

#### LALIGA 🖴



SCHEDULES

**LALIGA ACADEMY** 



# EXCURSIONS LALIGA CAMPS UK 2025



EXCURSIONS	DATE	DEPARTURE	RETURN
	BEDE'S, UPI	PER DICKER	
AMEX BRIGHTON & HOVE ALBION	02/07/2024	11:30	19:00
TOTTENHAM STADIUM TOTTENHAM	09/07/2024	11:30	19:00
STAMFORD BRIDGE CHELSEA	16/07/2024	11:30	19:00
EMIRATES ARSENAL	23/07/2024	11:30	19:00
AMEX BRIGHTON & HOVE ALBION	30/07/2024	11:30	19:00
	ROYAL RUSS	ELL, LONDON	
STAMFORD BRIDGE + CHELSEA	06/08/2024	9:00	19:00
TOTTENHAM STADIUM TOTTENHAM	13/08/2024	9:00	19:00

**CAMPS UK** 

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# WEEKS 182

BEDE'S SENIOR 30 JUN - 11 JUL 2025







LALIGA CAMPS UK WEEK 1 & 2 BEDE'S SENIOR 30 JUN - JUL 11 2025

		8:45	<b>SESSION 1</b> 9:00-10:00 (1hr)	10:00	<b>SESSION 2</b> 10:15-11:15 (1hr)	11:15	<b>SESSION 3</b> 11:30-12:30(1hr)	13:00	<b>SESSION 4</b> 14.00-16:00 (2hr)	16:00	<b>SESSION 5</b> 16.15-17.15 (1hr)	17:30
SUN							ARRIVALS					
MON	<b>u</b>		KIT DISTRIBUTION & ICE BREAKER		BAND ACTIVATION		LALIGA WELCOME PRESENTATION 'A'		LALIGA TECHNICAL TRAINING & PLACEMENT SESSION	E A	LALIGA TECHNICAL TRAINING & MATCH-PLAY	o z
TUE	FOCU	В	STRENGTH TO POWER	¥	LALIGA FINISHING TEST	ᅩ	LALIGA FINISHING CLINIC	ī	LALIGA TECHNICAL TRAINING	8	LALIGA TECHNICAL TRAINING & MATCH-PLAY	Ш
WED	UAL	IST	LALIGA PASSING CLINIC	ВЕА	LALIGA PASSING CLINIC	R E A	SHOPPING CENTRE	υ Z	PREMIER LEA	GUE S	radium tour	
THU	DIVID	R E G	STRETCH & ROLL	ш	LALIGA CONTROL & PASS TESTING	ш	LALIGA CONTROL CLINIC	L (	LALIGA TECHNICAL TRAINING	E A K	LALIGA TECHNICAL TRAINING & MATCH-PLAY	o z
FRI	Z		LALIGA NUTRITION & HYDRATION		SWIMMING FREE-PLAY		LALIGA JERSEY CHALLENGE		LALIGA TECHNICAL TRAINING	8	LALIGA TECHNICAL TRAINING & MATCH-PLAY	Ш
SAT SUN					C	ΙŦ	Y EXCURSION	S				
MON			KIT DISTRIBUTION & ICE BREAKER		LALIGA DRIBBLING CLINIC		LALIGA WELCOME PRESENTATION 'B' & LALIGA ANALYSIS 'A'		LALIGA TECHNICAL TRAINING	E A K	LALIGA TECHNICAL TRAINING & MATCH-PLAY	o z
TUE	Sno	Е В	PRO-PRECEPTOR WORKSHOP	×	LALIGA DEFENDING TESTING	ᅩ	LALIGA DEFENDING CLINIC	I	LALIGA TECHNICAL TRAINING	В В	LALIGA TECHNICAL TRAINING & MATCH-PLAY	Ш
WED	M FO	GIST	LALIGA CROSS & VOLLEY CLINIC	ЯЕА	LALIGA CROSS & VOLLEY CLINIC	REA	SHOPPING CENTRE	υ z ⊃	PREMIER LEA	GUE S	TADIUM TOUR	
THU	TEA	R	YOGA	ш	LALIGA DRIBBLING TESTING	ш	LIVE Q&A WITH A FORMER PRO		LALIGA TECHNICAL TRAINING	E A K	LALIGA TECHNICAL TRAINING & MATCH-PLAY	
FRI			LALIGA ANALYSIS WORKSHOP 'B'		SWIMMING FREE-PLAY		LALIGA JERSEY CHALLENGE		LALIGA TECHNICAL TRAINING & MATCH-PLAY	В	END OF CAMP CEREMONY	
SAT							DEPARTURES					



from LALIGA.

