

ALGA CAMPS UK





BEDE'S (SUMMER) 31 Jun - 3 Aug

ROYAL RUSSELL (SUMMER)



LALIGA ACADEMY



BEDE'S SENIOR SCHOOL

EASTER 2024



COMPLETE FOOTBALL

EASTER LALIGA CAMPS UK 2024





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	9:00	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		KIT DISTRIBUTION & ICE BREAKER SPORTS HALL		BAND ACTIVATION SPORTS HALL		LALIGA WELCOME PRESENTATION A RECITAL ROOM		LALIGA TECHNICAL TRAINING BOTTOM STUD/ASTRO	۸K	LALIGA TECHNICAL TRAINING BOTTOM STUD/ASTRO	۵
TUE	œ	PRO-PRECEPTOR WORKSHOP SPORTS HALL		LALIGA FINISHING CLINIC BOTTOM STUD		LALIGA FINISHING TEST BOTTOM STUD	_	LALIGA TECHNICAL TRAINING BOTTOM STUD/ASTRO	BREAK	LALIGA TECHNICAL TRAINING BOTTOM STUD/ASTRO	END
WED	EGISTER	LALIGA INJURY PREVENTION MPH CLASSROOM	BREAK	LALIGA PASSING CLINIC BOTTOM STUD	BREAK	SHOPPING CENTRE	LUNCH	PREMIER	LEAGUE	STADIUM TOUR	
THU	STRETCH & ROLL SPORTS HALL CLASSROOM / GYM	Δ.	LALIGA CONTROL CLINIC BOTTOM STUD	a	LALIGA CONTROL & PASS TESTING BOTTOM STUD		LALIGA TECHNICAL TRAINING BOTTOM STUD/ASTRO	AK	LALIGA TECHNICAL TRAINING BOTTOM STUD/ASTRO	END	
FRI		LALIGA ANALYSIS WORKSHOP A MPH CLASSROOM		SWIMMING FREE-PLAY SWIMMING POOL		LALIGA JERSEY CHALLENGE BOTTOM STUD		LALIGA TECHNICAL TRAINING BOTTOM STUD/ASTRO	BREAK	FUN FOOTBALL COMPETITION BOTTOM STUD/ASTRO	E
SAT						CITY EXCURSIONS					
SUN						CITY EXCURSIONS					
MON		LALIGA GOAL SETTING MPH CLASSROOM		LALIGA SET PIECES CLINIC ASTRO		LALIGA WELCOME PRESENTATION B RECITAL ROOM		LALIGA TECHNICAL TRAINING LEWES 3G	AK	LALIGA MATCHES LEWES 3G	
TUE	œ	STRENGTH TO POWER GYM		LALIGA DRIBBLING CLINIC ASTRO		LALIGA DRIBBLING TESTING TOP STUD	_	LALIGA TECHNICAL TRAINING LEWES 3G	BRE.	FITNESS TESTING LEWES 3G	END
WED	SISTER	LALIGA NUTRITION & HYDRATION MPH CLASSROOM	BREAK	LALIGA CROSS & VOLLEY CLINIC ASTRO	BREAK	SHOPPING CENTRE	LUNCH	PREMIER	LEAGUE	STADIUM TOUR	
THU	REGI	CIRCUIT SPORTS HALL / GYM	<u> </u>	LALIGA DEFENDING CLINIC ASTRO	BB	LALIGA DEFENDING TESTING TOP STUD	3	LALIGA TECHNICAL TRAINING LEWES 3G	ΔK	LALIGA MATCH LEWES 3G	Δ
FRI		LALIGA ANALYSIS WORKSHOP B RECITAL ROOM		SWIMMING FREE-PLAY SWIMMING POOL		LALIGA JERSEY CHALLENGE BOTTOM STUD		LALIGA TECHNICAL TRAINING LEWES 3G	BREAK	END OF CAMP CEREMONY RECITAL ROOM	END
SAT						DEPARTURES					

LOW 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.

