



# CAMPS UK

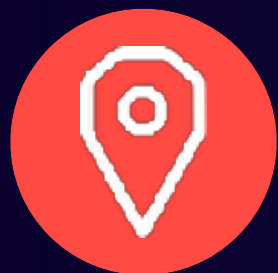


LALIGA 



SCHEDULES

LALIGA ACADEMY



# EXCURSIONS

LALIGA CAMPS UK **2025**



**EXCURSIONS**

**DATE**

**DEPARTURE**

**RETURN**

## BEDE'S, UPPER 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 RUSSELL, LONDON

**STAMFORD BRIDGE +**  
CHELSEA

06/08/2024

9:00

19:00

**TOTTENHAM STADIUM**  
TOTTENHAM

13/08/2024

9:00

19:00

**2025 SUBJECT TO CHANGE**

LALIGA 



# WEEKS 1&2

BEDE'S SENIOR 30 JUN - 11 JUL 2025

LALIGA ACADEMY





# COMPLETE FOOTBALL

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



	8:45	SESSION 1 9:00-10:00 (1hr)		10:00	SESSION 2 10:15-11:15 (1hr)		11:15	SESSION 3 11:30-12:30(1hr)		13:00	SESSION 4 14.00-16:00 (2hr)		16:00	SESSION 5 16.15-17.15 (1hr)		17:30
SUN	ARRIVALS															
MON	INDIVIDUAL FOCUS	REGISTER	KIT DISTRIBUTION & ICE BREAKER	BREAK	BAND ACTIVATION	BREAK	LALIGA WELCOME PRESENTATION 'A'	LUNCH	LALIGA TECHNICAL TRAINING & PLACEMENT SESSION	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY	END				
TUE			STRENGTH TO POWER		LALIGA FINISHING TEST		LALIGA FINISHING CLINIC		LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY					
WED			LALIGA PASSING CLINIC		LALIGA PASSING CLINIC		SHOPPING CENTRE		PREMIER LEAGUE STADIUM TOUR							
THU			STRETCH & ROLL		LALIGA CONTROL & PASS TESTING		LALIGA CONTROL CLINIC		LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY					
FRI			LALIGA NUTRITION & HYDRATION		SWIMMING FREE-PLAY		LALIGA JERSEY CHALLENGE		LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY					
SAT	CITY EXCURSIONS															
SUN																
MON	TEAM FOCUS	REGISTER	KIT DISTRIBUTION & ICE BREAKER	BREAK	LALIGA DRIBBLING CLINIC	BREAK	LALIGA WELCOME PRESENTATION 'B' & LALIGA ANALYSIS 'A'	LUNCH	LALIGA TECHNICAL TRAINING	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY	END				
TUE			PRO-PRECEPTOR WORKSHOP		LALIGA DEFENDING TESTING		LALIGA DEFENDING CLINIC		LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY					
WED			LALIGA CROSS & VOLLEY CLINIC		LALIGA CROSS & VOLLEY CLINIC		SHOPPING CENTRE		PREMIER LEAGUE STADIUM TOUR							
THU			YOGA		LALIGA DRIBBLING TESTING		LIVE Q&A WITH A FORMER PRO		LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY					
FRI			LALIGA ANALYSIS WORKSHOP 'B'		SWIMMING FREE-PLAY		LALIGA JERSEY CHALLENGE		LALIGA TECHNICAL TRAINING & MATCH-PLAY		END OF CAMP CEREMONY					
SAT	DEPARTURES															