AM LOWINTENSITY TRAINING



PM HIGH INTENSITY TRAINING





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





LALIGA CAMPS UK WEEK 1 & 2 BEDE'S SENIOR 30 JUN - JUL 11 2025

		8:45	<b>SESSION 1</b> 9:00-10:00 (1hr)	10:00	<b>SESSION 2</b> 10:15-11:15 (1hr)	11:15	<b>SESSION 3</b> 11:30-12:30(1hr)	13:00	<b>SESSION 4</b> 14.00-16:00 (2hr)	16:00	<b>SESSION 5</b> 16.15-17.15 (1hr)	17:30		
SUN							ARRIVALS							
MON	S		ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		LALIGA WELCOME PRESENTATION 'A'		LALIGA TECHNICAL TRAINING & PLACEMENT SESSION	E A K	LALIGA TECHNICAL TRAINING & MATCH-PLAY	o z		
TUE	FOCU	В В	1	ᅩ	ENGLISH LANGUAGE TUITION	×	ENGLISH LANGUAGE TUITION	I	LALIGA TECHNICAL TRAINING	8	LALIGA TECHNICAL TRAINING & MATCH-PLAY	Ē		
WED	UAL	G I S T	ENGLISH LANGUAGE TUITION	NGLISH LANGUAGE TUITION	ENGLISH LANGUAGE TUITION	Я Б	SHOPPING CENTRE	S N	PREMIER LEA	GUE S	TADIUM TOUR			
THU	0 1 1	ENGLISH LANGUAGE TUITION	ENGLISH LANGUAGE TUITION	ш	ENGLISH LANGUAGE TUITION	П	LALIGA TECHNICAL TRAINING	E A	LALIGA TECHNICAL TRAINING & MATCH-PLAY	o z				
FRI	=		ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		LALIGA TECHNICAL TRAINING	8	LALIGA TECHNICAL TRAINING & MATCH-PLAY	E		
SAT SUN					C	ΙT	Y EXCURSION	S						
MON			ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		LALIGA TECHNICAL TRAINING	E A K	LALIGA TECHNICAL TRAINING & MATCH-PLAY	O Z		
TUE	Sno	н Н	ENGLISH LANGUAGE TUITION	ᆇ	ENGLISH LANGUAGE TUITION	ᅩ	ENGLISH LANGUAGE TUITION	I	LALIGA TECHNICAL TRAINING	8	LALIGA TECHNICAL TRAINING & MATCH-PLAY	Ш		
WED	M FO	S   S	GIST	_	-	ENGLISH LANGUAGE TUITION	REA	ENGLISH LANGUAGE TUITION	ЯЕА	SHOPPING CENTRE	U Z D	PREMIER LEA	TADIUM TOUR	
THU	TEA	я П	ENGLISH LANGUAGE TUITION	В	ENGLISH LANGUAGE TUITION	ш	LIVE Q&A WITH A FORMER PRO	٦.	LALIGA TECHNICAL TRAINING	E A K	LALIGA TECHNICAL TRAINING & MATCH-PLAY			
FRI			ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		LALIGA TECHNICAL TRAINING & MATCH-PLAY	ВВ	END OF CAMP CEREMONY			
SAT						_	DEPARTURES							



