

2026



# CAMPS UK



LALIGA EA SPORTS



LALIGA ACADEMY

SCHEDULE EXAMPLES



# STADIUM EXCURSIONS

LALIGA CAMPS UK

Every Wednesday, LALIGA Camps UK students visit a Premier League stadium for a behind-the-scenes tour.



STADIUM	WEEK	DEPARTURE	RETURN
<b>TOTTENHAM STADIUM</b> TOTTENHAM	1	11:30	18:00
<b>AMEX</b> BRIGHTON & HOVE ALBION	2	11:30	18:00
<b>EMIRATES</b> ARSENAL	3	11:30	18:00
<b>STAMFORD BRIDGE</b> CHELSEA	4	11:30	18:00
<b>AMEX</b> BRIGHTON & HOVE ALBION	5	11:30	18:00
<b>TOTTENHAM STADIUM</b> TOTTENHAM	6	11:30	18:00
<b>EMIRATES</b> ARSENAL	7	11:30	18:00

LALIGA ACADEMY

SUBJECT TO CHANGE



**CAMP A**  
**WEEK 1 & 2**  
**29 JUL - 10 JUL**

LALIGA ACADEMY

LALIGAFOOTBALLCAMPSUK.COM



# COMPLETE FOOTBALL

## LALIGA CAMPS UK WEEK 1 & 2

Football camp without English language tuition. Up to 26hrs of training, workshops and match-play per week.



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	8:45	SESSION 1 9:00-10:00	10:00	SESSION 2 10:15-11:15	11:15	SESSION 3 11:30-12:30	13:00	SESSION 4 14:00-16:00	16:00	SESSION 5 16:15-17:00	17:00
REGISTER		KIT DISTRIBUTION & GOAL SETTING & PLAYER REVIEW (30MIN)	BREAK	LALIGA FINISHING CLINIC	BREAK	LALIGA WELCOME PRESENTATION 'A'	LUNCH	LALIGA TECHNICAL TRAINING & PLACEMENT SESSION	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY	BREAK
		BAND ACTIVATION		LALIGA FINISHING TEST		LALIGA BALL MASTERY CLINIC		LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY	
		LALIGA PASSING CLINIC		SHOPPING CENTRE		SHOPPING CENTRE		PREMIER LEAGUE STADIUM TOUR (RETURN 18:00)			
		STRETCH & ROLL		LALIGA CONTROL & PASS TESTING		LALIGA CONTROL CLINIC		LALIGA TECHNICAL TRAINING	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY	BREAK
		ANALYSIS OF A LALIGA PLAYERS		FOOTBALL TENNIS COMPETITION		LALIGA JERSEY CHALLENGE		LALIGA TECHNICAL TRAINING	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY	BREAK

### CITY EXCURSIONS (RESIDENTIAL COURSE ONLY)

REGISTER		KIT DISTRIBUTION & GOAL SETTING & PLAYER REVIEW (30MIN)	BREAK	LALIGA DEFENDING CLINIC	BREAK	LALIGA WELCOME PRESENTATION 'B'	LUNCH	LALIGA TECHNICAL TRAINING	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY	BREAK
		STRENGTH TO POWER		LALIGA DEFENDING TESTING		LALIGA BALL RECEPTION CLINIC		LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY	
		LALIGA DRIBBLING CLINIC		SHOPPING CENTRE		SHOPPING CENTRE		PREMIER LEAGUE STADIUM TOUR (RETURN 18:00)			
		YOGA		LALIGA DRIBBLING TESTING		LALIGA CROSS & VOLLEY CLINIC		LIVE Q&A & WITH KERRY MAYO & LALIGA TECHNICAL TRAINING	BREAK	MATCH VS ENGLISH CLUB (19:00-20:00)	
		ANALYSIS OF A LALIGA TEAMS		FOOTBALL TENNIS COMPETITION		LALIGA JERSEY CHALLENGE		LALIGA TECHNICAL TRAINING & MATCH-PLAY	BREAK	END OF CAMP CEREMONY	

**AM** LOW INTENSITY

**PM** HIGH INTENSITY

- Technical training sessions and matches hosted by UEFA Pro certified coaches from LALIGA.
- Low intensity 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
- Competitive matches vs local English clubs with official referees

EXAMPLE SCHEDULE



# FOOTBALL & LANGUAGE

## LALIGA CAMPS UK WEEK 1 & 2

Football camp with English language tuition. Up to 14hrs of English tuition and 12hrs of training, workshops and match-play per week