**A M** LOW INTENSITY TRAINING



**P M** HIGH INTENSITY TRAINING

-  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

**2025 SUBJECT TO CHANGE**



# FOOTBALL & LANGUAGE CAMPS

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

	8:45	SESSION 1 9:00-10:00 (1hr)	10:00	SESSION 2 10:15-11:15 (1hr)	11:15	SESSION 3 11:30-12:30 (1hr)	13:00	SESSION 4 14.00-16:00 (2hr)	16:00	SESSION 5 16.15-17.15 (1hr)	17:30			
SUN	ARRIVALS													
MON	INDIVIDUAL FOCUS	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	END		
TUE							ENGLISH LANGUAGE TUITION		LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY			
WED							ENGLISH LANGUAGE TUITION		PREMIER LEAGUE STADIUM TOUR					
THU							ENGLISH LANGUAGE TUITION		LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY			
FRI							ENGLISH LANGUAGE TUITION		LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY			
SAT	CITY EXCURSIONS													
SUN														
MON	TEAM FOCUS	REGISTER	ENGLISH LANGUAGE TUITION	BREAK	ENGLISH LANGUAGE TUITION	BREAK	ENGLISH LANGUAGE TUITION	LUNCH	LALIGA TECHNICAL TRAINING	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY	END		
TUE							ENGLISH LANGUAGE TUITION		LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY			
WED							ENGLISH LANGUAGE TUITION		PREMIER LEAGUE STADIUM TOUR					
THU							ENGLISH LANGUAGE TUITION		LIVE Q&A WITH A FORMER PRO		LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY	
FRI							ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		LALIGA TECHNICAL TRAINING & MATCH-PLAY		END OF CAMP CEREMONY	
SAT	DEPARTURES													



AM LOW INTENSITY 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

Social workshops and presentations

2025 SUBJECT TO CHANGE



# GOALKEEPER CAMP

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



	8:45	SESSION 1 9:00-10:00 (1hr)		10:00	SESSION 2 10:15-11:15 (1hr)		11:15	SESSION 3 11:30-12:30 (1hr)		13:00	SESSION 4 14.00-16:00 (2hr)		16:00	SESSION 5 16.15-17.15 (1hr)		17:30
SUN	ARRIVALS															
MON	INDIVIDUAL FOCUS	REGISTER	KIT DISTRIBUTION & ICE BREAKER	BREAK	GOALKEEPER TRAINING (1hr 30m)	BREAK	LALIGA WELCOME PRESENTATION 'A'	LUNCH	LALIGA TECHNICAL TRAINING & PLACEMENT SESSION	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY	END				
TUE			GOALKEEPER TRAINING (1hr 30m)		LALIGA FINISHING TEST		LALIGA FINISHING CLINIC		LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY					
WED			GOALKEEPER TRAINING (1hr 30m)		LALIGA PASSING CLINIC		SHOPPING CENTRE		PREMIER LEAGUE STADIUM TOUR							
THU			GOALKEEPER TRAINING (1hr 30m)		LALIGA CONTROL & PASS TESTING		LALIGA CONTROL CLINIC		LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY					
FRI			LALIGA NUTRITION & HYDRATION		GOALKEEPER TRAINING (1hr 30m)		LALIGA JERSEY CHALLENGE		LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY					
SAT	CITY EXCURSIONS															
SUN																
MON	TEAM FOCUS	REGISTER	KIT DISTRIBUTION & ICE BREAKER	BREAK	GOALKEEPER TRAINING (1hr 30m)	BREAK	LALIGA WELCOME PRESENTATION 'B' & LALIGA ANALYSIS 'A'	LUNCH	LALIGA TECHNICAL TRAINING	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY	END				
TUE			GOALKEEPER TRAINING (1hr 30m)		LALIGA DEFENDING TESTING		LALIGA DEFENDING CLINIC		LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY					
WED			GOALKEEPER TRAINING (1hr 30m)		LALIGA CROSS & VOLLEY CLINIC		SHOPPING CENTRE		PREMIER LEAGUE STADIUM TOUR							
THU			GOALKEEPER TRAINING (1hr 30m)		LALIGA DRIBBLING TESTING		LIVE Q&A WITH A FORMER PRO		LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY					
FRI			GOALKEEPER TRAINING (1hr 30m)		SWIMMING FREE-PLAY		LALIGA JERSEY CHALLENGE		LALIGA TECHNICAL TRAINING & MATCH-PLAY		END OF CAMP CEREMONY					
SAT	DEPARTURES															