HIGH INTENSITY TRAINING

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



Excursions to shopping mall, football stadium or cities





FOOTBALL & LANGUAGE





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	9:00	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		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		LALIGA WELCOME PRESENTATION A RECITAL ROOM		LALIGA TECHNICAL TRAINING BOTTOM STUD/ASTRO	ΑK	LALIGA TECHNICAL TRAINING BOTTOM STUD/ASTRO	Ω
TUE	ER	ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		LALIGA FINISHING TEST BOTTOM STUD	_	LALIGA TECHNICAL TRAINING BOTTOM STUD/ASTRO	BREAK	LALIGA TECHNICAL TRAINING BOTTOM STUD/ASTRO	END
WED	EGISTE	ENGLISH LANGUAGE TUITION CLASSROOM	BREAK	ENGLISH LANGUAGE TUITION CLASSROOM	BREAK	SHOPPING CENTRE	LUNCH	PREMIER	LEAGUE	STADIUM TOUR	
THU	R	ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM	"	LALIGA CONTROL & PASS TESTING BOTTOM STUD	-	LALIGA TECHNICAL TRAINING BOTTOM STUD/ASTRO	BREAK	LALIGA TECHNICAL TRAINING BOTTOM STUD/ASTRO	END
FRI		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		LALIGA JERSEY CHALLENGE BOTTOM STUD		LALIGA TECHNICAL TRAINING BOTTOM STUD/ASTRO	BRE	FUN FOOTBALL COMPETITION BOTTOM STUD/ASTRO	<u> </u>
SAT						CITY EXCURSIONS					
SUN						CITY EXCURSIONS					
MON		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		LALIGA WELCOME PRESENTATION B RECITAL ROOM		LALIGA TECHNICAL TRAINING LEWES 3G	EAK	LALIGA MATCHES LEWES 3G	۵
TUE	œ	ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		LALIGA DRIBBLING TESTING TOP STUD	_	LALIGA TECHNICAL TRAINING LEWES 3G	BRE	FITNESS TESTING LEWES 3G	END
WED	GISTER	ENGLISH LANGUAGE TUITION CLASSROOM	BREAK	ENGLISH LANGUAGE TUITION CLASSROOM	BREAK	SHOPPING CENTRE	LUNCH	PREMIER	LEAGUE	STADIUM TOUR	
THU	REC	ENGLISH LANGUAGE TUITION CLASSROOM	æ	ENGLISH LANGUAGE TUITION CLASSROOM	ω	LALIGA DEFENDING TESTING TOP STUD	3	LALIGA TECHNICAL TRAINING LEWES 3G	Ā	LALIGA MATCH LEWES 3G	۵
FRI		ENGLISH LANGUAGE TUITION CLASSROOM		LALIGA JERSEY CHALLENGE BOTTOM STUD		LALIGA TECHNICAL TRAINING LEWES 3G	BREAK	END OF CAMP CEREMONY RECITAL ROOM	END		