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	8:45	SESSION 1 9:00-10:00	10:00	SESSION 2 10:15-11:15	11:15	SESSION 3 11:30-12:30	13:00	SESSION 4 14:00-16:00	16:00	SESSION 5 16:15-17:00	17:00
REGISTER	ENGLISH LANGUAGE TUITION	BREAK	ENGLISH LANGUAGE TUITION	BREAK	LALIGA WELCOME PRESENTATION 'A'	LUNCH	LALIGA TECHNICAL TRAINING & PLACEMENT SESSION	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY
	ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY		LALIGA TECHNICAL TRAINING & MATCH-PLAY
	ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		SHOPPING CENTRE		PREMIER LEAGUE STADIUM TOUR (RETURN 18:00)				
	ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		LALIGA TECHNICAL TRAINING	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY
	ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY		LALIGA TECHNICAL TRAINING & MATCH-PLAY

### CITY EXCURSIONS (RESIDENTIAL COURSE ONLY)

REGISTER	ENGLISH LANGUAGE TUITION	BREAK	ENGLISH LANGUAGE TUITION	BREAK	LALIGA WELCOME PRESENTATION 'B'	LUNCH	LALIGA TECHNICAL TRAINING	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY
	ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		LIVE Q&A WITH A FORMER PRO & LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY		LALIGA TECHNICAL TRAINING & MATCH-PLAY
	ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		SHOPPING CENTRE		PREMIER LEAGUE STADIUM TOUR (RETURN 18:00)				
	ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		MATCH TACTICS (ON AND OFF THE FIELD)	BREAK	MATCH VS ENGLISH CLUB (19:00-20:00)		
	ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		LALIGA TECHNICAL TRAINING & MATCH-PLAY		END OF CAMP CEREMONY		

**AM** LOW INTENSITY

**PM** HIGH INTENSITY

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

English language tuition with Bede's Summer School.

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

Competitive matches vs local English clubs with official referees

EXAMPLE SCHEDULE



# GOALKEEPER CAMP

LALIGA CAMPS UK WEEK 1 & 2

Goalkeeper camp without English language tuition. Up to 7.5hrs of GK training and 20hrs of workshops and match-play per week.



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	8:45	SESSION 1 9:00-10:00	10:00	SESSION 2 10:15-11:15	11:15	SESSION 3 11:30-12:30	13:00	SESSION 4 14:00-16:00	16:00	SESSION 5 16:15-17:00	17:00
REGISTER	KIT DISTRIBUTION & ICE BREAKER	GOALKEEPER TRAINING (1hr 30m)	BREAK	GOALKEEPER TRAINING (1hr 30m)	BREAK	LALIGA WELCOME PRESENTATION 'A'	LUNCH	LALIGA TECHNICAL TRAINING & PLACEMENT SESSION	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY	BREAK
		GOALKEEPER TRAINING (1hr 30m)		LALIGA FINISHING TEST		LALIGA BALL MASTERY CLINIC		LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY	
		GOALKEEPER TRAINING (1hr 30m)		SHOPPING CENTRE		SHOPPING CENTRE		PREMIER LEAGUE STADIUM TOUR (RETURN 18:00)			
		GOALKEEPER TRAINING (1hr 30m)		LALIGA CONTROL & PASS TESTING		LALIGA CONTROL CLINIC		LALIGA TECHNICAL TRAINING	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY	BREAK
		ANALYSIS OF A LALIGA PLAYERS		GOALKEEPER TRAINING (1hr 30m)		LALIGA JERSEY CHALLENGE		LALIGA TECHNICAL TRAINING	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY	BREAK

## CITY EXCURSIONS (RESIDENTIAL COURSE ONLY)

REGISTER	KIT DISTRIBUTION & ICE BREAKER	GOALKEEPER TRAINING (1hr 30m)	BREAK	GOALKEEPER TRAINING (1hr 30m)	BREAK	LALIGA WELCOME PRESENTATION 'B'	LUNCH	LALIGA TECHNICAL TRAINING	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY	BREAK
		GOALKEEPER TRAINING (1hr 30m)		LALIGA DEFENDING TESTING		LALIGA CROSS & VOLLEY CLINIC		LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY	
		GOALKEEPER TRAINING (1hr 30m)		SHOPPING CENTRE		SHOPPING CENTRE		PREMIER LEAGUE STADIUM TOUR (RETURN 18:00)			
		GOALKEEPER TRAINING (1hr 30m)		LALIGA DRIBBLING TESTING		LALIGA CROSS & VOLLEY CLINIC		LIVE Q&A WITH KERRY MAYO & LALIGA TECHNICAL TRAINING	BREAK	MATCH VS ENGLISH CLUB (19:00-20:00)	
		GOALKEEPER TRAINING (1hr 30m)		FOOTBALL TENNIS COMPETITION		LALIGA JERSEY CHALLENGE		LALIGA TECHNICAL TRAINING & MATCH-PLAY	BREAK	END OF CAMP CEREMONY	