**AM** LOW INTENSITY TRAINING



**PM** HIGH INTENSITY TRAINING



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



Specific goalkeeper training with a UK coach

**2025 SUBJECT TO CHANGE**

LALIGA 



# WEEKS 3&4

BEDE'S SENIOR JUL 14 - 25 JUL 2025

LALIGA ACADEMY





# COMPLETE FOOTBALL

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

NEW WORKSHOPS AND TRAINING SESSIONS ADDED THIS WEEK



	8:45	SESSION 1 9:00-10:00 (1hr)		10:00	SESSION 2 10:15-11:15 (1hr)		11:15	SESSION 3 11:30-12:30 (1hr)		13:00	SESSION 4 14.00-16:00 (2hr)		16:00	SESSION 5 16.15-17.15 (1hr)		17:30
SUN	ARRIVALS															
MON	INDIVIDUAL FOCUS	REGISTER	KIT DISTRIBUTION & ICE BREAKER	BREAK	STRENGTH & CONDITIONING	BREAK	LALIGA WELCOME PRESENTATION 'A'	LUNCH	LALIGA TECHNICAL TRAINING & PLACEMENT TEST	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY	END				
TUE			LALIGA GOAL SETTING		LALIGA FINISHING TEST		LALIGA FINISHING CLINIC		LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY					
WED			LALIGA PASSING CLINIC		LALIGA PASSING CLINIC		SHOPPING CENTRE		PREMIER LEAGUE STADIUM TOUR							
THU			SPEED & AGILITY		LALIGA CONTROL & PASS TESTING		LALIGA CONTROL CLINIC		LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY					
FRI			FOOT POSTURING		SWIMMING FREE-PLAY		LALIGA JERSEY CHALLENGE		LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY					
SAT	CITY EXCURSIONS															
SUN																
MON	TEAM FOCUS	REGISTER	KIT DISTRIBUTION & ICE BREAKER	BREAK	LALIGA DRIBBLING CLINIC	BREAK	LALIGA WELCOME PRESENTATION 'B' & LALIGA ANALYSIS 'A'	LUNCH	LALIGA TECHNICAL TRAINING	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY	END				
TUE			PRO-PRECEPTOR WORKSHOP		LALIGA DEFENDING TESTING		LALIGA DEFENDING CLINIC		LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY					
WED			LALIGA FREE-KICK CLINIC		LALIGA FREE-KICK CLINIC		SHOPPING CENTRE		PREMIER LEAGUE STADIUM TOUR							
THU			YOGA		LALIGA DRIBBLING TESTING		LIVE Q&A WITH A FORMER PRO		LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY					
FRI			LALIGA PROPRIOCEPTOR		SWIMMING FREE-PLAY		LALIGA JERSEY CHALLENGE		LALIGA TECHNICAL TRAINING & MATCH-PLAY		END OF CAMP CEREMONY					
SAT	DEPARTURES															



**A M** LOW INTENSITY TRAINING



**P M** HIGH INTENSITY TRAINING

- 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

2025 SUBJECT TO CHANGE



# FOOTBALL & LANGUAGE

NEW TRAINING  
SESSIONS ADDED THIS WEEK

## CAMPS

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

	8:45	SESSION 1 9:00-10:00 (1hr)	10:00	SESSION 2 10:15-11:15 (1hr)	11:15	SESSION 3 11:30-12:30 (1hr)	13:00	SESSION 4 14.00-16:00 (2hr)	16:00	SESSION 5 16.15-17.15 (1hr)	17:30				
SUN						ARRIVALS									
MON	INDIVIDUAL FOCUS	REGISTER	ENGLISH LANGUAGE TUITION	BREAK	ENGLISH LANGUAGE TUITION	BREAK	ENGLISH LANGUAGE TUITION	LALIGA WELCOME PRESENTATION 'A'	LUNCH	LALIGA TECHNICAL TRAINING & PLACEMENT TEST	B R E A K	LALIGA TECHNICAL TRAINING & MATCH-PLAY	END		
TUE										LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY			
WED										SHOPPING CENTRE		PREMIER LEAGUE STADIUM TOUR			
THU										LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY			
FRI										LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY			
SAT															
SUN						CITY EXCURSIONS									
MON	TEAM FOCUS	REGISTER	ENGLISH LANGUAGE TUITION	BREAK	ENGLISH LANGUAGE TUITION	BREAK	ENGLISH LANGUAGE TUITION	LUNCH	LALIGA TECHNICAL TRAINING	B R E A K	LALIGA TECHNICAL TRAINING & MATCH-PLAY	END			
TUE									LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY				
WED									SHOPPING CENTRE		PREMIER LEAGUE STADIUM TOUR				
THU									LIVE Q&A WITH A FORMER PRO		LALIGA TECHNICAL TRAINING & MATCH-PLAY				
FRI									ENGLISH LANGUAGE TUITION		END OF CAMP CEREMONY				
SAT															
						DEPARTURES									



