

2024



# LALIGA CAMPS UK SCHEDULES



**BEDE'S (EASTER)**

31 Mar - 13 Apr



**BEDE'S (SUMMER)**

30 Jun - 3 Aug

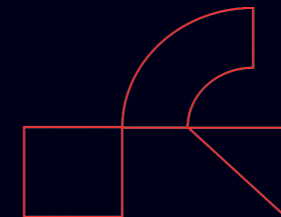


**ROYAL RUSSELL (SUMMER)**

4 Aug - 17 Aug



LALIGA ACADEMY





# BEDE'S SENIOR SCHOOL

EASTER 2024



# COMPLETE FOOTBALL

## EASTER LALIGA CAMPS UK 2024



	8:45	SESSION 1 9:15-10:15 (1hr)	10:15	SESSION 2 10.30-11.30 (1hr)	11:30	SESSION 3 11:45-12:45 (1hr)	13:00	SESSION 4 14.15-16:00 (1hr 45m)	16:00	SESSION 5 16.15-17.00 (45m)	17:15
SUN	ARRIVALS										
MON	REGISTER	KIT DISTRIBUTION & ICE BREAKER SPORTS HALL	BREAK	BAND ACTIVATION SPORTS HALL	BREAK	LALIGA WELCOME PRESENTATION A RECITAL ROOM	LUNCH	LALIGA TECHNICAL TRAINING TOP STUD	BREAK	LALIGA TECHNICAL TRAINING TOP STUD	END
TUE		PRO-PRECEPTOR WORKSHOP SPORTS HALL		LALIGA FINISHING CLINIC TOP STUD		LALIGA FINISHING TEST TOP STUD		LALIGA TECHNICAL TRAINING TOP STUD		LALIGA TECHNICAL TRAINING TOP STUD	
WED		LALIGA INJURY PREVENTION MPH CLASSROOM		LALIGA PASSING CLINIC TOP STUD		SHOPPING CENTRE		BRIGHTON & HOVE ALBION STADIUM TOUR			
THU		STRETCH & ROLL SPORTS HALL CLASSROOM / GYM		LALIGA CONTROL CLINIC TOP STUD		LALIGA CONTROL & PASS TESTING TOP STUD		LALIGA TECHNICAL TRAINING TOP STUD	BREAK	LALIGA TECHNICAL TRAINING TOP STUD	END
FRI		LALIGA ANALYSIS WORKSHOP A MPH CLASSROOM		SWIMMING FREE-PLAY SWIMMING POOL		LALIGA JERSEY CHALLENGE BOTTOM STUD		LALIGA TECHNICAL TRAINING TOP STUD		FUN FOOTBALL COMPETITION TOP STUD	
SAT	CITY EXCURSIONS										
SUN	CITY EXCURSIONS										
MON	REGISTER	LALIGA GOAL SETTING MPH CLASSROOM	BREAK	LALIGA SET PIECES CLINIC ASTRO / LOWER FIELDS	BREAK	LALIGA WELCOME PRESENTATION B RECITAL ROOM	LUNCH	LALIGA TECHNICAL TRAINING LEWES 3G (14:15-16:45)		END	
TUE		STRENGTH TO POWER GYM		LALIGA DRIBBLING CLINIC ASTRO / LOWER FIELDS		LALIGA DRIBBLING TESTING ASTRO / LOWER FIELDS		LALIGA TECHNICAL TRAINING LEWES 3G (14:15-16:45)			
WED		LALIGA NUTRITION & HYDRATION MPH CLASSROOM		LALIGA CROSS & VOLLEY CLINIC ASTRO / LOWER FIELDS		SHOPPING CENTRE		TOTTENHAM STADIUM TOUR			
THU		CIRCUIT GYM (NO SPORTS HALL)		LALIGA DEFENDING CLINIC ASTRO / LOWER FIELDS		LALIGA DEFENDING TESTING ASTRO / LOWER FIELDS		LALIGA TECHNICAL TRAINING LEWES 3G (14:15-16:45)		END	
FRI		LALIGA ANALYSIS WORKSHOP B RECITAL ROOM		SWIMMING FREE-PLAY SWIMMING POOL		LALIGA JERSEY CHALLENGE (11:45-12:15) DEAN HAMMOND Q&A (12:30-13:00) ASTRO / RECITAL ROOM		LALIGA TECHNICAL TRAINING LEWES 3G (14:15-15:45)	END OF CAMP CEREMONY RECITAL ROOM (16:45)		
SAT	DEPARTURES										

### LOW INTENSITY TRAINING

### HIGH INTENSITY TRAINING

Technical training sessions and matches hosted by UEFA Pro certified coaches from LALIGA.