LOW INTENSITY TRAINING

HIGH INTENSITY TRAINING



SAT



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DEPARTURES



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GOALKEEPER CAMP

EASTER LALIGA CAMPS UK 2024



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TUE	~	GOALKEEPER TRAINING BOTTOM STUD		LALIGA FINISHING CLINIC BOTTOM STUD		LALIGA FINISHING TEST BOTTOM STUD	_	LALIGA TECHNICAL TRAINING BOTTOM STUD/ASTRO	BREAK	LALIGA TECHNICAL TRAINING BOTTOM STUD/ASTRO	END
WED	EGISTER	LALIGA INJURY PREVENTION MPH CLASSROOM	BREAK	GOALKEEPER TRAINING BOTTOM STUD	BREAK	SHOPPING CENTRE	LUNCH	PREMIER	LEAGUE	STADIUM TOUR	
THU	STRETCH & ROLL SPORTS HALL CLASSROOM / GYM	<u> </u>	GOALKEEPER TRAINING BOTTOM STUD	m	LALIGA CONTROL & PASS TESTING BOTTOM STUD	_	LALIGA TECHNICAL TRAINING BOTTOM STUD/ASTRO	AK	LALIGA TECHNICAL TRAINING BOTTOM STUD/ASTRO	END	
FRI		LALIGA ANALYSIS WORKSHOP A MPH CLASSROOM		GOALKEEPER TRAINING BOTTOM STUD		LALIGA JERSEY CHALLENGE BOTTOM STUD		LALIGA TECHNICAL TRAINING BOTTOM STUD/ASTRO	BREAK	FUN FOOTBALL COMPETITION BOTTOM STUD/ASTRO	É
SAT						CITY EXCURSIONS					
SUN						CITY EXCURSIONS					
MON		GOALKEEPER TRAINING BOTTOM STUD		LALIGA SET PIECES CLINIC ASTRO		LALIGA WELCOME PRESENTATION B RECITAL ROOM		LALIGA TECHNICAL TRAINING LEWES 3G	AK	LALIGA MATCHES LEWES 3G	
TUE	~	STRENGTH TO POWER GYM		GOALKEEPER TRAINING BOTTOM STUD		LALIGA DRIBBLING TESTING TOP STUD	_	LALIGA TECHNICAL TRAINING LEWES 3G	BREAK	FITNESS TESTING LEWES 3G	END O
WED	EGISTER	GOALKEEPER TRAINING BOTTOM STUD	BREAK	LALIGA CROSS & VOLLEY CLINIC ASTRO	BREAK	SHOPPING CENTRE	LUNCH	PREMIER	LEAGUE	STADIUM TOUR	
THU	REC	CIRCUIT SPORTS HALL / GYM		GOALKEEPER TRAINING BOTTOM STUD	<u> </u>	LALIGA DEFENDING TESTING TOP STUD	Ď	LALIGA TECHNICAL TRAINING LEWES 3G	ΑK	LALIGA MATCH LEWES 3G	۵
FRI	LALIGA ANALYSIS WORKSHOP B RECITAL ROOM		GOALKEEPER TRAINING BOTTOM STUD		LALIGA JERSEY CHALLENGE BOTTOM STUD		LALIGA TECHNICAL TRAINING LEWES 3G	BREAK	END OF CAMP CEREMONY RECITAL ROOM	END	
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TUE		LALIGA INJURY PREVENTION MPH CLASSROOM		LALIGA FINISHING CLINIC BOTTOM STUD		LALIGA FINISHING TEST BOTTOM STUD	BOLLOW 210D	BREAK	LALIGA MATCH BOTTOM STUD	END C	
WED	REGISTER	PRO-PRECEPTOR WORKSHOP SPORTS HALL	BREAK	LALIGA PASSING CLINIC BOTTOM STUD	BREAK	SHOPPING CENTRE	LUNCH	PREMIER LEAGUE STADIUM	TOUR (OR FOOTBALL RELATED EXCURSION	
THU	REG	LALIGA GOAL SETTING MPH CLASSROOM	8	LALIGA CONTROL CLINIC BOTTOM STUD		LALIGA CONTROL & PASS TESTING BOTTOM STUD	_	LALIGA TECHNICAL TRAINING BOTTOM STUD	AK	LALIGA MATCH BOTTOM STUD	۵
FRI		CIRCUIT SPORTS HALL / GYM		SWIMMING FREE-PLAY SWIMMING POOL		LALIGA JERSEY CHALLENGE BOTTOM STUD		LALIGA TECHNICAL TRAINING BOTTOM STUD	BREAK	FUN FOOTBALL COMPETITION BOTTOM STUD	END
SAT						CITY EXCURSIONS					
SUN						CITY EXCURSIONS					
MON		YOGA SPORTS HALL		LALIGA DRIBBLING CLINIC BOTTOM STUD		LALIGA DRIBBLING TESTING OR WELCOME PRESENTATION B TOP STUD		LALIGA TECHNICAL TRAINING BOTTOM STUD	BREAK	LALIGA TECHNICAL TRAINING BOTTOM STUD	END
TUE	ER	LALIGA NUTRITION & HYDRATION MPH CLASSROOM	J	LALIGA DEFENDING CLINIC BOTTOM STUD	¥	LALIGA DEFENDING TESTING TOP STUD	_	LALIGA TECHNICAL TRAINING BOTTOM STUD	BRE	FITNESS TESTING BOTTOM STUD	6
WED	REGISTER	STRETCH & ROLL SPORTS HALL CLASSROOM / GYM	CH & ROLL CLASSROOM / GYM SIS WORKSHOP B TAL ROOM H TO POWER	LALIGA CROSS & VOLLEY CLINIC BOTTOM STUD	BREAK	SHOPPING CENTRE	LUNCH	PREMIER LEAGUE STADIUM	TOUR	OR FOOTBALL RELATED EXCURSION	
THU	~	LALIGA ANALYSIS WORKSHOP B RECITAL ROOM		LALIGA SET PIECES CLINIC BOTTOM STUD		BEDE'S FOOTBALL PRESENTATION & LIVE Q&A WITH A FORMER PRO RECITAL ROOM	3	LALIGA TECHNICAL TRAINING BOTTOM STUD	BREAK	LALIGA TECHNICAL TRAINING BOTTOM STUD	END
FRI		STRENGTH TO POWER GYM		SWIMMING FREE-PLAY SWIMMING POOL		LALIGA ANALYSIS WORKSHOP A MPH CLASSROOM		LALIGA TECHNICAL TRAINING BOTTOM STUD	BRE	END OF CAMP CEREMONY RECITAL ROOM	6
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FOOTBALL & LANGUAGE

