

Day/Date	Monday 22 Oct 2025	Tuesday 23 Oct 2025	Wednesday 24 Oct 2025	Thursday 25 Oct 2025	Friday 26 Oct 2025	Saturday 27 Oct 2025	Sunday 28 Oct 2025
Feedback	Tactics Review of last match 10:00	Tactics Out of Possession Focus 10:00	Tactics Transitional play 10:00	Tactics In Possession (Build-Up &... 10:00	Tactics Final Third & Attacking... 10:00	Tactics Opponent analysis + game plan 10:00	Rest
Session 1	Training Recovery: light rondos and... 10:30	Training High pressing structures 10:30	Training Counter-attacking from low block 10:30	Training Build-up patterns vs high press 10:30	Training Attacking patterns vs opposition's lo... 10:30	Match Liverpool City [H] 15:00	Rest
Session 2	Match Udinese [A] 10:05	Training Mid/low-block organization 17:00	Training Defensive transitions 17:00	Training Progressing through opposition's mid-... 17:00	Training Finishing from wide areas 17:00	Training gegege 10:20	Rest
Intensity	5	7	9	8	6	10	Rest