Small-group training clinic with focus on the individual hosted by LALIGA coaches.

Skills testing covering interceptions, control and passing, dribbling and finishing hosted by LALIGA coaches.

Workshops specifically hosted by LALIGA coaches.

Workshops and fun challenges hosted by UK trainers in a variety of topics.

Excursions to shopping mall, football stadium or cities

Social workshops and presentations

**SUBJECT TO CHANGE**



# FOOTBALL & LANGUAGE

## EASTER LALIGA CAMPS UK 2024



	8:45	SESSION 1 9:15-10:15 (1hr)	10:15	SESSION 2 10:30-11:30 (1hr)	11:30	SESSION 3 11:45-12:45 (1hr)	13:00	SESSION 4 14:15-16:00 (1hr 45m)	16:00	SESSION 5 16:15-17:00 (45m)	17:15
SUN	ARRIVALS										
MON	REGISTER	ENGLISH LANGUAGE TUITION CLASSROOM	BREAK	ENGLISH LANGUAGE TUITION CLASSROOM	BREAK	ENGLISH LANGUAGE TUITION CLASSROOM	LUNCH	LALIGA TECHNICAL TRAINING TOP STUD	BREAK	LALIGA TECHNICAL TRAINING TOP STUD	END
TUE		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		LALIGA TECHNICAL TRAINING TOP STUD		LALIGA TECHNICAL TRAINING TOP STUD	
WED		LALIGA INJURY PREVENTION MPH CLASSROOM		LALIGA PASSING CLINIC TOP STUD		SHOPPING CENTRE		BRIGHTON & HOVE ALBION STADIUM TOUR			
THU		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		LALIGA TECHNICAL TRAINING TOP STUD	BREAK	LALIGA TECHNICAL TRAINING TOP STUD	END
FRI		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		LALIGA TECHNICAL TRAINING TOP STUD		FUN FOOTBALL COMPETITION TOP STUD	
SAT	CITY EXCURSIONS										
SUN	CITY EXCURSIONS										
MON	REGISTER	ENGLISH LANGUAGE TUITION CLASSROOM	BREAK	ENGLISH LANGUAGE TUITION CLASSROOM	BREAK	ENGLISH LANGUAGE TUITION CLASSROOM	LUNCH	LALIGA TECHNICAL TRAINING LEWES 3G (14:15-16:45)			END
TUE		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		LALIGA TECHNICAL TRAINING LEWES 3G (14:15-16:45)			
WED		LALIGA NUTRITION & HYDRATION MPH CLASSROOM		LALIGA CROSS & VOLLEY CLINIC ASTRO / LOWER FIELDS		SHOPPING CENTRE		TOTTENHAM STADIUM TOUR			
THU		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		LALIGA TECHNICAL TRAINING LEWES 3G (14:15-16:45)			END
FRI		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		LALIGA JERSEY CHALLENGE (11:45-12:15) DEAN HAMMOND Q&A (12:30-13:00) ASTRO / RECITAL ROOM		LALIGA TECHNICAL TRAINING LEWES 3G (14:15-15:45)	END OF CAMP CEREMONY RECITAL ROOM (16:45)		
SAT	DEPARTURES										

LOW INTENSITY TRAINING

HIGH INTENSITY TRAINING

English language tuition

Technical training sessions and matches hosted by UEFA Pro certified coaches from LALIGA.

Skills testing covering interceptions, control and passing, dribbling and finishing hosted by LALIGA coaches.

Workshops and fun challenges hosted by UK trainers in a variety of topics.