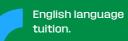
SUMMER LALIGA CAMPS UK 2024



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TUE	~	ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM	J	LALIGA FINISHING TEST BOTTOM STUD	_	LALIGA TECHNICAL TRAINING BOTTOM STUD	BRE	LALIGA MATCH BOTTOM STUD	ä
WED	REGISTER	ENGLISH LANGUAGE TUITION CLASSROOM	BREAK	ENGLISH LANGUAGE TUITION CLASSROOM	BREAK	SHOPPING CENTRE	LUNCH	PREMIER LEAGUE STADIUM	TOUR	OR FOOTBALL RELATED EXCURSION	
THU	REG	ENGLISH LANGUAGE TUITION CLASSROOM	Ä	ENGLISH LANGUAGE TUITION CLASSROOM		LALIGA CONTROL & PASS TESTING BOTTOM STUD	_	LALIGA TECHNICAL TRAINING BOTTOM STUD	BREAK	LALIGA MATCH BOTTOM STUD	۵
FRI		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		LALIGA JERSEY CHALLENGE BOTTOM STUD		LALIGA TECHNICAL TRAINING BOTTOM STUD	BR	FUN FOOTBALL COMPETITION BOTTOM STUD	END
SAT						CITY EXCURSIONS					
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MON		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		LALIGA DRIBBLING TESTING OR WELCOME PRESENTATION B TOP STUD		LALIGA TECHNICAL TRAINING BOTTOM STUD	BREAK	LALIGA TECHNICAL TRAINING BOTTOM STUD	END D
TUE	띪	ENGLISH LANGUAGE TUITION CLASSROOM	V	ENGLISH LANGUAGE TUITION CLASSROOM	¥	LALIGA DEFENDING TESTING TOP STUD	_	LALIGA TECHNICAL TRAINING BOTTOM STUD	BRE	FITNESS TESTING BOTTOM STUD	6
WED	REGISTER	ENGLISH LANGUAGE TUITION CLASSROOM	BREAK	ENGLISH LANGUAGE TUITION CLASSROOM	BREAK	SHOPPING CENTRE	LUNCH	PREMIER LEAGUE STADIUM	TOUR	OR FOOTBALL RELATED EXCURSION	
THU	~	ENGLISH LANGUAGE TUITION CLASSROOM	_	ENGLISH LANGUAGE TUITION CLASSROOM		BEDE'S FOOTBALL PRESENTATION & LIVE Q&A WITH A FORMER PRO RECITAL ROOM	_	LALIGA TECHNICAL TRAINING BOTTOM STUD	BREAK	LALIGA TECHNICAL TRAINING BOTTOM STUD	END
FRI		ENGLISH LANGUAGE TUITION CLASSROOM	ENGLISH LANGUAGE TUITION CLASSROOM		LALIGA ANALYSIS WORKSHOP A MPH CLASSROOM		LALIGA TECHNICAL TRAINING BOTTOM STUD	BRE	END OF CAMP CEREMONY RECITAL ROOM	6	
SAT						DEPARTURES					

