

COMPLETE FOOTBALL

LaLiga Camps UK



		8.45-10.00		10.15-11.30		12.00-12.45		13.30-15.30		16.00-17.30		18.00-19.00		22.30	
SUN	ARRIVALS														
MON	INDIVIDUAL DEVELOPMENT	BREAKFAST	WORKSHOP	BREAK	SKILLS TESTING	BREAK	SPORTS TESTING	LUNCH	SPORTS TESTING	BREAK	WORKSHOP	DINNER	SOCIAL ACTIVITIES	BED	
TUE			WORKSHOP		SKILLS TESTING		TECHNICAL TRAINING		TECHNICAL TRAINING		WORKSHOP				
WED			WORKSHOP		SKILLS TESTING		TECHNICAL TRAINING		EPL STADIUM TOUR						
THU			WORKSHOP		SKILLS TESTING		TECHNICAL TRAINING		WORKSHOP		IN-HOUSE MATCHES				
FRI			WORKSHOP		SKILLS TESTING		TECHNICAL TRAINING		TECHNICAL TRAINING		FOOTBALL COMPETITIONS				
SAT	LONDON CULTURAL EXCURSION														
SUN	LOCAL CULTURAL EXCURSION														
MON	TEAM DEVELOPMENT	BREAKFAST	WORKSHOP	BREAK	SKILLS TESTING	BREAK	TECHNICAL TRAINING	LUNCH	TECHNICAL TRAINING	BREAK	Q&A WITH A PRO	DINNER	SOCIAL ACTIVITIES	BED	
TUE			WORKSHOP		SKILLS TESTING		TECHNICAL TRAINING		WORKSHOP		IN-HOUSE MATCHES				
WED			WORKSHOP		SKILLS TESTING		TECHNICAL TRAINING		FOOT-GOLF						
THU			WORKSHOP		SKILLS TESTING		TECHNICAL TRAINING		TECHNICAL TRAINING		WORKSHOP				CEREMONY
FRI			WORKSHOP		SKILLS TESTING		TECHNICAL TRAINING		TECHNICAL TRAINING		FOOTBALL COMPETITIONS				
SAT	DEPARTURES														

EXAMPLE TIMETABLE ONLY



Technical training hosted by UEFA Pro certified coaches from LaLiga and former professional players from the UK.



Low intensity skills testing covering 20m dribble, 10m dribble, control, finishing and passing.



Players will undergo numerous assessments which cover speed, strength, agility, power and reaction time.



Themed focus throughout the players two-week stay.



Sports Science, strength & conditioning, yoga, analysis & injury prevention workshops

FOOTBALL & LANGUAGE

LaLiga Camps UK



		8.45-10.00		10.15-11.30		12.00-12.45		13.30-15.30		16.00-17.30		18.00-19.00		22.30
SUN	ARRIVALS													
MON	INDIVIDUAL DEVELOPMENT	BREAKFAST	LANGUAGE LESSON	BREAK	LANGUAGE LESSON	BREAK	SPORTS TESTING	LUNCH	SPORTS TESTING	BREAK	WORKSHOP	DINNER	SOCIAL ACTIVITIES	BED
TUE			LANGUAGE LESSON		LANGUAGE LESSON		TECHNICAL TRAINING		TECHNICAL TRAINING		WORKSHOP			
WED			LANGUAGE LESSON		LANGUAGE LESSON		TECHNICAL TRAINING		EPL STADIUM TOUR					
THU			LANGUAGE LESSON		LANGUAGE LESSON		TECHNICAL TRAINING		WORKSHOP		IN-HOUSE MATCHES			
FRI			LANGUAGE LESSON		LANGUAGE LESSON		TECHNICAL TRAINING		TECHNICAL TRAINING		FOOTBALL COMPETITIONS			
SAT	LONDON CULTURAL EXCURSION													
SUN	LOCAL CULTURAL EXCURSION													
MON	TEAM DEVELOPMENT	BREAKFAST	LANGUAGE LESSON	BREAK	LANGUAGE LESSON	BREAK	TECHNICAL TRAINING	LUNCH	TECHNICAL TRAINING	BREAK	Q&A WITH A PRO	DINNER	SOCIAL ACTIVITIES	BED
TUE			LANGUAGE LESSON		LANGUAGE LESSON		TECHNICAL TRAINING		WORKSHOP		IN-HOUSE MATCHES			
WED			LANGUAGE LESSON		LANGUAGE LESSON		TECHNICAL TRAINING		FOOT-GOLF					
THU			LANGUAGE LESSON		LANGUAGE LESSON		TECHNICAL TRAINING		TECHNICAL TRAINING		WORKSHOP			
FRI			LANGUAGE LESSON		LANGUAGE LESSON		TECHNICAL TRAINING		TECHNICAL TRAINING		FOOTBALL COMPETITIONS			
SAT	DEPARTURES													

EXAMPLE TIMETABLE ONLY



Technical training hosted by UEFA Pro certified coaches from LaLiga and former professional players from the UK.



English language tuition.



Players will undergo numerous assessments which cover speed, strength, agility, power and reaction time.



Themed focus throughout the players two-week stay.