Excursions to shopping mall, football stadium or cities

Social workshops and presentations

**SUBJECT TO CHANGE**



# GOALKEEPER CAMP

## EASTER LALIGA CAMPS UK 2024



	8:45	SESSION 1 9:15-10:15 (1hr)	10:15	SESSION 2 10.30-11.30 (1hr)	11:30	SESSION 3 11:45-12:45 (1hr)	13:00	SESSION 4 14.15-16:00 (1hr 45m)	16:00	SESSION 5 16.15-17.00 (45m)	17:15
SUN	ARRIVALS										
MON	REGISTER	KIT DISTRIBUTION & ICE BREAKER SPORTS HALL	BREAK	GOALKEEPER TRAINING TOP STUD	BREAK	LALIGA WELCOME PRESENTATION A RECITAL ROOM	LUNCH	LALIGA TECHNICAL TRAINING TOP STUD	BREAK	LALIGA TECHNICAL TRAINING TOP STUD	END
TUE		GOALKEEPER TRAINING TOP STUD		LALIGA FINISHING CLINIC TOP STUD		LALIGA FINISHING TEST TOP STUD		LALIGA TECHNICAL TRAINING TOP STUD		LALIGA TECHNICAL TRAINING TOP STUD	
WED		LALIGA INJURY PREVENTION MPH CLASSROOM		GOALKEEPER TRAINING TOP STUD		SHOPPING CENTRE		BRIGHTON & HOVE ALBION STADIUM TOUR			
THU		STRETCH & ROLL SPORTS HALL CLASSROOM / GYM		GOALKEEPER TRAINING TOP STUD		LALIGA CONTROL & PASS TESTING TOP STUD		LALIGA TECHNICAL TRAINING BOTTOM STUD/ASTRO	BREAK	LALIGA TECHNICAL TRAINING BOTTOM STUD/ASTRO	END
FRI		LALIGA ANALYSIS WORKSHOP A MPH CLASSROOM		GOALKEEPER TRAINING TOP STUD		LALIGA JERSEY CHALLENGE BOTTOM STUD		LALIGA TECHNICAL TRAINING BOTTOM STUD/ASTRO		FUN FOOTBALL COMPETITION TOP STUD	
SAT	CITY EXCURSIONS										
SUN	CITY EXCURSIONS										
MON	REGISTER	GOALKEEPER TRAINING ASTRO / LOWER FEILD	BREAK	LALIGA SET PIECES CLINIC ASTRO / LOWER FIELDS	BREAK	LALIGA WELCOME PRESENTATION B RECITAL ROOM	LUNCH	LALIGA TECHNICAL TRAINING LEWES 3G (14:15-16:45)		END	
TUE		STRENGTH TO POWER GYM		GOALKEEPER TRAINING ASTRO / LOWER FEILD		LALIGA DRIBBLING TESTING ASTRO / LOWER FEILD		LALIGA TECHNICAL TRAINING LEWES 3G (14:15-16:45)			
WED		GOALKEEPER TRAINING ASTRO / LOWER FEILD		LALIGA CROSS & VOLLEY CLINIC ASTRO / LOWER FIELDS		SHOPPING CENTRE		TOTTENHAM STADIUM TOUR			
THU		CIRCUIT SPORTS HALL / GYM		GOALKEEPER TRAINING ASTRO / LOWER FEILD		LALIGA DEFENDING TESTING ASTRO / LOWER FEILD		LALIGA TECHNICAL TRAINING LEWES 3G (14:15-16:45)		END	
FRI		LALIGA ANALYSIS WORKSHOP B RECITAL ROOM		GOALKEEPER TRAINING ASTRO / LOWER FEILD		LALIGA JERSEY CHALLENGE (11:45-12:15) DEAN HAMMOND Q&A (12:30-13:00) ASTRO / RECITAL ROOM		LALIGA TECHNICAL TRAINING LEWES 3G (14:15-15:45)	END OF CAMP CEREMONY RECITAL ROOM (16:45)		
SAT	DEPARTURES										

### LOW INTENSITY TRAINING

### HIGH INTENSITY TRAINING

Technical training sessions and matches hosted by UEFA Pro certified coaches from LALIGA.

Small-group training clinic with focus on the individual hosted by LALIGA coaches.

Skills testing covering interceptions, control and passing, dribbling and finishing hosted by LALIGA coaches.

Workshops specifically hosted by LALIGA coaches.

Workshops and fun challenges hosted by UK trainers in a variety of topics.