**AM** LOW INTENSITY 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

Social workshops and presentations

2025 SUBJECT TO CHANGE



# GOALKEEPER CAMP

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

NEW WORKSHOPS AND TRAINING SESSIONS ADDED THIS WEEK



	8:45	SESSION 1 9:00-10:00 (1hr)		10:00	SESSION 2 10:15-11:15 (1hr)		11:15	SESSION 3 11:30-12:30 (1hr)		13:00	SESSION 4 14.00-16:00 (2hr)		16:00	SESSION 5 16.15-17.15 (1hr)		17:30
SUN	ARRIVALS															
MON	INDIVIDUAL FOCUS	REGISTER	KIT DISTRIBUTION & ICE BREAKER	BREAK	GOALKEEPER TRAINING (1hr 30m)	BREAK	LALIGA WELCOME PRESENTATION 'A'	LUNCH	LALIGA TECHNICAL TRAINING & PLACEMENT TEST	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY	END				
TUE			LALIGA GOAL SETTING		LALIGA FINISHING TEST		LALIGA FINISHING CLINIC		LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY					
WED			GOALKEEPER TRAINING (1hr 30m)		LALIGA PASSING CLINIC		SHOPPING CENTRE		PREMIER LEAGUE STADIUM TOUR							
THU			GOALKEEPER TRAINING (1hr 30m)		LALIGA CONTROL & PASS TESTING		LALIGA CONTROL CLINIC		LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY					
FRI			FOOT POSTURING		GOALKEEPER TRAINING (1hr 30m)		LALIGA JERSEY CHALLENGE		LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY					
SAT	CITY EXCURSIONS															
SUN																
MON	TEAM FOCUS	REGISTER	KIT DISTRIBUTION & ICE BREAKER	BREAK	GOALKEEPER TRAINING (1hr 30m)	BREAK	LALIGA WELCOME PRESENTATION 'B' & LALIGA ANALYSIS 'A'	LUNCH	LALIGA TECHNICAL TRAINING	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY	END				
TUE			GOALKEEPER TRAINING (1hr 30m)		LALIGA DEFENDING TESTING		LALIGA DEFENDING CLINIC		LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY					
WED			GOALKEEPER TRAINING (1hr 30m)		LALIGA FREE-KICK CLINIC		SHOPPING CENTRE		PREMIER LEAGUE STADIUM TOUR							
THU			GOALKEEPER TRAINING (1hr 30m)		LALIGA DRIBBLING TESTING		LIVE Q&A WITH A FORMER PRO		LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY					
FRI			GOALKEEPER TRAINING (1hr 30m)		SWIMMING FREE-PLAY		LALIGA JERSEY CHALLENGE		LALIGA TECHNICAL TRAINING & MATCH-PLAY		END OF CAMP CEREMONY					
SAT	DEPARTURES															