AM LOWINTENSITY TRAINING



PM HIGH INTENSITY TRAINING



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







LALIGA CAMPS UK WEEK 1 & 2 BEDE'S SENIOR 30JUN - JUL 11 2025

		8:45	<b>SESSION 1</b> 9:00-10:00 (1hr)	10:00	<b>SESSION 2</b> 10:15-11:15 (1hr)	11:15	<b>SESSION 3</b> 11:30-12:30(1hr)	13:00	<b>SESSION 4</b> 14.00-16:00 (2hr)	16:00	<b>SESSION 5</b> 16.15-17.15 (1hr)	17:30	
SUN							ARRIVALS						
MON	<b>u</b>		KIT DISTRIBUTION & ICE BREAKER		GOALKEEPER TRAINING (1hr 30m)		LALIGA WELCOME PRESENTATION 'A'		LALIGA TECHNICAL TRAINING & PLACEMENT SESSION	E A	LALIGA TECHNICAL TRAINING & MATCH-PLAY		
TUE	FOCU	ЕВ	GOALKEEPER TRAINING (1hr 30m)	¥	LALIGA FINISHING TEST	¥	LALIGA FINISHING CLINIC	I	LALIGA TECHNICAL TRAINING	8	LALIGA TECHNICAL TRAINING & MATCH-PLAY	Ш	
WED	UAL	GIST	GOALKEEPER TRAINING (1hr 30m)	ВЕА	LALIGA PASSING CLINIC	ЯЕА	SHOPPING CENTRE	υ z ⊃	PREMIER LEA	GUE S	TADIUM TOUR		
THU	DIVID	B E G	GOALKEEPER TRAINING (1hr 30m)	Ф	LALIGA CONTROL & PASS TESTING	ш	LALIGA CONTROL CLINIC	_ 	LALIGA TECHNICAL TRAINING	E A K	LALIGA TECHNICAL TRAINING & MATCH-PLAY		
FRI	<u>z</u>		LALIGA NUTRITION & HYDRATION		GOALKEEPER TRAINING (1hr 30m)		LALIGA JERSEY CHALLENGE		LALIGA TECHNICAL TRAINING	8	LALIGA TECHNICAL TRAINING & MATCH-PLAY	ū	
SAT SUN					C	ΙT	Y EXCURSION	S					
MON			KIT DISTRIBUTION & ICE BREAKER		GOALKEEPER TRAINING (1hr 30m)		LALIGA WELCOME PRESENTATION 'B' & LALIGA ANALYSIS 'A'		LALIGA TECHNICAL TRAINING	EAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY	_ _ z	
TUE	cns	. E B	GOALKEEPER TRAINING (1hr 30m)	ᅩ	LALIGA DEFENDING TESTING	¥	LALIGA DEFENDING CLINIC	I	LALIGA TECHNICAL TRAINING	8 8	LALIGA TECHNICAL TRAINING & MATCH-PLAY	ū	
WED	M FO	GIST	GOALKEEPER TRAINING (1hr 30m)	REA	LALIGA CROSS & VOLLEY CLINIC	REA	SHOPPING CENTRE	υ z ⊃	PREMIER LEA	GUE S	TADIUM TOUR		
THU	TEA	B E	GOALKEEPER TRAINING (1hr 30m)	ш	LALIGA DRIBBLING TESTING	ш	LIVE Q&A WITH A FORMER PRO		LALIGA TECHNICAL TRAINING	E A K	LALIGA TECHNICAL TRAINING & MATCH-PLAY		
FRI			GOALKEEPER TRAINING (1hr 30m)		SWIMMING FREE-PLAY		LALIGA JERSEY CHALLENGE		LALIGA TECHNICAL TRAINING & MATCH-PLAY	ВВ	END OF CAMP CEREMONY		
SAT							DEPARTURES						



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Low intensity small-group training clinic with focus on the individual hosted by LALIGA coaches.