Excursions to shopping mall, football stadium or cities

Specific goalkeeper training with a UK coach

**SUBJECT TO CHANGE**



# BEDE'S SENIOR SCHOOL

SUMMER 2024



# COMPLETE FOOTBALL

## SUMMER LALIGA CAMPS UK 2024



	8:45	SESSION 1 9:15-10:15 (1hr)	10:15	SESSION 2 10.30-11.30 (1hr)	11:30	SESSION 3 11:45-12:45 (1hr)	13:00	SESSION 4 14.15-16:00 (1hr 45m)	16:00	SESSION 5 16.15-17.00 (45m)	17:00
SUN	ARRIVALS										
MON	REGISTER	KIT DISTRIBUTION & ICE BREAKER SPORTS HALL	BREAK	BAND ACTIVATION SPORTS HALL	BREAK	LALIGA WELCOME PRESENTATION A RECITAL ROOM	LUNCH	LALIGA TECHNICAL TRAINING BOTTOM STUD	BREAK	LALIGA MATCH BOTTOM STUD	END
TUE		LALIGA INJURY PREVENTION MPH CLASSROOM		LALIGA FINISHING CLINIC BOTTOM STUD		LALIGA FINISHING TEST BOTTOM STUD		LALIGA TECHNICAL TRAINING BOTTOM STUD		LALIGA MATCH BOTTOM STUD	
WED		PRO-PRECEPTOR WORKSHOP SPORTS HALL		LALIGA PASSING CLINIC BOTTOM STUD		SHOPPING CENTRE		PREMIER LEAGUE STADIUM TOUR OR FOOTBALL RELATED EXCURSION			
THU		LALIGA GOAL SETTING MPH CLASSROOM		LALIGA CONTROL CLINIC BOTTOM STUD		LALIGA CONTROL & PASS TESTING BOTTOM STUD		LALIGA TECHNICAL TRAINING BOTTOM STUD	LALIGA MATCH BOTTOM STUD		
FRI		CIRCUIT SPORTS HALL / GYM		SWIMMING FREE-PLAY SWIMMING POOL		LALIGA JERSEY CHALLENGE BOTTOM STUD		LALIGA TECHNICAL TRAINING BOTTOM STUD	FUN FOOTBALL COMPETITION BOTTOM STUD		
SAT	CITY EXCURSIONS										
SUN	CITY EXCURSIONS										
MON	REGISTER	YOGA SPORTS HALL	BREAK	LALIGA DRIBBLING CLINIC BOTTOM STUD	BREAK	LALIGA DRIBBLING TESTING OR WELCOME PRESENTATION B TOP STUD	LUNCH	LALIGA TECHNICAL TRAINING BOTTOM STUD	BREAK	LALIGA TECHNICAL TRAINING BOTTOM STUD	END
TUE		LALIGA NUTRITION & HYDRATION MPH CLASSROOM		LALIGA DEFENDING CLINIC BOTTOM STUD		LALIGA DEFENDING TESTING TOP STUD		LALIGA TECHNICAL TRAINING BOTTOM STUD		FITNESS TESTING BOTTOM STUD	
WED		STRETCH & ROLL SPORTS HALL CLASSROOM / GYM		LALIGA CROSS & VOLLEY CLINIC BOTTOM STUD		SHOPPING CENTRE		PREMIER LEAGUE STADIUM TOUR OR FOOTBALL RELATED EXCURSION			
THU		LALIGA ANALYSIS WORKSHOP B RECITAL ROOM		LALIGA SET PIECES CLINIC BOTTOM STUD		LIVE Q&A WITH A FORMER PRO RECITAL ROOM		LALIGA TECHNICAL TRAINING BOTTOM STUD	LALIGA TECHNICAL TRAINING BOTTOM STUD		
FRI		STRENGTH TO POWER GYM		SWIMMING FREE-PLAY SWIMMING POOL		LALIGA ANALYSIS WORKSHOP A MPH CLASSROOM		LALIGA TECHNICAL TRAINING BOTTOM STUD	END OF CAMP CEREMONY RECITAL ROOM		
SAT	DEPARTURES										

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Workshops and fun challenges hosted by UK trainers in a variety of topics.