**AM** LOW INTENSITY

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

Low intensity 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

Competitive matches vs local English clubs with official referees

Specific goalkeeper training with a UK coach

EXAMPLE SCHEDULE



**CAMP B**  
**WEEK 3 & 4**  
**13 JUL - 24 JUL**

LALIGA ACADEMY

LALIGAFOOTBALLCAMPSUK.COM



# COMPLETE FOOTBALL

## LALIGA CAMPS UK WEEK 3 & 4

Football camp without English language tuition. Up to 26hrs of training, workshops and match-play per week.



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	8:45	SESSION 1 9:00-10:00	10:00	SESSION 2 10:15-11:15	11:15	SESSION 3 11:30-12:30	13:00	SESSION 4 14:00-16:00	16:00	SESSION 5 16:15-17:00	17:00
REGISTER		KIT DISTRIBUTION & GOAL SETTING & PLAYER REVIEW (30MIN)	BREAK	LALIGA TACTICAL CLINIC: ATTACKING PHASE	BREAK	LALIGA WELCOME PRESENTATION 'A'	LUNCH	LALIGA TECHNICAL TRAINING PLACEMENT SESSION	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY	BREAK
		STRENGTH & CONDITIONING		LALIGA FINISHING TEST		LALIGA COMBINATION PLAY CLINIC		LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY	
		LALIGA PENALTY CLINIC		SHOPPING CENTRE		SHOPPING CENTRE		PREMIER LEAGUE STADIUM TOUR (RETURN 18:00)			
		SPEED & AGILITY		LALIGA CONTROL & PASS TESTING		LALIGA 1V1 ATTACKING CLINIC		LALIGA TECHNICAL TRAINING	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY	BREAK
		DIET & NUTRITION		FOOTBALL TENNIS COMPETITION		LALIGA JERSEY CHALLENGE		LALIGA TECHNICAL TRAINING	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY	BREAK

### CITY EXCURSIONS (RESIDENTIAL COURSE ONLY)

REGISTER	KIT DISTRIBUTION & ICE BREAKER	BREAK	LALIGA COMBINATION PLAY CLINIC	BREAK	LALIGA WELCOME PRESENTATION 'B'	LUNCH	LALIGA TECHNICAL TRAINING	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY	BREAK
	FOOT POSTURING		LALIGA DEFENDING TESTING		LALIGA MOVEMENT OFF THE BALL CLINIC		LIVE Q&A WITH A FORMER PREMIER LEAGUE PLAYER		LALIGA TECHNICAL TRAINING & MATCH-PLAY	
	LALIGA FREE-KICK CLINIC		SHOPPING CENTRE		SHOPPING CENTRE		PREMIER LEAGUE STADIUM TOUR (RETURN 18:00)			
	YOGA		LALIGA DRIBBLING TESTING		LALIGA MOVEMENT OFF THE BALL CLINIC		MATCH TACTICS (ON AND OFF FIELD)	BREAK	MATCH VS ENGLISH CLUB (19:00-20:00)	
	LALIGA PROPRIOCEPTOR		FOOTBALL TENNIS COMPETITION		LALIGA JERSEY CHALLENGE		LALIGA TECHNICAL TRAINING & MATCH-PLAY	BREAK	END OF CAMP CEREMONY	

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Competitive matches vs local English clubs with official referees

EXAMPLE SCHEDULE



# FOOTBALL & LANGUAGE

LALIGA CAMPS UK **WEEK 3 & 4**

Football camp with English language tuition. Up to 14hrs of English tuition and 12hrs of training, workshops and match-play per week



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	8:45	SESSION 1 9:00-10:00	10:00	SESSION 2 10:15-11:15	11:15	SESSION 3 11:30-12:30	13:00	SESSION 4 14:00-16:00	16:00	SESSION 5 16:15-17:00	17:00
REGISTER		ENGLISH LANGUAGE TUITION	BREAK	ENGLISH LANGUAGE TUITION	BREAK	LALIGA WELCOME PRESENTATION 'A'	LUNCH	LALIGA TECHNICAL TRAINING & MATCH-PLAY	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY	BREAK
		ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING	
		ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		SHOPPING CENTRE		PREMIER LEAGUE STADIUM TOUR (RETURN 18:00)			
		ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		LALIGA TECHNICAL TRAINING	BREAK	LALIGA TECHNICAL TRAINING	BREAK
		ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		LALIGA TECHNICAL TRAINING	BREAK	LALIGA TECHNICAL TRAINING	BREAK