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Excursions to shopping mall, football stadium or cities





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# WEEKS 384

BEDE'S SENIOR JUL 14 - 25 JUL 2025





**CAMPS** 

LALIGA CAMPS UK WEEK 3 & 4 BEDE'S SENIOR JUL 14 - JUL 25 2025





AM LOW INTENSITY TRAINING



PM HIGH INTENSITY TRAINING



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



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Excursions to shopping mall, football stadium or cities







LALIGA CAMPS UK WEEK 3 & 4 BEDE'S SENIOR JUL 14 - JUL 25 2025

		8:45	<b>SESSION 1</b> 9:00-10:00 (1hr)	10:00	<b>SESSION 2</b> 10:15-11:15 (1hr)	11:15	<b>SESSION 3</b> 11:30-12:30(1hr)	13:00	<b>SESSION 4</b> 14.00-16:00 (2hr)	16:00	<b>SESSION 5</b> 16.15-17.15 (1hr)	17:30
SUN							ARRIVALS					
MON	<b>S</b>		ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		LALIGA WELCOME PRESENTATION 'A'		LALIGA TECHNICAL TRAINING & L PLACEMENT TEST	E A K	LALIGA TECHNICAL TRAINING & MATCH-PLAY	o z
TUE	FOCU	В	ENGLISH LANGUAGE TUITION	ᅩ	ENGLISH LANGUAGE TUITION	ᅩ	ENGLISH LANGUAGE TUITION	I	LALIGA TECHNICAL TRAINING	<u>н</u>	LALIGA TECHNICAL TRAINING & MATCH-PLAY	Ш
WED	UAL	G I S T	ENGLISH LANGUAGE TUITION	REA	ENGLISH LANGUAGE TUITION	R E A	SHOPPING CENTRE	U Z D	PREMIER LEAG	UE ST	ADIUM TOUR	
THU	DIVID	R E 0	ENGLISH LANGUAGE TUITION	ш	ENGLISH LANGUAGE TUITION	ш	ENGLISH LANGUAGE TUITION		LALIGA TECHNICAL TRAINING	E A K	LALIGA TECHNICAL TRAINING & MATCH-PLAY	o z
FRI	<u> </u>		ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		LALIGA TECHNICAL TRAINING	8	LALIGA TECHNICAL TRAINING & MATCH-PLAY	Ш
SAT SUN					C	ΙŦ	Y EXCURSION	S				
MON			ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		LALIGA TECHNICAL TRAINING	E A K	LALIGA TECHNICAL TRAINING (Sp. 8 MATCH-PLAY	O Z
TUE	Sno	В	ENGLISH LANGUAGE TUITION	×	ENGLISH LANGUAGE TUITION	×	ENGLISH LANGUAGE TUITION	I	LALIGA TECHNICAL TRAINING	8	LALIGA TECHNICAL TRAINING & MATCH-PLAY	П
WED	M FO	G I S T	ENGLISH LANGUAGE TUITION	R E A	ENGLISH LANGUAGE TUITION	ВЕА	SHOPPING CENTRE	U Z D	PREMIER LEAG	UE ST	ADIUM TOUR	
THU	TEA	R E	ENGLISH LANGUAGE TUITION	ш	ENGLISH LANGUAGE TUITION	ш	LIVE Q&A WITH A FORMER PRO	٦	LALIGA TECHNICAL TRAINING	E A K	LALIGA TECHNICAL TRAINING (%), & MATCH-PLAY	
FRI			ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		LALIGA TECHNICAL TRAINING ACTUAL & MATCH-PLAY	8	END OF CAMP CEREMONY	
SAT							DEPARTURES					



AM LOWINTENSITY TRAINING



PM HIGH INTENSITY TRAINING



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





**CAMPS** 

LALIGA CAMPS UK WEEK 3 & 4 BEDE'S SENIOR JUL 14 - JUL 25 2025





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# WEEK 5

BEDE'S SENIOR 28 JUL - 1 AUG 2025







LALIGA CAMPS UK WEEK 5 BEDE'S SENIOR 28 JUL - AUG 1 2025

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9:00-10:00 (lhr)

**SESSION 2** 10:15-11:15 (1hr)

SESSION 3
11:30-12:30(1hr)

**SESSION 4** 14.00-16:00 (2hr)

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**SESSION 5** 16.15-17.15 (1hr)

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MON KIT DISTRIBUTION & ICE BREAKER

