

2024



# LALIGA CAMPS UK SCHEDULES



**BEDE'S (EASTER)**

31 Mar - 13 Apr



**BEDE'S (SUMMER)**

31 Jun - 3 Aug

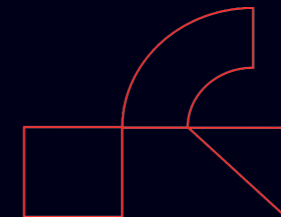


**ROYAL RUSSELL (SUMMER)**

4 Aug - 17 Aug



LALIGA ACADEMY





# BEDE'S SENIOR SCHOOL

EASTER 2024



# COMPLETE FOOTBALL

## EASTER LALIGA CAMPS UK 2024



	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	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/ASTRO	BREAK	LALIGA TECHNICAL TRAINING BOTTOM STUD/ASTRO	END
TUE		PRO-PRECEPTOR WORKSHOP SPORTS HALL		LALIGA FINISHING CLINIC BOTTOM STUD		LALIGA FINISHING TEST BOTTOM STUD		LALIGA TECHNICAL TRAINING BOTTOM STUD/ASTRO		LALIGA TECHNICAL TRAINING BOTTOM STUD/ASTRO	
WED		LALIGA INJURY PREVENTION MPH CLASSROOM		LALIGA PASSING CLINIC BOTTOM STUD		SHOPPING CENTRE		PREMIER LEAGUE STADIUM TOUR			
THU		STRETCH & ROLL SPORTS HALL CLASSROOM / GYM		LALIGA CONTROL CLINIC BOTTOM STUD		LALIGA CONTROL & PASS TESTING BOTTOM STUD		LALIGA TECHNICAL TRAINING BOTTOM STUD/ASTRO	BREAK	LALIGA TECHNICAL TRAINING BOTTOM STUD/ASTRO	
FRI		LALIGA ANALYSIS WORKSHOP A MPH CLASSROOM		SWIMMING FREE-PLAY SWIMMING POOL		LALIGA JERSEY CHALLENGE BOTTOM STUD		LALIGA TECHNICAL TRAINING BOTTOM STUD/ASTRO		FUN FOOTBALL COMPETITION BOTTOM STUD/ASTRO	
SAT	CITY EXCURSIONS										
SUN	CITY EXCURSIONS										
MON	REGISTER	LALIGA GOAL SETTING MPH CLASSROOM	BREAK	LALIGA SET PIECES CLINIC ASTRO	BREAK	LALIGA WELCOME PRESENTATION B RECITAL ROOM	LUNCH	LALIGA TECHNICAL TRAINING LEWES 3G	BREAK	LALIGA MATCHES LEWES 3G	END
TUE		STRENGTH TO POWER GYM		LALIGA DRIBBLING CLINIC ASTRO		LALIGA DRIBBLING TESTING TOP STUD		LALIGA TECHNICAL TRAINING LEWES 3G		FITNESS TESTING LEWES 3G	
WED		LALIGA NUTRITION & HYDRATION MPH CLASSROOM		LALIGA CROSS & VOLLEY CLINIC ASTRO		SHOPPING CENTRE		PREMIER LEAGUE STADIUM TOUR			
THU		CIRCUIT SPORTS HALL / GYM		LALIGA DEFENDING CLINIC ASTRO		LALIGA DEFENDING TESTING TOP STUD		LALIGA TECHNICAL TRAINING LEWES 3G	BREAK	LALIGA MATCH LEWES 3G	
FRI		LALIGA ANALYSIS WORKSHOP B RECITAL ROOM		SWIMMING FREE-PLAY SWIMMING POOL		LALIGA JERSEY CHALLENGE BOTTOM STUD		LALIGA TECHNICAL TRAINING LEWES 3G		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