Sports Science, strength & conditioning, yoga, analysis & injury prevention workshops

FOOTBALL & GOALKEEPER

LaLiga Camps UK



		8.45-10.00		10.15-11.30		12.00-12.45		13.30-15.30		16.00-17.30		18.00-19.00		22.30
SUN	ARRIVALS													
MON	INDIVIDUAL DEVELOPMENT	BREAKFAST	GOALKEEPER TRAINING	BREAK	GOALKEEPER TRAINING	BREAK	SPORTS TESTING	LUNCH	SPORTS TESTING	BREAK	WORKSHOP	DINNER	SOCIAL ACTIVITIES	BED
TUE			GOALKEEPER TRAINING		GOALKEEPER TRAINING		TECHNICAL TRAINING		TECHNICAL TRAINING		WORKSHOP			
WED			GOALKEEPER TRAINING		GOALKEEPER TRAINING		TECHNICAL TRAINING		EPL STADIUM TOUR					
THU			GOALKEEPER TRAINING		GOALKEEPER TRAINING		TECHNICAL TRAINING		WORKSHOP		IN-HOUSE MATCHES			
FRI			GOALKEEPER TRAINING		GOALKEEPER TRAINING		TECHNICAL TRAINING		TECHNICAL TRAINING		FOOTBALL COMPETITIONS			
SAT	LONDON CULTURAL EXCURSION													
SUN	LOCAL CULTURAL EXCURSION													
MON	TEAM DEVELOPMENT	BREAKFAST	GOALKEEPER TRAINING	BREAK	GOALKEEPER TRAINING	BREAK	TECHNICAL TRAINING	LUNCH	TECHNICAL TRAINING	BREAK	Q&A WITH A PRO	DINNER	SOCIAL ACTIVITIES	BED
TUE			GOALKEEPER TRAINING		GOALKEEPER TRAINING		TECHNICAL TRAINING		WORKSHOP		IN-HOUSE MATCHES			
WED			GOALKEEPER TRAINING		GOALKEEPER TRAINING		TECHNICAL TRAINING		FOOT-GOLF					
THU			GOALKEEPER TRAINING		GOALKEEPER TRAINING		TECHNICAL TRAINING		TECHNICAL TRAINING		WORKSHOP			
FRI			GOALKEEPER TRAINING		GOALKEEPER TRAINING		TECHNICAL TRAINING		TECHNICAL TRAINING		FOOTBALL COMPETITIONS			
SAT	DEPARTURES													

EXAMPLE TIMETABLE ONLY



Technical training hosted by UEFA licensed goalkeeper coaches from the UK.



Sports Science, strength & conditioning, yoga, analysis & injury prevention workshops



Themed focus throughout the players two-week stay.



Players will undergo numerous assessments which cover speed, strength, agility, power and reaction time.

DAY CAMP

LaLiga Camps UK



		8.45-10.00		10.15-11.30		12.00-12.45		13.30-15.30		16.00-17.30	
MON	INDIVIDUAL DEVELOPMENT	OUTFIELD / GK TRAINING	BREAK	OUTFIELD / GK TRAINING	BREAK	SPORTS TESTING	LUNCH	SPORTS TESTING	BREAK	WORKSHOP	BREAK
TUE		OUTFIELD / GK TRAINING		OUTFIELD / GK TRAINING		TECHNICAL TRAINING		TECHNICAL TRAINING		WORKSHOP	
WED		OUTFIELD / GK TRAINING		OUTFIELD / GK TRAINING		TECHNICAL TRAINING		EPL STADIUM TOUR			
THU		OUTFIELD / GK TRAINING		OUTFIELD / GK TRAINING		TECHNICAL TRAINING		WORKSHOP		IN-HOUSE MATCHES	
FRI		OUTFIELD / GK TRAINING		OUTFIELD / GK TRAINING		TECHNICAL TRAINING		TECHNICAL TRAINING		FOOTBALL COMPETITIONS	
MON	TEAM DEVELOPMENT	OUTFIELD / GK TRAINING	BREAK	OUTFIELD / GK TRAINING	BREAK	TECHNICAL TRAINING	LUNCH	TECHNICAL TRAINING	BREAK	Q&A WITH A PRO	BREAK
TUE		OUTFIELD / GK TRAINING		OUTFIELD / GK TRAINING		TECHNICAL TRAINING		WORKSHOP		IN-HOUSE MATCHES	
WED		OUTFIELD / GK TRAINING		OUTFIELD / GK TRAINING		TECHNICAL TRAINING		FOOT-GOLF			
THU		OUTFIELD / GK TRAINING		OUTFIELD / GK TRAINING		TECHNICAL TRAINING		TECHNICAL TRAINING		WORKSHOP	
FRI		OUTFIELD / GK TRAINING		OUTFIELD / GK TRAINING		TECHNICAL TRAINING		TECHNICAL TRAINING		FOOTBALL COMPETITIONS	

EXAMPLE TIMETABLE ONLY



Technical training hosted by UEFA Pro certified coaches from LaLiga and former professional players from the UK.



Sports Science, strength & conditioning, yoga, analysis & injury prevention workshops



Themed focus throughout the players two-week stay.



Players will undergo numerous assessments which cover speed, strength, agility, power and reaction time.