TUE STRENGTH TO POWER

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**WED** 

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LALIGA PASSING CLINIC

STRETCH & ROLL

LALIGA NUTRITION & HYDRATION

BAND ACTIVATION

LALIGA FINISHING TEST

LALIGA PASSING CLINIC

LALIGA CONTROL & PASS TESTING

SWIMMING FREE-PLAY

LALIGA WELCOME PRESENTATION 'A'

LALIGA FINISHING CLINIC

SHOPPING CENTRE

LALIGA CONTROL CLINIC

LALIGA JERSEY CHALLENGE

LALIGA TECHNICAL TRAINING & PLACEMENT SESSION

LALIGA TECHNICAL TRAINING

LALIGA TECHNICAL TRAINING

& MATCH-PLAY

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& MATCH-PLAY

PREMIER LEAGUE STADIUM TOUR

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LALIGA TECHNICAL TRAINING

LALIGA TECHNICAL TRAINING

LALIGA TECHNICAL TRAINING & MATCH-PLAY

END OF CAMP CEREMONY

CITY EXCURSIONS



AM LOWINTENSITY TRAINING



PM HIGH INTENSITY TRAINING



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



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Workshops specifically 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





LALIGA CAMPS UK WEEK 5 BEDE'S SENIOR 28 JUL - AUG 1 2025

**SESSION 3 SESSION 4 SESSION 1 SESSION 2 SESSION 5** 9:00-10:00 (1hr) 10:15-11:15 (1hr) 11:30-12:30(1hr) 14.00-16:00 (2hr) 16.15-17.15 (1hr) SUN ARRIVALS LALIGA WELCOME LALIGA TECHNICAL TRAINING LALIGA TECHNICAL TRAINING & MON **ENGLISH LANGUAGE TUITION ENGLISH LANGUAGE TUITION**  $\prec$ PLACEMENT SESSION & MATCH-PLAY PRESENTATION 'A' ⋖ ш Z Œ **LALIGA TECHNICAL TRAINING** Ш TUE **ENGLISH LANGUAGE TUITION ENGLISH LANGUAGE TUITION ENGLISH LANGUAGE TUITION** LALIGA TECHNICAL TRAINING & MATCH-PLAY  $\mathbf{\alpha}$ ш  $\prec$  $\prec$ I ⋖ ⋖ O S **WED ENGLISH LANGUAGE TUITION ENGLISH LANGUAGE TUITION** ш SHOPPING CENTRE PREMIER LEAGUE STADIUM TOUR ш z \_  $\mathbf{\alpha}$  $\supset$ Ш Ш ш LALIGA TECHNICAL TRAINING **ENGLISH LANGUAGE TUITION** THU **ENGLISH LANGUAGE TUITION ENGLISH LANGUAGE TUITION** LALIGA TECHNICAL TRAINING  $\mathbf{x}$ & MATCH-PLAY ۷ Z Œ Ш FRI **ENGLISH LANGUAGE TUITION ENGLISH LANGUAGE TUITION ENGLISH LANGUAGE TUITION** LALIGA TECHNICAL TRAINING **END OF CAMP CEREMONY** 

CITY EXCURSIONS



SAT

SUN

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LALIGA CAMPS UK WEEK 5 BEDE'S SENIOR 28 JUL - AUG 1 2025

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8:00-10:00 (1hr)

SESSION 2 10:15-11:15 (1hr)

<u>session 3</u> ∷ 11:30-12:30(1hr) **SESSION 4** 14.00-16:00 (2hr)

**SESSION 5** 16.15-17.15 (1hr)

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SUN ARRIVALS

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MON KIT DISTRIBUTION & ICE BREAKER

TUE GOALKEEPER TRAINING (1hr 30m)

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GOALKEEPER TRAINING (1hr 30m)

GOALKEEPER TRAINING (1hr 30m)

LALIGA NUTRITION & HYDRATION

GOALKEEPER TRAINING (1hr 30m)

LALIGA FINISHING TEST

LALIGA PASSING CLINIC

LALIGA CONTROL & PASS TESTING

GOALKEEPER TRAINING (1hr 30m)

LALIGA WELCOME PRESENTATION 'A'