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TUE		GOALKEEPER TRAINING BOTTOM STUD		LALIGA FINISHING CLINIC BOTTOM STUD	u	LALIGA FINISHING TEST BOTTOM STUD	-	LALIGA TECHNICAL TRAINING BOTTOM STUD	BREAK	LALIGA MATCH BOTTOM STUD	END
WED	REGISTER	PRO-PRECEPTOR WORKSHOP SPORTS HALL	BREAK	GOALKEEPER TRAINING BOTTOM STUD	BREAK	SHOPPING CENTRE	LUNCH	PREMIER LEAGUE STADIUM	TOUR C	DR FOOTBALL RELATED EXCURSION	
THU	REG	LALIGA GOAL SETTING MPH CLASSROOM	8	GOALKEEPER TRAINING BOTTOM STUD	_	LALIGA CONTROL & PASS TESTING BOTTOM STUD	_	LALIGA TECHNICAL TRAINING BOTTOM STUD	AK	LALIGA MATCH BOTTOM STUD	۵
FRI		CIRCUIT SPORTS HALL / GYM		GOALKEEPER TRAINING BOTTOM STUD		LALIGA JERSEY CHALLENGE BOTTOM STUD		LALIGA TECHNICAL TRAINING BOTTOM STUD	BREAK	FUN FOOTBALL COMPETITION BOTTOM STUD	END
SAT						CITY EXCURSIONS					
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MON		YOGA SPORTS HALL		GOALKEEPER TRAINING BOTTOM STUD		LALIGA DRIBBLING TESTING OR WELCOME PRESENTATION B TOP STUD		LALIGA TECHNICAL TRAINING BOTTOM STUD	BREAK	LALIGA TECHNICAL TRAINING BOTTOM STUD	END
TUE	E	LALIGA NUTRITION & HYDRATION MPH CLASSROOM	u	GOALKEEPER TRAINING BOTTOM STUD	¥	LALIGA DEFENDING TESTING TOP STUD	_	LALIGA TECHNICAL TRAINING BOTTOM STUD	BRE	FITNESS TESTING BOTTOM STUD	6
WED	EGISTER	GOALKEEPER TRAINING BOTTOM STUD	BREAK	LALIGA CROSS & VOLLEY CLINIC BOTTOM STUD	BREAK	SHOPPING CENTRE	LUNCH	PREMIER LEAGUE STADIUM	TOUR C	OR FOOTBALL RELATED EXCURSION	
THU	~	GOALKEEPER TRAINING BOTTOM STUD	_	LALIGA SET PIECES CLINIC BOTTOM STUD		BEDE'S FOOTBALL PRESENTATION & LIVE Q&A WITH A FORMER PRO RECITAL ROOM	5	LALIGA TECHNICAL TRAINING BOTTOM STUD	BREAK	LALIGA TECHNICAL TRAINING BOTTOM STUD	END
FRI	STRENGTH TO POWER GYM	GOALKEEPER TRAINING BOTTOM STUD		LALIGA ANALYSIS WORKSHOP A MPH CLASSROOM		LALIGA TECHNICAL TRAINING BOTTOM STUD	BRE	END OF CAMP CEREMONY RECITAL ROOM	6		
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Goalkeeper specific training with a UK trainer.



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TUE	A 4	LALIGA INJURY PREVENTION MPH CLASSROOM		LALIGA FINISHING CLINIC BOTTOM STUD		LALIGA FINISHING TEST BOTTOM STUD	_	LALIGA TECHNICAL TRAINING BOTTOM STUD	BREAK	LALIGA MATCH BOTTOM STUD	END D			
WED	REGISTER	PRO-PRECEPTOR WORKSHOP SPORTS HALL	BREAK	LALIGA PASSING CLINIC BOTTOM STUD	BREAK	SHOPPING CENTRE	LUNCH	PREMIER LEAGUE STADIUM	TOUR	OUR OR FOOTBALL RELATED EXCURSION				
THU	REG	LALIGA GOAL SETTING MPH CLASSROOM	B	LALIGA CONTROL CLINIC BOTTOM STUD	_	LALIGA CONTROL & PASS TESTING BOTTOM STUD	_	LALIGA TECHNICAL TRAINING BOTTOM STUD	BREAK	LALIGA MATCH BOTTOM STUD	D			
FRI		CIRCUIT SPORTS HALL / GYM		SWIMMING FREE-PLAY SWIMMING POOL		LALIGA JERSEY CHALLENGE BOTTOM STUD		LALIGA TECHNICAL TRAINING BOTTOM STUD	BRE	FUN FOOTBALL COMPETITION BOTTOM STUD	END			
SAT						CITY EXCURSIONS								
SUN						CITY EXCURSIONS								
MON		YOGA SPORTS HALL		LALIGA DRIBBLING CLINIC BOTTOM STUD		LALIGA DRIBBLING TESTING OR WELCOME PRESENTATION B TOP STUD		LALIGA TECHNICAL TRAINING BOTTOM STUD	BREAK	LALIGA TECHNICAL TRAINING BOTTOM STUD	END			
TUE	ËR	LALIGA NUTRITION & HYDRATION MPH CLASSROOM	J	LALIGA DEFENDING CLINIC BOTTOM STUD	¥	LALIGA DEFENDING TESTING TOP STUD	_	LALIGA TECHNICAL TRAINING BOTTOM STUD	BRE	FITNESS TESTING BOTTOM STUD	6			
WED	REGISTER	STRETCH & ROLL SPORTS HALL CLASSROOM / GYM	BREAK	LALIGA CROSS & VOLLEY CLINIC BOTTOM STUD	BREAK	SHOPPING CENTRE	LUNCH	PREMIER LEAGUE STADIUM	TOUR	OR FOOTBALL RELATED EXCURSION				
THU	~	LALIGA ANALYSIS WORKSHOP B RECITAL ROOM	_	LALIGA SET PIECES CLINIC BOTTOM STUD		BEDE'S FOOTBALL PRESENTATION & LIVE Q&A WITH A FORMER PRO RECITAL ROOM	-	LALIGA TECHNICAL TRAINING BOTTOM STUD	BREAK	LALIGA TECHNICAL TRAINING BOTTOM STUD	END			
FRI		STRENGTH TO POWER GYM		SWIMMING FREE-PLAY SWIMMING POOL		LALIGA ANALYSIS WORKSHOP A MPH CLASSROOM		LALIGA TECHNICAL TRAINING BOTTOM STUD	BRE	END OF CAMP CEREMONY RECITAL ROOM				
SAT						DEPARTURES								