**A M** LOW INTENSITY TRAINING



**P M** HIGH INTENSITY TRAINING

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

Specific goalkeeper training with a UK coach

**2025 SUBJECT TO CHANGE**

LALIGA 



# WEEK 5

BEDE'S SENIOR 28 JUL - 1 AUG 2025

LALIGA ACADEMY





# COMPLETE FOOTBALL

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



	8:45	SESSION 1 9:00-10:00 (1hr)		10:00	SESSION 2 10:15-11:15 (1hr)		11:15	SESSION 3 11:30-12:30 (1hr)		13:00	SESSION 4 14.00-16:00 (2hr)		16:00	SESSION 5 16.15-17.15 (1hr)		17:30	
SUN	ARRIVALS																
MON	INDIVIDUAL FOCUS	REGISTER	KIT DISTRIBUTION & ICE BREAKER		BREAK	BAND ACTIVATION		BREAK	LALIGA WELCOME PRESENTATION 'A'		LUNCH	LALIGA TECHNICAL TRAINING & PLACEMENT SESSION		BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY		END
TUE			STRENGTH TO POWER			LALIGA FINISHING TEST			LALIGA FINISHING CLINIC			LALIGA TECHNICAL TRAINING			LALIGA TECHNICAL TRAINING & MATCH-PLAY		
WED			LALIGA PASSING CLINIC			LALIGA PASSING CLINIC			SHOPPING CENTRE			PREMIER LEAGUE STADIUM TOUR					
THU			STRETCH & ROLL			LALIGA CONTROL & PASS TESTING			LALIGA CONTROL CLINIC			LALIGA TECHNICAL TRAINING			LALIGA TECHNICAL TRAINING & MATCH-PLAY		
FRI			LALIGA NUTRITION & HYDRATION			SWIMMING FREE-PLAY			LALIGA JERSEY CHALLENGE			LALIGA TECHNICAL TRAINING			END OF CAMP CEREMONY		
SAT	CITY EXCURSIONS																
SUN																	



**AM** LOW INTENSITY TRAINING



**PM** HIGH INTENSITY TRAINING



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

**2025 SUBJECT TO CHANGE**



# FOOTBALL & LANGUAGE CAMPS

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

	8:45	SESSION 1 9:00-10:00 (1hr)	10:00	SESSION 2 10:15-11:15 (1hr)	11:15	SESSION 3 11:30-12:30(1hr)	13:00	SESSION 4 14.00-16:00 (2hr)	16:00	SESSION 5 16.15-17.15 (1hr)	17:30
SUN	A R R I V A L S										
MON	INDIVIDUAL FOCUS	REGISTER	ENGLISH LANGUAGE TUITION	ENGLISH LANGUAGE TUITION	BREAK	LALIGA WELCOME PRESENTATION 'A'	LUNCH	LALIGA TECHNICAL TRAINING & PLACEMENT SESSION	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY	END
TUE			ENGLISH LANGUAGE TUITION	ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY	
WED			ENGLISH LANGUAGE TUITION	ENGLISH LANGUAGE TUITION		SHOPPING CENTRE		PREMIER LEAGUE STADIUM TOUR			
THU			ENGLISH LANGUAGE TUITION	ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		LALIGA TECHNICAL TRAINING	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY	END
FRI			ENGLISH LANGUAGE TUITION	ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		LALIGA TECHNICAL TRAINING		END OF CAMP CEREMONY	
SAT	C I T Y   E X C U R S I O N S										
SUN											

## CITY EXCURSIONS



**AM** LOW INTENSITY 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



Social workshops and presentations

**2025 SUBJECT TO CHANGE**



# GOALKEEPER CAMP

LALIGA CAMPS UK

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



	8:45	SESSION 1 9:00-10:00 (1hr)	10:00	SESSION 2 10:15-11:15 (1hr)	11:15	SESSION 3 11:30-12:30(1hr)	13:00	SESSION 4 14.00-16:00 (2hr)	16:00	SESSION 5 16.15-17.15 (1hr)	17:30
SUN	ARRIVALS										
MON	INDIVIDUAL FOCUS	REGISTER	KIT DISTRIBUTION & ICE BREAKER	GOALKEEPER TRAINING (1hr 30m)	BREAK	LALIGA WELCOME PRESENTATION 'A'	LUNCH	LALIGA TECHNICAL TRAINING & PLACEMENT SESSION	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY	END
TUE			GOALKEEPER TRAINING (1hr 30m)	LALIGA FINISHING TEST		LALIGA FINISHING CLINIC		LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY	
WED			GOALKEEPER TRAINING (1hr 30m)	LALIGA PASSING CLINIC		SHOPPING CENTRE		PREMIER LEAGUE STADIUM TOUR			
THU			GOALKEEPER TRAINING (1hr 30m)	LALIGA CONTROL & PASS TESTING		LALIGA CONTROL CLINIC		LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY	
FRI			LALIGA NUTRITION & HYDRATION	GOALKEEPER TRAINING (1hr 30m)		LALIGA JERSEY CHALLENGE		LALIGA TECHNICAL TRAINING		END OF CAMP CEREMONY	
SAT	CITY EXCURSIONS										
SUN											