LALIGA FINISHING CLINIC

SHOPPING CENTRE

LALIGA CONTROL CLINIC

LALIGA JERSEY CHALLENGE

LALIGA TECHNICAL TRAINING & PLACEMENT SESSION

LALIGA TECHNICAL TRAINING

LALIGA TECHNICAL TRAINING & MATCH-PLAY

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& MATCH-PLAY

PREMIER LEAGUE STADIUM TOUR

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LALIGA TECHNICAL TRAINING

LALIGA TECHNICAL TRAINING

LALIGA TECHNICAL TRAINING & MATCH-PLAY

END OF CAMP CEREMONY

CITY EXCURSIONS



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# WEEK 687

ROYAL RUSSELL 4 AUG - 15 AUG 2025







LALIGA CAMPS UK WEEK 6 & 7 ROYAL RUSSELL 4 AUG - 15 AUG 2025

SUN		8:45	SESSION 1 8:45-10:00 (1hr 15m)	10:00	SESSION 2 10:15-11:30 (1hr 15m)	11:30	SESSION 3 11:45-12:45 (1hr) ARRIVALS	13:00	SESSION 4 14.00-16:00 (1hr 30m)	16:00	SESSION 5 16.15-17.15 (1hr)	17:30	
MON	<b>u</b> n		KIT DISTRIBUTION & ICE BREAKER	A X	LIVE Q&A WITH FORMER PRO	A X	LALIGA WELCOME PRESENTATION 'A'		LALIGA TECHNICAL TRAINING & PLACEMENT TEST	E A K	LALIGA TECHNICAL TRAINING & MATCH-PLAY		
TUE	FOCUE	ш	LALIGA ANALYSIS WORKSHOP A	B R E	LALIGA FINISHING TEST	BRE	LALIGA FINISHING CLINIC	I	LALIGA TECHNICAL TRAINING	B R E	LALIGA TECHNICAL TRAINING & MATCH-PLAY		
WED	UAL	_ S	FULL EXCURSION DAY (INCLUD	FULL EXCURSION DAY (INCLU		EMIER LEAGUE STADIUM TOUR & SHO	PPING (	CENTRE/FOOTBALL ACTIVITY)				O Z	
THU	DIVID	R E G	LALIGA GOAL SETTING	<b>ک</b>	LALIGA CONTROL & PASS TESTING	A A	LALIGA CONTROL CLINIC	L U	LALIGA TECHNICAL TRAINING	A K	LALIGA TECHNICAL TRAINING & MATCH-PLAY		
FRI	Ä		LALIGA PROPRIOCEPTOR	8 R E	LALIGA PASSING CLINIC	ВВЕ	LALIGA JERSEY CHALLENGE		LALIGA TECHNICAL TRAINING & MATCH-PLAY	ВВЕ	FUN FOOTBALL COMPETITION		
SAT SUN					С	ΙΤ	Y EXCURSION	S					
MON			KIT DISTRIBUTION & ICE BREAKER	E A	LALIGA DRIBBLING CLINIC	EAK	LALIGA SHORT WELCOME & PRESENTATION & RESPECT & FAIRPLAY		LALIGA TECHNICAL TRAINING & PLACEMENT TEST	A K	LALIGA TECHNICAL TRAINING & MATCH-PLAY		
TUE	Sno	Н	LALIGA INJURY PREVENTION	8 8	LALIGA DEFENDING TESTING	B R E	LALIGA DEFENDING CLINIC (TACKLING & INTERCEPTING)	I	LALIGA TECHNICAL TRAINING	BRE	LALIGA TECHNICAL TRAINING & MATCH-PLAY		
WED	M FO	G I S T	FULL EXCURSION DAY (INCLUD	JDES PREMIER LEAGUE STADIUM TOUR & SI		ADIUM TOUR & SHOPPING CENTRE/FOOTBALL ACTIVITY)		υ z				Z U	
THU	TEA	B E (	LALIGA ANALYSIS WORKSHOP B	E A	LALIGA DRIBBLING TESTING	E A K	LALIGA DEFENDING CLINIC (COMPOSURE & PRESSING)	L U	LALIGA TECHNICAL TRAINING	E A K	LALIGA TECHNICAL TRAINING & MATCH-PLAY		
FRI			LALIGA CROSS & VOLLEY CLINIC	8 8	SWIMMING FREE-PLAY	ВВВ	LALIGA JERSEY CHALLENGE		LALIGA TECHNICAL TRAINING & MATCH-PLAY	B R E	END OF CAMP CEREMONY		
SAT							DEPARTURES						