## CITY EXCURSIONS (RESIDENTIAL COURSE ONLY)

REGISTER		ENGLISH LANGUAGE TUITION	BREAK	ENGLISH LANGUAGE TUITION	BREAK	LALIGA WELCOME PRESENTATION 'B'	LUNCH	LALIGA TECHNICAL TRAINING	BREAK	LALIGA TECHNICAL TRAINING	BREAK
		ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		LIVE Q&A WITH A FORMER PRO		LALIGA TECHNICAL TRAINING	
		ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		SHOPPING CENTRE		PREMIER LEAGUE STADIUM TOUR (RETURN 18:00)			
		ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		MATCH TACTICS (ON AND OFF FIELD)	BREAK	MATCH VS ENGLISH CLUB (19:00-20:00)	
		ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		LALIGA TECHNICAL TRAINING	BREAK	END OF CAMP CEREMONY	

**AM** LOW INTENSITY

**PM** HIGH INTENSITY

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

English language tuition with Bede's Summer School.

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Excursions to shopping mall, football stadium or cities

Social workshops and presentations

Competitive matches vs local English clubs with official referees

EXAMPLE SCHEDULE



# GOALKEEPER CAMP

LALIGA CAMPS UK WEEK 3 & 4

Goalkeeper camp without English language tuition. Up to 7.5hrs of GK training and 20hrs of workshops and match-play per week.



SUN  
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	8:45	SESSION 1 9:00-10:00	10:00	SESSION 2 10:15-11:15	11:15	SESSION 3 11:30-12:30	13:00	SESSION 4 14:00-16:00	16:00	SESSION 5 16:15-17:00	17:00
REGISTER		KIT DISTRIBUTION & GOAL SETTING & PLAYER REVIEW (30MIN)	BREAK	GOALKEEPER TRAINING (1hr 30m)	BREAK	LALIGA WELCOME PRESENTATION 'A'	LUNCH	LALIGA TECHNICAL TRAINING & PLACEMENT SESSION	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY	BREAK
		GOALKEEPER TRAINING (1hr 30m)		LALIGA FINISHING TEST		LALIGA BALL MASTERY CLINIC		LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY	
		GOALKEEPER TRAINING (1hr 30m)		SHOPPING CENTRE		SHOPPING CENTRE		PREMIER LEAGUE STADIUM TOUR (RETURN 18:00)			
		GOALKEEPER TRAINING (1hr 30m)		LALIGA CONTROL & PASS TESTING		LALIGA CONTROL CLINIC		LALIGA TECHNICAL TRAINING	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY	BREAK
		ANALYSIS OF A LALIGA PLAYERS		GOALKEEPER TRAINING (1hr 30m)		LALIGA JERSEY CHALLENGE		LALIGA TECHNICAL TRAINING	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY	BREAK

## CITY EXCURSIONS (RESIDENTIAL COURSE ONLY)

REGISTER		KIT DISTRIBUTION & ICE BREAKER	BREAK	GOALKEEPER TRAINING (1hr 30m)	BREAK	LALIGA WELCOME PRESENTATION 'B'	LUNCH	LALIGA TECHNICAL TRAINING	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY	BREAK
		GOALKEEPER TRAINING (1hr 30m)		LALIGA DEFENDING TESTING		LALIGA CROSS & VOLLEY CLINIC		LIVE Q&A WITH A FORMER PRO & LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY	
		GOALKEEPER TRAINING (1hr 30m)		SHOPPING CENTRE		SHOPPING CENTRE		PREMIER LEAGUE STADIUM TOUR (RETURN 18:00)			
		GOALKEEPER TRAINING (1hr 30m)		LALIGA DRIBBLING TESTING		LALIGA FINISHING CLINIC		MATCH TACTICS (ON AND OFF THE FIELD)	BREAK	MATCH VS ENGLISH CLUB (19:00-20:00)	
		GOALKEEPER TRAINING (1hr 30m)		FOOTBALL TENNIS COMPETITION		LALIGA JERSEY CHALLENGE		LALIGA TECHNICAL TRAINING & MATCH-PLAY	BREAK	END OF CAMP CEREMONY	