LOW 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

HIGH INTENSITY TRAINING

shopping mall, football stadium or cities





FOOTBALL & LANGUAGE

SUMMER LALIGA CAMPS UK 2024



	4								l			
	9:00	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		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		LALIGA WELCOME PRESENTATION A RECITAL ROOM		LALIGA TECHNICAL TRAINING BOTTOM STUD	AK	LALIGA MATCH BOTTOM STUD	Ω	
TUE	~	ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM	BOTTOM STUD	LALIGA TECHNICAL TRAINING BOTTOM STUD	BREAK	LALIGA MATCH BOTTOM STUD	END			
WED	REGISTER	ENGLISH LANGUAGE TUITION CLASSROOM	BREAK	ENGLISH LANGUAGE TUITION CLASSROOM	BREAK	SHOPPING CENTRE	LUNCH	PREMIER LEAGUE STADIUM	TOUR	OR FOOTBALL RELATED EXCURSION		
THU	REG	ENGLISH LANGUAGE TUITION CLASSROOM	ä	ENGLISH LANGUAGE TUITION CLASSROOM	_	LALIGA CONTROL & PASS TESTING BOTTOM STUD	_	LALIGA TECHNICAL TRAINING BOTTOM STUD	BREAK	LALIGA MATCH BOTTOM STUD	۵	
FRI		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		LALIGA JERSEY CHALLENGE BOTTOM STUD		LALIGA TECHNICAL TRAINING BOTTOM STUD	BRE	FUN FOOTBALL COMPETITION BOTTOM STUD	END	
SAT						CITY EXCURSIONS						
SUN						CITY EXCURSIONS						
MON		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		LALIGA DRIBBLING TESTING OR WELCOME PRESENTATION B TOP STUD		LALIGA TECHNICAL TRAINING BOTTOM STUD	BREAK	LALIGA TECHNICAL TRAINING BOTTOM STUD	END	
TUE	ER	ENGLISH LANGUAGE TUITION CLASSROOM	V	ENGLISH LANGUAGE TUITION CLASSROOM	¥	LALIGA DEFENDING TESTING TOP STUD	ı	LALIGA TECHNICAL TRAINING BOTTOM STUD	BRE	FITNESS TESTING BOTTOM STUD	ā	
WED	CLASSROOM ENGLISH LANGUAGE TUITION CLASSROOM CLASSROOM	3REA!	ENGLISH LANGUAGE TUITION CLASSROOM	BREAK	SHOPPING CENTRE	LUNCH	PREMIER LEAGUE STADIUM	TOUR	OR FOOTBALL RELATED EXCURSION			
THU	~	ENGLISH LANGUAGE TUITION CLASSROOM	-	ENGLISH LANGUAGE TUITION CLASSROOM		BEDE'S FOOTBALL PRESENTATION & LIVE Q&A WITH A FORMER PRO RECITAL ROOM		LALIGA TECHNICAL TRAINING BOTTOM STUD	BREAK	LALIGA TECHNICAL TRAINING BOTTOM STUD	END	
FRI		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		LALIGA ANALYSIS WORKSHOP A MPH CLASSROOM		LALIGA TECHNICAL TRAINING BOTTOM STUD	BR	END OF CAMP CEREMONY RECITAL ROOM	ü	
SAT						DEPARTURES						