## EASTER LALIGA CAMPS UK 2024



	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	REGISTER	ENGLISH LANGUAGE TUITION CLASSROOM	BREAK	ENGLISH LANGUAGE TUITION CLASSROOM	BREAK	LALIGA WELCOME PRESENTATION A RECITAL ROOM	LUNCH	LALIGA TECHNICAL TRAINING BOTTOM STUD/ASTRO	BREAK	LALIGA TECHNICAL TRAINING BOTTOM STUD/ASTRO	END
TUE		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		LALIGA FINISHING TEST BOTTOM STUD		LALIGA TECHNICAL TRAINING BOTTOM STUD/ASTRO		LALIGA TECHNICAL TRAINING BOTTOM STUD/ASTRO	
WED		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		SHOPPING CENTRE		PREMIER LEAGUE STADIUM TOUR			
THU		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		LALIGA CONTROL & PASS TESTING BOTTOM STUD		LALIGA TECHNICAL TRAINING BOTTOM STUD/ASTRO		LALIGA TECHNICAL TRAINING BOTTOM STUD/ASTRO	
FRI		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		LALIGA JERSEY CHALLENGE BOTTOM STUD		LALIGA TECHNICAL TRAINING BOTTOM STUD/ASTRO		FUN FOOTBALL COMPETITION BOTTOM STUD/ASTRO	
SAT	CITY EXCURSIONS										
SUN	CITY EXCURSIONS										
MON	REGISTER	ENGLISH LANGUAGE TUITION CLASSROOM	BREAK	ENGLISH LANGUAGE TUITION CLASSROOM	BREAK	LALIGA WELCOME PRESENTATION B RECITAL ROOM	LUNCH	LALIGA TECHNICAL TRAINING LEWES 3G	BREAK	LALIGA MATCHES LEWES 3G	END
TUE		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		LALIGA DRIBBLING TESTING TOP STUD		LALIGA TECHNICAL TRAINING LEWES 3G		FITNESS TESTING LEWES 3G	
WED		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		SHOPPING CENTRE		PREMIER LEAGUE STADIUM TOUR			
THU		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		LALIGA DEFENDING TESTING TOP STUD		LALIGA TECHNICAL TRAINING LEWES 3G		LALIGA MATCH LEWES 3G	
FRI		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		LALIGA JERSEY CHALLENGE BOTTOM STUD		LALIGA TECHNICAL TRAINING LEWES 3G		END OF CAMP CEREMONY RECITAL ROOM	
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



	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	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/ASTRO	BREAK	LALIGA TECHNICAL TRAINING BOTTOM STUD/ASTRO	END
TUE		GOALKEEPER TRAINING BOTTOM STUD		LALIGA FINISHING CLINIC BOTTOM STUD		LALIGA FINISHING TEST BOTTOM STUD		LALIGA TECHNICAL TRAINING BOTTOM STUD/ASTRO		LALIGA TECHNICAL TRAINING BOTTOM STUD/ASTRO	
WED		LALIGA INJURY PREVENTION MPH CLASSROOM		GOALKEEPER TRAINING BOTTOM STUD		SHOPPING CENTRE		PREMIER LEAGUE STADIUM TOUR			
THU		STRETCH & ROLL SPORTS HALL CLASSROOM / GYM		GOALKEEPER TRAINING BOTTOM STUD		LALIGA CONTROL & PASS TESTING BOTTOM STUD		LALIGA TECHNICAL TRAINING BOTTOM STUD/ASTRO	BREAK	LALIGA TECHNICAL TRAINING BOTTOM STUD/ASTRO	
FRI		LALIGA ANALYSIS WORKSHOP A MPH CLASSROOM		GOALKEEPER TRAINING BOTTOM STUD		LALIGA JERSEY CHALLENGE BOTTOM STUD		LALIGA TECHNICAL TRAINING BOTTOM STUD/ASTRO		FUN FOOTBALL COMPETITION BOTTOM STUD/ASTRO	
SAT	CITY EXCURSIONS										
SUN	CITY EXCURSIONS										
MON	REGISTER	GOALKEEPER TRAINING BOTTOM STUD	BREAK	LALIGA SET PIECES CLINIC ASTRO	BREAK	LALIGA WELCOME PRESENTATION B RECITAL ROOM	LUNCH	LALIGA TECHNICAL TRAINING LEWES 3G	BREAK	LALIGA MATCHES LEWES 3G	END
TUE		STRENGTH TO POWER GYM		GOALKEEPER TRAINING BOTTOM STUD		LALIGA DRIBBLING TESTING TOP STUD		LALIGA TECHNICAL TRAINING LEWES 3G		FITNESS TESTING LEWES 3G	
WED		GOALKEEPER TRAINING BOTTOM STUD		LALIGA CROSS & VOLLEY CLINIC ASTRO		SHOPPING CENTRE		PREMIER LEAGUE STADIUM TOUR			
THU		CIRCUIT SPORTS HALL / GYM		GOALKEEPER TRAINING BOTTOM STUD		LALIGA DEFENDING TESTING TOP STUD		LALIGA TECHNICAL TRAINING LEWES 3G	BREAK	LALIGA MATCH LEWES 3G	
FRI		LALIGA ANALYSIS WORKSHOP B RECITAL ROOM		GOALKEEPER TRAINING BOTTOM STUD		LALIGA JERSEY CHALLENGE BOTTOM STUD		LALIGA TECHNICAL TRAINING LEWES 3G		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