Excursions to shopping mall, football stadium or cities

Social workshops and presentations

SUBJECT TO CHANGE



# FOOTBALL & LANGUAGE

## SUMMER LALIGA CAMPS UK 2024



	8:45	SESSION 1 9:15-10:15 (1hr)	10:15	SESSION 2 10:30-11:30 (1hr)	11:30	SESSION 3 11:45-12:45 (1hr)	13:00	SESSION 4 14:15-16:00 (1hr 45m)	16:00	SESSION 5 16:15-17:00 (45m)	17:00
SUN	ARRIVALS										
MON	REGISTER	ENGLISH LANGUAGE TUITION CLASSROOM	BREAK	ENGLISH LANGUAGE TUITION CLASSROOM	BREAK	LALIGA WELCOME PRESENTATION A RECITAL ROOM	LUNCH	LALIGA TECHNICAL TRAINING BOTTOM STUD	BREAK	LALIGA MATCH BOTTOM STUD	END
TUE		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		LALIGA TECHNICAL TRAINING BOTTOM STUD		LALIGA MATCH BOTTOM STUD	
WED		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		SHOPPING CENTRE		PREMIER LEAGUE STADIUM TOUR OR FOOTBALL RELATED EXCURSION			
THU		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		LALIGA TECHNICAL TRAINING BOTTOM STUD		LALIGA MATCH BOTTOM STUD	
FRI		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		LALIGA TECHNICAL TRAINING BOTTOM STUD		FUN FOOTBALL COMPETITION BOTTOM STUD	
SAT	CITY EXCURSIONS										
SUN	CITY EXCURSIONS										
MON	REGISTER	ENGLISH LANGUAGE TUITION CLASSROOM	BREAK	ENGLISH LANGUAGE TUITION CLASSROOM	BREAK	ENGLISH LANGUAGE TUITION CLASSROOM	LUNCH	LALIGA TECHNICAL TRAINING BOTTOM STUD	BREAK	LALIGA TECHNICAL TRAINING BOTTOM STUD	END
TUE		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		LALIGA TECHNICAL TRAINING BOTTOM STUD		FITNESS TESTING BOTTOM STUD	
WED		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		SHOPPING CENTRE		PREMIER LEAGUE STADIUM TOUR OR FOOTBALL RELATED EXCURSION			
THU		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		LIVE Q&A WITH A FORMER PRO RECITAL ROOM		LALIGA TECHNICAL TRAINING BOTTOM STUD		LALIGA TECHNICAL TRAINING BOTTOM STUD	
FRI		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		LALIGA TECHNICAL TRAINING BOTTOM STUD		END OF CAMP CEREMONY RECITAL ROOM	
SAT	DEPARTURES										

LOW INTENSITY TRAINING

HIGH INTENSITY TRAINING

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# GOALKEEPER CAMP

## SUMMER LALIGA CAMPS UK 2024



	8:45	SESSION 1 9:15-10:15 (1hr)	10:15	SESSION 2 10.30-11.30 (1hr)	11:30	SESSION 3 11:45-12:45 (1hr)	13:00	SESSION 4 14.15-16:00 (1hr 45m)	16:00	SESSION 5 16.15-17.00 (45m)	17:00
SUN	ARRIVALS										
MON	REGISTER	KIT DISTRIBUTION & ICE BREAKER SPORTS HALL	BREAK	GOALKEEPER TRAINING BOTTOM STUD	BREAK	LALIGA WELCOME PRESENTATION A RECITAL ROOM	LUNCH	LALIGA TECHNICAL TRAINING BOTTOM STUD	BREAK	LALIGA MATCH BOTTOM STUD	END
TUE		GOALKEEPER TRAINING BOTTOM STUD		LALIGA FINISHING CLINIC BOTTOM STUD		LALIGA FINISHING TEST BOTTOM STUD		LALIGA TECHNICAL TRAINING BOTTOM STUD		LALIGA MATCH BOTTOM STUD	
WED		PRO-PRECEPTOR WORKSHOP SPORTS HALL		GOALKEEPER TRAINING BOTTOM STUD		SHOPPING CENTRE		PREMIER LEAGUE STADIUM TOUR OR FOOTBALL RELATED EXCURSION			
THU		LALIGA GOAL SETTING MPH CLASSROOM		GOALKEEPER TRAINING BOTTOM STUD		LALIGA CONTROL & PASS TESTING BOTTOM STUD		LALIGA TECHNICAL TRAINING BOTTOM STUD		LALIGA MATCH BOTTOM STUD	
FRI		CIRCUIT SPORTS HALL / GYM		GOALKEEPER TRAINING BOTTOM STUD		LALIGA JERSEY CHALLENGE BOTTOM STUD		LALIGA TECHNICAL TRAINING BOTTOM STUD		FUN FOOTBALL COMPETITION BOTTOM STUD	
SAT	CITY EXCURSIONS										
SUN	CITY EXCURSIONS										
MON	REGISTER	YOGA SPORTS HALL	BREAK	GOALKEEPER TRAINING BOTTOM STUD	BREAK	LALIGA DRIBBLING TESTING OR WELCOME PRESENTATION B TOP STUD	LUNCH	LALIGA TECHNICAL TRAINING BOTTOM STUD	BREAK	LALIGA TECHNICAL TRAINING BOTTOM STUD	END
TUE		LALIGA NUTRITION & HYDRATION MPH CLASSROOM		GOALKEEPER TRAINING BOTTOM STUD		LALIGA DEFENDING TESTING TOP STUD		LALIGA TECHNICAL TRAINING BOTTOM STUD		FITNESS TESTING BOTTOM STUD	
WED		GOALKEEPER TRAINING BOTTOM STUD		LALIGA CROSS & VOLLEY CLINIC BOTTOM STUD		SHOPPING CENTRE		PREMIER LEAGUE STADIUM TOUR OR FOOTBALL RELATED EXCURSION			
THU		GOALKEEPER TRAINING BOTTOM STUD		LALIGA SET PIECES CLINIC BOTTOM STUD		LIVE Q&A WITH A FORMER PRO RECITAL ROOM		LALIGA TECHNICAL TRAINING BOTTOM STUD		LALIGA TECHNICAL TRAINING BOTTOM STUD	
FRI		STRENGTH TO POWER GYM		GOALKEEPER TRAINING BOTTOM STUD		LALIGA ANALYSIS WORKSHOP A MPH CLASSROOM		LALIGA TECHNICAL TRAINING BOTTOM STUD		END OF CAMP CEREMONY RECITAL ROOM	
SAT	DEPARTURES										

