

DICKER LALIGA FOOTBALL CAMPS UK – COMPLETE FOOTBALL - TYPICAL WEEK

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
07.30	Wake Up							
08.00	Breakfast							
08.45	Student Meeting							
09.00	ARRIVAL DAY Students can arrive anytime, but we recommend they arrive between 9am and 6pm. EXCURSION Students can enjoy an exciting and thrilling day out at Thorpe Park, a theme park with a variety of intense rides and attractions. The park is home to some of Europe's most famous rollercoasters and offers plenty of other activities, making it a perfect destination for a day trip. Whether you're a fan of heart-pounding drops or prefer a more laid-back water ride, there's something for everyone to enjoy.	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.	DEPARTURE DAY AND LONDON EXCURSION On Departure Day, students will leave the centre, ideally in the morning. Students departing today will not be able to join the London excursion. EXCURSION For those staying, the London excursion will feature a visit to the London Eye . Students will get to ride one of the world's most famous observation wheels, offering a unique perspective and stunning panoramic views of London's skyline. They will be able to spot key landmarks like the Houses of Parliament, Buckingham Palace, and the River Thames from above.	
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		Free Time/Phone Time			Free Time/Phone Time			
18.00	19.00 Dinner	Dinner				19.00 Dinner		
19.00	19.45 Evening Registration	Evening Registration				19.45 Evening Registration		
19.15	20.00 SOCIAL EVENTS Welcome Games and Activities.	SOCIAL EVENTS Karaoke Night or Soft Ball Sports (Handball, Benchball, Dodgeball, etc.)	SOCIAL EVENTS Pool Party or Trivia Night.	SOCIAL EVENTS "Amazing Race" Scavenger Hunt.	SOCIAL EVENTS Campus-Wide Art Jam	SOCIAL EVENTS Leavers' Ceremony followed by Disco	20.00 SOCIAL EVENTS Mini Olympics.	
21.15	House Meeting & Free Time							
22.30	Bedtime							