

DICKER LALIGA FOOTBALL CAMPS UK – COMPLETE FOOTBALL DAY COURSE - TYPICAL WEEK

	Monday	Tuesday	Wednesday	Thursday	Friday
08.30	Parental Drop Off				
09.00	LALIGA Kit Distribution and Ice Breakers	Strength to Power Workshop or Pro-Preceptor Workshop	LALIGA DRIBBLING TESTING Students will complete timed dribbling challenges to assess their speed, control, and agility with the ball.	Stretch & Roll Workshop or Yoga	LALIGA NUTRITION & HYDRATION Students will learn how proper diet and fluid intake support athletic performance and recovery.
10.00	Break				
10.15	LALIGA BAND ACTIVATION WORKSHOP Using resistance bands, students will engage in dynamic warm-up exercises to improve strength, mobility and injury prevention.	LALIGA FINISHING TEST Students will be assessed on their shooting accuracy, power, and decision-making in goal-scoring situations.	LALIGA DRIBBLING CLINIC Students will receive expert coaching to improve their technique, footwork and ball control.	LALIGA CONTROL & PASS TESTING Students will be evaluated on their ability to accurately control the ball and execute precise passes under pressure.	SWIMMING FREE-PLAY Students will enjoy a swimming free-play session, where they can relax and get ready for match play.
11.15	Break				
11.30	LALIGA Welcome Presentation & LALIGA Analysis	LALIGA FINISHING CLINIC Students will practise shooting techniques and improve their ability to score goals under pressure.	EXCURSION Premier League Stadium with a Tour Students will visit Emirates Stadium, home of Arsenal Football Club, where they will tour the players' tunnel, changing rooms, and museum. During the excursion, they will learn about the club's history and experience what it's like to be a professional footballer.	LALIGA CONTROL CLINIC Students will develop their ball control skills through focused drills and expert guidance.	LALIGA JERSEY CHALLENGE Students will compete in fun football activities to win an official team jersey.
12.30	Lunch			Lunch	
13.30	LALIGA TECHNICAL TRAINING & PLACEMENT SESSION Students will refine core football skills and be assessed by coaches to determine their appropriate training group level.	LALIGA TECHNICAL TRAINING Students will develop key football skills such as passing, dribbling, and first touch through focused drills led by expert coaches.		LALIGA TECHNICAL TRAINING Students will develop key football skills such as passing, dribbling, and first touch through focused drills led by expert coaches.	LALIGA TECHNICAL TRAINING Students will develop key football skills such as passing, dribbling, and first touch through focused drills led by expert coaches.
15.00	Break/Student Meeting			Break/Student Meeting	
15.30	LALIGA TECHNICAL TRAINING & MATCH PLAY Students will practise advanced football skills before applying them in real game scenarios to enhance teamwork and decision-making.	LALIGA TECHNICAL TRAINING & MATCH PLAY Students will practise advanced football skills before applying them in real game scenarios to enhance teamwork and decision-making.	LALIGA TECHNICAL TRAINING & MATCH PLAY Students will practise advanced football skills before applying them in real game scenarios to enhance teamwork and decision-making.	LALIGA TECHNICAL TRAINING & MATCH PLAY Students will practise advanced football skills before applying them in real game scenarios to enhance teamwork and decision-making.	
17.00	Parental Pickup		Parental Pickup		
		18.00	Parental Pickup		