



In 1998, a new state-of-the-art Youth Academy was opened in Kirkby. It replaced the older, more informal youth system, and enabled the club to focus their youth development and scouting, employing new techniques and FA standards.

The Strength and Conditioning facility at the Academy was set up in one end of the Indoor Pitch. Perform Better supplied a number of pieces of equipment to the Strength and Conditioning facility.

Liverpool F.C. Academy is considered to be one of the best and one of the most prolific football academies both in England and in the world.

Various current and past Liverpool players have graduated through the academy with the likes of Billy Liddell, Ronnie Moran, Ian Callaghan, Phil Thompson, Robbie Fowler, Steve McManaman, Michael Owen, Jamie Carragher, Steven Gerrard and Trent Alexander-Arnold, among many others.



PB

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CASE STUDY LIVERPOOL FC ACADEMY

EQUIPMENT

Bi Lateral Leg Press

Leg Extension

Calf Raise plus Hip Thrusters

Keiser Functional Trainer

N Hance Hamstring Curl

kBox Excentric Trainer

Foam Plyo Boxes