**AM** LOW INTENSITY

**PM** HIGH INTENSITY

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

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

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Excursions to shopping mall, football stadium or cities

Social workshops and presentations

Competitive matches vs local English clubs with official referees

Specific goalkeeper training with a UK coach

EXAMPLE SCHEDULE



**CAMP C**  
**WEEK 5 & 6**  
**27 JUL - 7 AUG**

LALIGA ACADEMY

[LALIGAFOOTBALLCAMPSUK.COM](http://LALIGAFOOTBALLCAMPSUK.COM)



# COMPLETE FOOTBALL

## LALIGA CAMPS UK WEEK 5 & 6

Football camp without English language tuition. Up to 26hrs of training, workshops and match-play per week.



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	8:45	SESSION 1 9:00-10:00	10:00	SESSION 2 10:15-11:15	11:15	SESSION 3 11:30-12:30	13:00	SESSION 4 14:00-16:00	16:00	SESSION 5 16:15-17:00	17:00
REGISTER		KIT DISTRIBUTION & GOAL SETTING & PLAYER REVIEW (30MIN)	BREAK	LALIGA FINISHING CLINIC	BREAK	LALIGA WELCOME PRESENTATION 'A'	LUNCH	LALIGA TECHNICAL TRAINING & PLACEMENT SESSION	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY	BREAK
		BAND ACTIVATION		LALIGA FINISHING TEST		LALIGA BALL MASTERY CLINIC		LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY	
		LALIGA PASSING CLINIC		SHOPPING CENTRE		SHOPPING CENTRE		PREMIER LEAGUE STADIUM TOUR (RETURN 18:00)			
		STRETCH & ROLL		LALIGA CONTROL & PASS TESTING		LALIGA CONTROL CLINIC		LALIGA TECHNICAL TRAINING	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY	BREAK
		ANALYSIS OF A LALIGA PLAYERS		FOOTBALL TENNIS COMPETITION		LALIGA JERSEY CHALLENGE		LALIGA TECHNICAL TRAINING	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY	BREAK

### CITY EXCURSIONS (RESIDENTIAL COURSE ONLY)

REGISTER		KIT DISTRIBUTION & ICE BREAKER	BREAK	LALIGA DEFENDING CLINIC	BREAK	LALIGA WELCOME PRESENTATION 'B'	LUNCH	LALIGA TECHNICAL TRAINING	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY	BREAK
		STRENGTH TO POWER		LALIGA DEFENDING TESTING		LALIGA CROSS & VOLLEY CLINIC		LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY	
		LALIGA DRIBBLING CLINIC		SHOPPING CENTRE		SHOPPING CENTRE		PREMIER LEAGUE STADIUM TOUR (RETURN 18:00)			
		YOGA		LALIGA DRIBBLING TESTING		LIVE Q&A WITH A FORMER PRO		MATCH TACTICS (ON AND OFF THE FIELD)	BREAK	MATCH VS ENGLISH CLUB (19:00-20:00)	
		ANALYSIS OF A LALIGA TEAMS		FOOTBALL TENNIS COMPETITION		LALIGA JERSEY CHALLENGE		LALIGA TECHNICAL TRAINING & MATCH-PLAY	BREAK	END OF CAMP CEREMONY	

**AM** LOW INTENSITY

**PM** HIGH INTENSITY

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

Low intensity 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

Competitive matches vs local English clubs with official referees

EXAMPLE SCHEDULE



# FOOTBALL & LANGUAGE

LALIGA CAMPS UK **WEEK 5 & 6**

Football camp with English language tuition. Up to 14hrs of English tuition and 12hrs of training, workshops and match-play per week



SUN  
MON  
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THU  
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SUN  
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FRI  
SAT

	8:45	SESSION 1 9:00-10:00	10:00	SESSION 2 10:15-11:15	11:15	SESSION 3 11:30-12:30	13:00	SESSION 4 14:00-16:00	16:00	SESSION 5 16:15-17:00	17:00
REGISTER		ENGLISH LANGUAGE TUITION	BREAK	ENGLISH LANGUAGE TUITION	BREAK	LALIGA WELCOME PRESENTATION 'A'	LUNCH	LALIGA TECHNICAL TRAINING & PLACEMENT SESSION	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY	BREAK
		ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY	
		ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		SHOPPING CENTRE		PREMIER LEAGUE STADIUM TOUR (RETURN 18:00)			
		ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		LALIGA TECHNICAL TRAINING	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY	BREAK
		ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY	