LOW INTENSITY TRAINING

HIGH INTENSITY TRAINING

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Goalkeeper specific training with a UK trainer.

Workshops specifically hosted by LALIGA coaches.

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Excursions to shopping mall, football stadium or cities

Social workshops and presentations

SUBJECT TO CHANGE



# ROYAL RUSSELL SCHOOL

SUMMER 2024



# COMPLETE FOOTBALL

## SUMMER LALIGA CAMPS UK 2024



	8:45	SESSION 1 9.15-10.15 (1hr)	10:15	SESSION 2 10.30-11.30 (1hr)	11:30	SESSION 3 11.45-12.45 (1hr)	13:00	SESSION 4 14.15-16:00 (1hr 45m)	16:00	SESSION 5 16.15-17.15 (1hr)	17:15
SUN	ARRIVALS										
MON	REGISTER	KIT DISTRIBUTION & ICE BREAKER SPORTS HALL	BREAK	BAND ACTIVATION SPORTS HALL	BREAK	LALIGA WELCOME PRESENTATION A RECITAL ROOM	LUNCH	LALIGA TECHNICAL TRAINING FIELD	BREAK	LALIGA TECHNICAL TRAINING FIELD	END
TUE		LALIGA INJURY PREVENTION CLASSROOM		LALIGA FINISHING CLINIC FIELD / ALL WEATHER PITCH		LALIGA FINISHING TEST FIELD / ALL WEATHER PITCH		LALIGA TECHNICAL TRAINING FIELD		LALIGA TECHNICAL TRAINING FIELD	
WED		PRO-PRECEPTOR WORKSHOP SPORTS HALL		LALIGA PASSING CLINIC FIELD / ALL WEATHER PITCH		SHOPPING CENTRE		LALIGA TECHNICAL TRAINING FIELD		LALIGA TECHNICAL TRAINING FIELD	
THU		LALIGA GOAL SETTING CLASSROOM		LALIGA CONTROL CLINIC FIELD / ALL WEATHER PITCH		LALIGA CONTROL & PASS TESTING FIELD / ALL WEATHER PITCH		PREMIER LEAGUE STADIUM TOUR OR FOOTBALL RELATED EXCURSION			
FRI		CIRCUIT SPORTS HALL		SWIMMING FREE-PLAY SWIMMING POOL		LALIGA JERSEY CHALLENGE FIELD / ALL WEATHER PITCH		LALIGA TECHNICAL TRAINING FIELD		FUN FOOTBALL COMPETITION FIELD	
SAT	CITY EXCURSIONS										
SUN	CITY EXCURSIONS										
MON	REGISTER	YOGA SPORTS HALL	BREAK	LALIGA DRIBBLING CLINIC FIELD / ALL WEATHER PITCH	BREAK	LALIGA DRIBBLING TESTING OR WELCOME PRESENTATION B FIELD / ALL WEATHER PITCH	LUNCH	LALIGA TECHNICAL TRAINING FIELD	BREAK	LALIGA TECHNICAL TRAINING FIELD	END
TUE		LALIGA NUTRITION & HYDRATION CLASSROOM		LALIGA DEFENDING CLINIC FIELD / ALL WEATHER PITCH		LALIGA DEFENDING TESTING FIELD / ALL WEATHER PITCH		LALIGA TECHNICAL TRAINING FIELD		FITNESS TESTING FIELD	
WED		STRETCH & ROLL SPORTS HALL		LALIGA CROSS & VOLLEY CLINIC FIELD / ALL WEATHER PITCH		LIVE Q&A WITH A FORMER PRO CLASSROOM		LALIGA TECHNICAL TRAINING FIELD		LALIGA TECHNICAL TRAINING FIELD	
THU		LALIGA ANALYSIS WORKSHOP B CLASSROOM		LALIGA SET PIECES CLINIC FIELD / ALL WEATHER PITCH		SHOPPING CENTRE		PREMIER LEAGUE STADIUM TOUR OR FOOTBALL RELATED EXCURSION			
FRI		STRENGTH TO POWER SPORTS HALL / GYM		SWIMMING FREE-PLAY SWIMMING POOL		LALIGA ANALYSIS WORKSHOP A CLASSROOM		LALIGA TECHNICAL TRAINING FIELD		END OF CAMP CEREMONY RECITAL ROOM	
SAT	DEPARTURES										