AM LOW INTENSITY TRAINING



PM HIGH INTENSITY TRAINING



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



Specific goalkeeper training with a UK coach

2025 SUBJECT TO CHANGE

LALIGA 



# WEEK 6&7

ROYAL RUSSELL 4 AUG - 15 AUG 2025

LALIGA ACADEMY





# COMPLETE FOOTBALL

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	INDIVIDUAL FOCUS	REGISTER	KIT DISTRIBUTION & ICE BREAKER	BREAK	LIVE Q&A WITH FORMER PRO	BREAK	LALIGA WELCOME PRESENTATION 'A'	LUNCH	LALIGA TECHNICAL TRAINING & PLACEMENT TEST	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY		
TUE			LALIGA ANALYSIS WORKSHOP A	BREAK	LALIGA FINISHING TEST	BREAK	LALIGA FINISHING CLINIC		LALIGA TECHNICAL TRAINING	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY		
WED			FULL EXCURSION DAY (INCLUDES PREMIER LEAGUE STADIUM TOUR & SHOPPING CENTRE/FOOTBALL ACTIVITY)						END				
THU			LALIGA GOAL SETTING	BREAK	LALIGA CONTROL & PASS TESTING	BREAK	LALIGA CONTROL CLINIC		LALIGA TECHNICAL TRAINING	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY		
FRI			LALIGA PROPRIOCEPTOR	BREAK	LALIGA PASSING CLINIC	BREAK	LALIGA JERSEY CHALLENGE		LALIGA TECHNICAL TRAINING & MATCH-PLAY	BREAK	FUN FOOTBALL COMPETITION		
SAT	CITY EXCURSIONS												
SUN													
MON	TEAM FOCUS	REGISTER	KIT DISTRIBUTION & ICE BREAKER	BREAK	LALIGA DRIBBLING CLINIC	BREAK	LALIGA SHORT WELCOME & PRESENTATION & RESPECT & FAIRPLAY	LUNCH	LALIGA TECHNICAL TRAINING & PLACEMENT TEST	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY		
TUE			LALIGA INJURY PREVENTION	BREAK	LALIGA DEFENDING TESTING	BREAK	LALIGA DEFENDING CLINIC (TACKLING & INTERCEPTING)		LALIGA TECHNICAL TRAINING	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY		
WED			FULL EXCURSION DAY (INCLUDES PREMIER LEAGUE STADIUM TOUR & SHOPPING CENTRE/FOOTBALL ACTIVITY)						END				
THU			LALIGA ANALYSIS WORKSHOP B	BREAK	LALIGA DRIBBLING TESTING	BREAK	LALIGA DEFENDING CLINIC (COMPOSURE & PRESSING)		LALIGA TECHNICAL TRAINING	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY		
FRI			LALIGA CROSS & VOLLEY CLINIC	BREAK	SWIMMING FREE-PLAY	BREAK	LALIGA JERSEY CHALLENGE		LALIGA TECHNICAL TRAINING & MATCH-PLAY	BREAK	END OF CAMP CEREMONY		
SAT	DEPARTURES												