## CITY EXCURSIONS (RESIDENTIAL COURSE ONLY)

REGISTER		ENGLISH LANGUAGE TUITION	BREAK	ENGLISH LANGUAGE TUITION	BREAK	LALIGA WELCOME PRESENTATION 'B'	LUNCH	LALIGA TECHNICAL TRAINING	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY	BREAK
		ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY	
		ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		SHOPPING CENTRE		PREMIER LEAGUE STADIUM TOUR (RETURN 18:00)			
		ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		LIVE Q&A WITH A FORMER PRO		MATCH TACTICS (ON AND OFF THE FIELD)	BREAK	MATCH VS ENGLISH CLUB (19:00-20:00)	
		ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		LALIGA TECHNICAL TRAINING & MATCH-PLAY		END OF CAMP CEREMONY	

**AM** LOW INTENSITY

**PM** HIGH INTENSITY

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

English language tuition with Bede's Summer School.

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

Competitive matches vs local English clubs with official referees

EXAMPLE SCHEDULE



# GOALKEEPER CAMP

LALIGA CAMPS UK WEEK 5 & 6

Goalkeeper camp without English language tuition. Up to 7.5hrs of GK training and 20hrs of workshops and match-play per week.



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FRI  
SAT

	8:45	SESSION 1 9:00-10:00	10:00	SESSION 2 10:15-11:15	11:15	SESSION 3 11:30-12:30	13:00	SESSION 4 14:00-16:00	16:00	SESSION 5 16:15-17:00	17:00
REGISTER	KIT DISTRIBUTION & GOAL SETTING & PLAYER REVIEW (30MIN)	GOALKEEPER TRAINING (1hr 30m)	BREAK	GOALKEEPER TRAINING (1hr 30m)	BREAK	LALIGA WELCOME PRESENTATION 'A'	LUNCH	LALIGA TECHNICAL TRAINING & PLACEMENT SESSION	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY	BREAK
		GOALKEEPER TRAINING (1hr 30m)		LALIGA FINISHING TEST		LALIGA BALL MASTERY CLINIC		LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY	
		GOALKEEPER TRAINING (1hr 30m)		SHOPPING CENTRE		SHOPPING CENTRE		PREMIER LEAGUE STADIUM TOUR (RETURN 18:00)			
		GOALKEEPER TRAINING (1hr 30m)		LALIGA CONTROL & PASS TESTING		LALIGA CONTROL CLINIC		LALIGA TECHNICAL TRAINING	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY	BREAK
		ANALYSIS OF A LALIGA PLAYERS		GOALKEEPER TRAINING (1hr 30m)		LALIGA JERSEY CHALLENGE		LALIGA TECHNICAL TRAINING	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY	BREAK

## CITY EXCURSIONS (RESIDENTIAL COURSE ONLY)

REGISTER	KIT DISTRIBUTION & ICE BREAKER	GOALKEEPER TRAINING (1hr 30m)	BREAK	GOALKEEPER TRAINING (1hr 30m)	BREAK	LALIGA WELCOME PRESENTATION 'B'	LUNCH	LALIGA TECHNICAL TRAINING	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY	BREAK
	GOALKEEPER TRAINING (1hr 30m)	LALIGA DEFENDING TESTING		LALIGA CROSS & VOLLEY CLINIC		LALIGA CROSS & VOLLEY CLINIC		LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY	
	GOALKEEPER TRAINING (1hr 30m)	SHOPPING CENTRE		SHOPPING CENTRE		SHOPPING CENTRE		PREMIER LEAGUE STADIUM TOUR (RETURN 18:00)			
	GOALKEEPER TRAINING (1hr 30m)	LALIGA DRIBBLING TESTING		LIVE Q&A WITH A FORMER PRO		LIVE Q&A WITH A FORMER PRO		MATCH TACTICS (ON AND OFF THE FIELD)	BREAK	MATCH VS ENGLISH CLUB (19:00-20:00)	
	GOALKEEPER TRAINING (1hr 30m)	FOOTBALL TENNIS COMPETITION		LALIGA JERSEY CHALLENGE		LALIGA JERSEY CHALLENGE		LALIGA TECHNICAL TRAINING & MATCH-PLAY	BREAK	END OF CAMP CEREMONY	

AM LOW INTENSITY

PM HIGH INTENSITY

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Low intensity 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.

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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

Competitive matches vs local English clubs with official referees

Specific goalkeeper training with a UK coach

EXAMPLE SCHEDULE



**CAMPS UK**