AM LOWINTENSITY TRAINING



PM HIGH INTENSITY TRAINING





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





LALIGA CAMPS UK WEEK 6 & 7 ROYAL RUSSELL 4 AUG - 15 AUG 2025

		8:45	SESSION 1 8:45-10:00 (1hr 15m)	10:00	SESSION 2 10:15-11:30 (1hr 15m)	11:30	SESSION 3 11:45-12:45 (1hr)	13:00	SESSION 4 14.00-16:00 (1hr 30m)	16:00	SESSION 5 16.15-17.15 (1hr)	17:30	
SUN							ARRIVALS						
MON	S		ENGLISH LANGUAGE TUITION	E A X	LIVE Q&A WITH FORMER PRO	E A	LALIGA WELCOME PRESENTATION 'A'		LALIGA TECHNICAL TRAINING & PLACEMENT TEST	E A	LALIGA TECHNICAL TRAINING & MATCH-PLAY		
TUE	FOCU	ш Ж	ENGLISH LANGUAGE TUITION	8	ENGLISH LANGUAGE TUITION	8	ENGLISH LANGUAGE TUITION	I	LALIGA TECHNICAL TRAINING	<u>в</u>	LALIGA TECHNICAL TRAINING & MATCH-PLAY		
WED	UAL	G I S T	FULL EXCURSION DAY (INCLUI	DES PR	EMIER LEAGUE STADIUM TOUR & SI	HOPPING	CENTRE/FOOTBALL ACTIVITY)	υ z ⊃				О Z Ш	
THU	DIVID	REO	ENGLISH LANGUAGE TUITION	E A X	ENGLISH LANGUAGE TUITION	A X	ENGLISH LANGUAGE TUITION	_	LALIGA TECHNICAL TRAINING	E A X	LALIGA TECHNICAL TRAINING & MATCH-PLAY		
FRI	<u> </u>		ENGLISH LANGUAGE TUITION	8 8	ENGLISH LANGUAGE TUITION	8 8	ENGLISH LANGUAGE TUITION		LALIGA TECHNICAL TRAINING & MATCH-PLAY	8 8	FUN FOOTBALL COMPETITION		
SAT SUN						CIT	Y EXCURSION	S					
MON			ENGLISH LANGUAGE TUITION	A X	ENGLISH LANGUAGE TUITION	E A X	ENGLISH LANGUAGE TUITION		LALIGA TECHNICAL TRAINING & PLACEMENT TEST	E A K	LALIGA TECHNICAL TRAINING & MATCH-PLAY		
TUE	Sno	Н	ENGLISH LANGUAGE TUITION	В Ж	ENGLISH LANGUAGE TUITION	<u>а</u> «	ENGLISH LANGUAGE TUITION	I	LALIGA TECHNICAL TRAINING	8	LALIGA TECHNICAL TRAINING & MATCH-PLAY		
WED	M FO	G I S T	FULL EXCURSION DAY (INCLUI	DES PR	EMIER LEAGUE STADIUM TOUR & SI	HOPPING	CENTRE/FOOTBALL ACTIVITY)	υ z ⊃				O Z W	
THU	TEA	R	ENGLISH LANGUAGE TUITION	E A K	ENGLISH LANGUAGE TUITION	E A K	ENGLISH LANGUAGE TUITION	L .	LALIGA TECHNICAL TRAINING	E A K	LALIGA TECHNICAL TRAINING & MATCH-PLAY		
FRI			LALIGA CROSS & VOLLEY CLINIC	В	ENGLISH LANGUAGE TUITION	8	ENGLISH LANGUAGE TUITION		LALIGA TECHNICAL TRAINING & MATCH-PLAY	8 8	END OF CAMP CEREMONY	L	
SAT							DEPARTURES						



AM LOWINTENSITY TRAINING



PM HIGH INTENSITY TRAINING



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.



