

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	BREAK	DINNER	SOCIAL ACTIVITIES		
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		BREAK				IN-HOUSE MATCHES	BREAK
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	BREAK	DINNER	SOCIAL ACTIVITIES		
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		BREAK				WORKSHOP	CEREMONY
FRI			LANGUAGE LESSON		LANGUAGE LESSON		TECHNICAL TRAINING		TECHNICAL TRAINING						FOOTBAL 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