Specific goalkeeper training with a UK coach

**SUBJECT TO CHANGE**



# BEDE'S SENIOR SCHOOL

SUMMER 2024



# COMPLETE FOOTBALL

## SUMMER LALIGA CAMPS UK 2024



	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	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		BEDE'S FOOTBALL PRESENTATION & 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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Excursions to shopping mall, football stadium or cities

Social workshops and presentations

SUBJECT TO CHANGE



# FOOTBALL & LANGUAGE

## SUMMER LALIGA CAMPS UK 2024



	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	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		LALIGA FINISHING TEST BOTTOM STUD		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		LALIGA CONTROL & PASS TESTING BOTTOM STUD		LALIGA TECHNICAL TRAINING BOTTOM STUD	LALIGA MATCH BOTTOM STUD		
FRI		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		LALIGA JERSEY CHALLENGE BOTTOM STUD		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	LALIGA DRIBBLING TESTING OR WELCOME PRESENTATION B TOP STUD	LUNCH	LALIGA TECHNICAL TRAINING BOTTOM STUD	BREAK	LALIGA TECHNICAL TRAINING BOTTOM STUD	END
TUE		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		LALIGA DEFENDING TESTING TOP STUD		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		BEDE'S FOOTBALL PRESENTATION & 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		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

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

English language tuition.

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# GOALKEEPER CAMP

## SUMMER LALIGA CAMPS UK 2024



	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
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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		BEDE'S FOOTBALL PRESENTATION & 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

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



# ROYAL RUSSELL SCHOOL

SUMMER 2024



# COMPLETE FOOTBALL

## SUMMER LALIGA CAMPS UK 2024



	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
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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		BEDE'S FOOTBALL PRESENTATION & 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										

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



	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	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		LALIGA FINISHING TEST BOTTOM STUD		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		LALIGA CONTROL & PASS TESTING BOTTOM STUD		LALIGA TECHNICAL TRAINING BOTTOM STUD		LALIGA MATCH BOTTOM STUD	
FRI		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		LALIGA JERSEY CHALLENGE BOTTOM STUD		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	LALIGA DRIBBLING TESTING OR WELCOME PRESENTATION B TOP STUD	LUNCH	LALIGA TECHNICAL TRAINING BOTTOM STUD	BREAK	LALIGA TECHNICAL TRAINING BOTTOM STUD	END
TUE		ENGLISH LANGUAGE TUITION CLASSROOM		ENGLISH LANGUAGE TUITION CLASSROOM		LALIGA DEFENDING TESTING TOP STUD		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		BEDE'S FOOTBALL PRESENTATION & 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		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

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



	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	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		BEDE'S FOOTBALL PRESENTATION & 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

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