LOW 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

HIGH INTENSITY TRAINING





GOALKEEPER CAMP

SUMMER LALIGA CAMPS UK 2024



	44							_						
	9:00	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		KIT DISTRIBUTION & ICE BREAKER SPORTS HALL		GOALKEEPER TRAINING BOTTOM STUD		LALIGA WELCOME PRESENTATION A RECITAL ROOM		LALIGA TECHNICAL TRAINING BOTTOM STUD	EAK	LALIGA MATCH BOTTOM STUD	Ω			
TUE	~	GOALKEEPER TRAINING BOTTOM STUD		LALIGA FINISHING CLINIC BOTTOM STUD	LALIGA FINISHING TEST BOTTOM STUD	LALIGA TECHNICAL TRAINING BOTTOM STUD	BRE	LALIGA MATCH BOTTOM STUD	END					
WED	REGISTER	PRO-PRECEPTOR WORKSHOP SPORTS HALL	BREAK	GOALKEEPER TRAINING BOTTOM STUD	BREAK	SHOPPING CENTRE	LUNCH	PREMIER LEAGUE STADIUM	TOUR	UR OR FOOTBALL RELATED EXCURSION				
THU	REG	LALIGA GOAL SETTING MPH CLASSROOM	GOALKEEPER TRAINING BOTTOM STUD	LALIGA CONTROL & PASS TESTING BOTTOM STUD	LALIGA TECHNICAL TRAINING BOTTOM STUD	BREAK	LALIGA MATCH BOTTOM STUD	D						
FRI		CIRCUIT SPORTS HALL / GYM		GOALKEEPER TRAINING BOTTOM STUD		LALIGA JERSEY CHALLENGE BOTTOM STUD		LALIGA TECHNICAL TRAINING BOTTOM STUD	BRE	FUN FOOTBALL COMPETITION BOTTOM STUD	END			
SAT						CITY EXCURSIONS								
SUN						CITY EXCURSIONS								
MON		YOGA SPORTS HALL		GOALKEEPER TRAINING BOTTOM STUD		LALIGA DRIBBLING TESTING OR WELCOME PRESENTATION B TOP STUD		LALIGA TECHNICAL TRAINING BOTTOM STUD	BREAK	LALIGA TECHNICAL TRAINING BOTTOM STUD	END			
TUE	Ë	LALIGA NUTRITION & HYDRATION MPH CLASSROOM	J	GOALKEEPER TRAINING BOTTOM STUD	¥	LALIGA DEFENDING TESTING TOP STUD	_	LALIGA TECHNICAL TRAINING BOTTOM STUD	BRE	FITNESS TESTING BOTTOM STUD	6			
WED	REGISTER	GOALKEEPER TRAINING BOTTOM STUD	BREAK	LALIGA CROSS & VOLLEY CLINIC BOTTOM STUD	BREAK	SHOPPING CENTRE	LUNCH	PREMIER LEAGUE STADIUM	TOUR	OR FOOTBALL RELATED EXCURSION				
THU	~	GOALKEEPER TRAINING BOTTOM STUD	_	LALIGA SET PIECES CLINIC BOTTOM STUD		BEDE'S FOOTBALL PRESENTATION & LIVE Q&A WITH A FORMER PRO RECITAL ROOM	21	LALIGA TECHNICAL TRAINING BOTTOM STUD	EAK	LALIGA TECHNICAL TRAINING BOTTOM STUD	END			
FRI		STRENGTH TO POWER GYM		GOALKEEPER TRAINING BOTTOM STUD		LALIGA ANALYSIS WORKSHOP A MPH CLASSROOM		LALIGA TECHNICAL TRAINING BOTTOM STUD	BRE	END OF CAMP CEREMONY RECITAL ROOM				
SAT						DEPARTURES								

LOW 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,

HIGH INTENSITY TRAINING

cities

