TUES	WED	THURS	FRI	SAT	Sun	MON	TUES	WED	THURS	FRI
7.30-8.45	BREAKFAST					BREAKFAST						
9.30- 11.30 (FO)	Sports Science Extended Warm Up Or English/Sports Leadership Lessons	Pre Activation Work and Dynamic Warm Up Or English/Sports Leadership Lessons	Pre Activation Work and Dynamic Warm Up Or English/Sports Leadership Lessons	Sports Science Physical Testing (FO) Or English/Sports Leadership Lessons	Session Prep Or English/Sports Leadership Lessons	Anfield Stadium Tour	Blackpool Pleasure Beach	Sports Science Extended Warm Up Or English/Sports Leadership Lessons	Pre Activation Work and Dynamic Warm Up Or English/Sports Leadership Lessons	Sports Science Extended Warm Up Or English/Sports Leadership Lessons	Sports Science Physical Testing (FO) Or English/Sports Leadership Lessons	Departure Day
	Passing [Role Model Henderson] or English/Sports Leadership Lessons	Turning [Role Model Firmino] or English/Sports Leadership Lessons	Shooting [Role Model Salah] or English/Sports Leadership Lessons	Dribbling [Role Model Mane] Or English/Sports Leadership Lessons	Agility [Role Model Salah] Or English/Sports Leadership Lessons			Passing [Role Model Keita] Or English/Sports Leadership Lessons	Defending [Role Model Van Dijk] Or English/Sports Leadership Lessons	Shooting [Role Model Salah] English/Sports Leadership Lessons	Turning [Role Model Firmino] Or English/Sports Leadership Lessons	
12.15-13.45	LUNCH					Lunch @ Anfield	Lunch	LUNCH				
14.00-16.00 (ALL)	Player Workshop 1	Match Analysis 1 [Premier League]	Player Workshop 2	Match Analysis 2 [Champions League]	One on One Coach Review and Feedback	Anfield Museum and Club Shop	Blackpool Pleasure Beach	Player Workshop 3	Match Analysis 3 [Premier League]	Player Workshop 4	Match Analysis 4 [Champions League]	Departure Day
	Individual & Group LFC Projects/Tasks							Individual & Group LFC Projects/Tasks				
17.15-18.45	DINNER					DINNER		DINNER				
19.00-21:00 (ALL)	Sport Science, Pre Activation Work, Session Prep and Dynamic Warm Up					Games and Film night	Games and Film Night	Sport Science, Pre Activation Work, Session Prep and Dynamic Warm Up				
	LFC Skills Challenge A	LFC Skills Challenge B	Tournament	LFC Skills Challenge C	LFC Skills Challenge D			LFC Skills Challenge A	LFC Skills Challenge B	Tournament	One on One Coach Review and Feedback	
	Finishing Masterclass	Technical Stations	Tournament	Tournament	Tournament			Finishing Masterclass	Technical Stations	Tournament		
22:00	LIGHTS OUT					LIGHTS OUT		LIGHTS OUT				