LOW INTENSITY TRAINING

HIGH INTENSITY TRAINING

Technical training sessions and matches hosted by UEFA Pro certified coaches from LALIGA.

Small-group training clinic with focus on the individual hosted by LALIGA coaches.

Skills testing covering interceptions, control and passing, dribbling and finishing hosted by LALIGA coaches.

Workshops specifically hosted by LALIGA coaches.

Workshops and fun challenges hosted by UK trainers in a variety of topics.

Excursions to shopping mall, football stadium or cities

Social workshops and presentations

SUBJECT TO CHANGE



# FOOTBALL & LANGUAGE

## SUMMER LALIGA CAMPS UK 2024



	8:45	SESSION 1 9.15-10.15 (1hr)	10:15	SESSION 2 10.30-11.30 (1hr)	11:30	SESSION 3 11.45-12.45 (1hr)	13:00	SESSION 4 14.15-16:00 (1hr 45m)	16:00	SESSION 5 16.15-17.15 (1hr)	17:15
SUN	ARRIVALS										
MON	REGISTER	ENGLISH LANGUAGE TUITION CLASSROOM	BREAK	ENGLISH LANGUAGE TUITION CLASSROOM	BREAK	LALIGA WELCOME PRESENTATION A RECITAL ROOM	LUNCH	LALIGA TECHNICAL TRAINING FIELD	BREAK	LALIGA TECHNICAL TRAINING FIELD	END
TUE		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		LALIGA TECHNICAL TRAINING FIELD		LALIGA TECHNICAL TRAINING FIELD	
WED		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		SHOPPING CENTRE		LALIGA TECHNICAL TRAINING FIELD		LALIGA TECHNICAL TRAINING FIELD	
THU		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		PREMIER LEAGUE STADIUM TOUR OR FOOTBALL RELATED EXCURSION			
FRI		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		LALIGA TECHNICAL TRAINING FIELD		FUN FOOTBALL COMPETITION FIELD	
SAT	CITY EXCURSIONS										
SUN	CITY EXCURSIONS										
MON	REGISTER	ENGLISH LANGUAGE TUITION CLASSROOM	BREAK	ENGLISH LANGUAGE TUITION CLASSROOM	BREAK	ENGLISH LANGUAGE TUITION CLASSROOM	LUNCH	LALIGA TECHNICAL TRAINING FIELD	BREAK	LALIGA TECHNICAL TRAINING FIELD	END
TUE		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		LALIGA TECHNICAL TRAINING FIELD		FITNESS TESTING FIELD	
WED		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		LIVE Q&A WITH A FORMER PRO CLASSROOM		LALIGA TECHNICAL TRAINING FIELD		LALIGA TECHNICAL TRAINING FIELD	
THU		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		SHOPPING CENTRE		PREMIER LEAGUE STADIUM TOUR OR FOOTBALL RELATED EXCURSION			
FRI		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		LALIGA TECHNICAL TRAINING FIELD		END OF CAMP CEREMONY RECITAL ROOM	
SAT	DEPARTURES										

LOW INTENSITY TRAINING

HIGH INTENSITY TRAINING

Technical training sessions and matches hosted by UEFA Pro certified coaches from LALIGA.

English language tuition.

Skills testing covering interceptions, control and passing, dribbling and finishing hosted by LALIGA coaches.

Workshops specifically hosted by LALIGA coaches.