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LALIGA CAMPS UK WEEK 6 & 7 ROYAL RUSSELL 4 AUG - 15 AUG 2025

		8:45	SESSION 1 8:45-10:00 (1hr 15m)	10:00	SESSION 2 10:15-11:30 (1hr 15m)	11:30	SESSION 3 11:45-12:45 (1hr)	13:00	SESSION 4 14.00-16:00 (1hr 30m)	16:00	SESSION 5 16.15-17.15 (1hr)	17:30	
SUN							ARRIVALS						
MON	<b>S</b>		KIT DISTRIBUTION & ICE BREAKER	E A	LIVE Q&A WITH FORMER PRO	E A K	LALIGA WELCOME PRESENTATION 'A'		GOALKEEPER TRAINING (1hr 30m)	E A K	LALIGA TECHNICAL TRAINING & MATCH-PLAY		
TUE	FOCU	ш Е	GOALKEEPER TRAINING (1hr 30m)	<u>ш</u>	LALIGA FINISHING TEST	œ œ	LALIGA FINISHING CLINIC	I	LALIGA TECHNICAL TRAINING	<u>в</u>	LALIGA TECHNICAL TRAINING & MATCH-PLAY		
WED	UAL	_ S I S T	FULL EXCURSION DAY (INCLUE	ES PR	EMIER LEAGUE STADIUM TOUR & SHO	PPING	CENTRE/FOOTBALL ACTIVITY)	υ z ⊃				O Z W	
THU	DIVID	R E	LALIGA GOAL SETTING	E A	LALIGA CONTROL & PASS TESTING	E A K	GOALKEEPER TRAINING (1hr 30m)	L (	LALIGA TECHNICAL TRAINING	Α	LALIGA TECHNICAL TRAINING & MATCH-PLAY		
FRI	Z		LALIGA PROPRIOCEPTOR	8 8	GOALKEEPER TRAINING (1hr 30m)	8 8	LALIGA JERSEY CHALLENGE		LALIGA TECHNICAL TRAINING & MATCH-PLAY	BRE	FUN FOOTBALL COMPETITION		
SAT SUN					С	ΙT	Y EXCURSION	S					
MON			KIT DISTRIBUTION & ICE BREAKER	E A	GOALKEEPER TRAINING (1hr 30m)	E A K	LALIGA SHORT WELCOME & PRESENTATION & RESPECT & FAIRPLAY		LALIGA TECHNICAL TRAINING & PLACEMENT TEST	E A K	LALIGA TECHNICAL TRAINING & MATCH-PLAY		
TUE	cns	ш	LALIGA INJURY PREVENTION	<u>н</u>	LALIGA DEFENDING TESTING	ш	GOALKEEPER TRAINING (1hr 30m)	I	LALIGA TECHNICAL TRAINING	ВВ	LALIGA TECHNICAL TRAINING & MATCH-PLAY		
WED	M FO	G I S T	FULL EXCURSION DAY (INCLUD	ES PR	EMIER LEAGUE STADIUM TOUR & SHO	OPPING CENTRE/FOOTBALL ACTIVITY)		υ z ⊃				O Z W	
THU	TEA	R E	LALIGA ANALYSIS WORKSHOP B	E A	LALIGA DRIBBLING TESTING	E A K	GOALKEEPER TRAINING (1hr 30m)	L (	LALIGA TECHNICAL TRAINING	E A K	LALIGA TECHNICAL TRAINING & MATCH-PLAY		
FRI			GOALKEEPER TRAINING (1hr 30m)	1 H B	SWIMMING FREE-PLAY	8	LALIGA JERSEY CHALLENGE		LALIGA TECHNICAL TRAINING & MATCH-PLAY	B R E	END OF CAMP CEREMONY		
SAT							DEPARTURES						



from LALIGA.

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