**AM** LOW INTENSITY TRAINING



**PM** HIGH INTENSITY TRAINING



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

**2025 SUBJECT TO CHANGE**



# FOOTBALL & LANGUAGE CAMPS

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	INDIVIDUAL FOCUS	REGISTER	ENGLISH LANGUAGE TUITION	BREAK	LIVE Q&A WITH FORMER PRO	BREAK	LALIGA WELCOME PRESENTATION 'A'	LUNCH	LALIGA TECHNICAL TRAINING & PLACEMENT TEST	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY	END				
TUE			ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY					
WED			FULL EXCURSION DAY (INCLUDES PREMIER LEAGUE STADIUM TOUR & SHOPPING CENTRE/FOOTBALL ACTIVITY)													
THU			ENGLISH LANGUAGE TUITION	BREAK	ENGLISH LANGUAGE TUITION	BREAK	ENGLISH LANGUAGE TUITION		LALIGA TECHNICAL TRAINING	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY					
FRI			ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		LALIGA TECHNICAL TRAINING & MATCH-PLAY		FUN FOOTBALL COMPETITION					
SAT	CITY EXCURSIONS															
SUN																
MON	TEAM FOCUS	REGISTER	ENGLISH LANGUAGE TUITION	BREAK	ENGLISH LANGUAGE TUITION	BREAK	ENGLISH LANGUAGE TUITION	LUNCH	LALIGA TECHNICAL TRAINING & PLACEMENT TEST	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY	END				
TUE			ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY					
WED			FULL EXCURSION DAY (INCLUDES PREMIER LEAGUE STADIUM TOUR & SHOPPING CENTRE/FOOTBALL ACTIVITY)													
THU			ENGLISH LANGUAGE TUITION	BREAK	ENGLISH LANGUAGE TUITION	BREAK	ENGLISH LANGUAGE TUITION		LALIGA TECHNICAL TRAINING	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY					
FRI			LALIGA CROSS & VOLLEY CLINIC		ENGLISH LANGUAGE TUITION		ENGLISH LANGUAGE TUITION		LALIGA TECHNICAL TRAINING & MATCH-PLAY		END OF CAMP CEREMONY					
SAT	DEPARTURES															



AM LOW INTENSITY 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

Social workshops and presentations

2025 SUBJECT TO CHANGE



# GOALKEEPER CAMP

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	INDIVIDUAL FOCUS	REGISTER	KIT DISTRIBUTION & ICE BREAKER	BREAK	LIVE Q&A WITH FORMER PRO	BREAK	LALIGA WELCOME PRESENTATION 'A'	LUNCH	GOALKEEPER TRAINING (1hr 30m)	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY	END				
TUE			GOALKEEPER TRAINING (1hr 30m)		LALIGA FINISHING TEST		LALIGA FINISHING CLINIC		LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY					
WED			FULL EXCURSION DAY (INCLUDES PREMIER LEAGUE STADIUM TOUR & SHOPPING CENTRE/FOOTBALL ACTIVITY)													
THU			LALIGA GOAL SETTING	BREAK	LALIGA CONTROL & PASS TESTING	BREAK	GOALKEEPER TRAINING (1hr 30m)		LALIGA TECHNICAL TRAINING	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY					
FRI			LALIGA PROPRIOCEPTOR		GOALKEEPER TRAINING (1hr 30m)		LALIGA JERSEY CHALLENGE		LALIGA TECHNICAL TRAINING & MATCH-PLAY		FUN FOOTBALL COMPETITION					
SAT	CITY EXCURSIONS															
SUN																
MON	TEAM FOCUS	REGISTER	KIT DISTRIBUTION & ICE BREAKER	BREAK	GOALKEEPER TRAINING (1hr 30m)	BREAK	LALIGA SHORT WELCOME & PRESENTATION & RESPECT & FAIRPLAY	LUNCH	LALIGA TECHNICAL TRAINING & PLACEMENT TEST	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY	END				
TUE			LALIGA INJURY PREVENTION		LALIGA DEFENDING TESTING		GOALKEEPER TRAINING (1hr 30m)		LALIGA TECHNICAL TRAINING		LALIGA TECHNICAL TRAINING & MATCH-PLAY					
WED			FULL EXCURSION DAY (INCLUDES PREMIER LEAGUE STADIUM TOUR & SHOPPING CENTRE/FOOTBALL ACTIVITY)													
THU			LALIGA ANALYSIS WORKSHOP B	BREAK	LALIGA DRIBBLING TESTING	BREAK	GOALKEEPER TRAINING (1hr 30m)		LALIGA TECHNICAL TRAINING	BREAK	LALIGA TECHNICAL TRAINING & MATCH-PLAY					
FRI			GOALKEEPER TRAINING (1hr 30m)		SWIMMING FREE-PLAY		LALIGA JERSEY CHALLENGE		LALIGA TECHNICAL TRAINING & MATCH-PLAY		END OF CAMP CEREMONY					
SAT	DEPARTURES															



**AM** LOW INTENSITY TRAINING



**PM** HIGH INTENSITY TRAINING



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



Specific goalkeeper training with a UK coach

**2025 SUBJECT TO CHANGE**