Workshops and fun challenges hosted by UK trainers in a variety of topics.

Excursions to shopping mall, football stadium or cities

Social workshops and presentations

SUBJECT TO CHANGE



# GOALKEEPER CAMP

## SUMMER LALIGA CAMPS UK 2024



	8:45	SESSION 1 9:15-10:15 (1hr)	10:15	SESSION 2 10.30-11.30 (1hr)	11:30	SESSION 3 11:45-12:45 (1hr)	13:00	SESSION 4 14.15-16:00 (1hr 45m)	16:00	SESSION 5 16.15-17.15 (1hr)	17:15
SUN	ARRIVALS										
MON	REGISTER	KIT DISTRIBUTION & ICE BREAKER SPORTS HALL	BREAK	GOALKEEPER TRAINING FIELD	BREAK	LALIGA WELCOME PRESENTATION A RECITAL ROOM	LUNCH	LALIGA TECHNICAL TRAINING FIELD	BREAK	LALIGA TECHNICAL TRAINING FIELD	END
TUE		GOALKEEPER TRAINING FIELD		LALIGA FINISHING CLINIC FIELD / ALL WEATHER PITCH		LALIGA FINISHING TEST FIELD / ALL WEATHER PITCH		LALIGA TECHNICAL TRAINING FIELD		LALIGA TECHNICAL TRAINING FIELD	
WED		PRO-PRECEPTOR WORKSHOP SPORTS HALL		GOALKEEPER TRAINING FIELD		SHOPPING CENTRE		LALIGA TECHNICAL TRAINING FIELD		LALIGA TECHNICAL TRAINING FIELD	
THU		LALIGA GOAL SETTING CLASSROOM		GOALKEEPER TRAINING FIELD		LALIGA CONTROL & PASS TESTING FIELD / ALL WEATHER PITCH		PREMIER LEAGUE STADIUM TOUR OR FOOTBALL RELATED EXCURSION			
FRI		CIRCUIT SPORTS HALL		GOALKEEPER TRAINING FIELD		LALIGA JERSEY CHALLENGE FIELD / ALL WEATHER PITCH		LALIGA TECHNICAL TRAINING FIELD		FUN FOOTBALL COMPETITION FIELD	
SAT	CITY EXCURSIONS										
SUN	CITY EXCURSIONS										
MON	REGISTER	YOGA SPORTS HALL	BREAK	GOALKEEPER TRAINING FIELD	BREAK	LALIGA DRIBBLING TESTING OR WELCOME PRESENTATION B FIELD / ALL WEATHER PITCH	LUNCH	LALIGA TECHNICAL TRAINING FIELD	BREAK	LALIGA TECHNICAL TRAINING FIELD	END
TUE		LALIGA NUTRITION & HYDRATION CLASSROOM		GOALKEEPER TRAINING FIELD		LALIGA DEFENDING TESTING FIELD / ALL WEATHER PITCH		LALIGA TECHNICAL TRAINING FIELD		FITNESS TESTING FIELD	
WED		GOALKEEPER TRAINING FIELD		LALIGA CROSS & VOLLEY CLINIC FIELD / ALL WEATHER PITCH		LIVE Q&A WITH A FORMER PRO CLASSROOM		LALIGA TECHNICAL TRAINING FIELD		LALIGA TECHNICAL TRAINING FIELD	
THU		GOALKEEPER TRAINING FIELD		LALIGA SET PIECES CLINIC FIELD / ALL WEATHER PITCH		SHOPPING CENTRE		PREMIER LEAGUE STADIUM TOUR OR FOOTBALL RELATED EXCURSION			
FRI		STRENGTH TO POWER SPORTS HALL / GYM		GOALKEEPER TRAINING FIELD		LALIGA ANALYSIS WORKSHOP A CLASSROOM		LALIGA TECHNICAL TRAINING FIELD		END OF CAMP CEREMONY RECITAL ROOM	
SAT	DEPARTURES										

LOW INTENSITY TRAINING

HIGH INTENSITY TRAINING

Technical training sessions and matches hosted by UEFA Pro certified coaches from LALIGA.

Small-group training clinic with focus on the individual hosted by LALIGA coaches.

Goalkeeper specific training with a UK trainer.

Workshops specifically hosted by LALIGA coaches.

Workshops and fun challenges hosted by UK trainers in a variety of topics.

Excursions to shopping mall, football stadium or cities

Social workshops and presentations

SUBJECT TO CHANGE