



# LALIGA Football Camps UK

This intensive course from LALIGA Camps UK provides the optimal training environment for aspiring British and international footballers, both males and females, aged 12–17.

## INSTRUCTORS

LALIGA Football Camps UK offers a unique opportunity for players to live and train like professional footballers. Students immerse themselves in an intensive, professional technical training course sculpted by world-class UEFA Pro certified coaches from LALIGA.

Supporting the LALIGA coaches from Spain will be former professional players from England. These are either hosted through guest masterclasses or live Q&A'S.

## PROGRAMME

This intensive Football and Language course will include a minimum of 12.5 hours of football training and at least 14 hours of English tuition per week. English classes are accredited by the British Council for the teaching of English in the UK.

## COURSE CONTENT

Players will improve their skills via LALIGA's authentic training methodologies. These aim to create the 'complete footballer' through tactical, technical, physical and psychological sessions and workshops, supported by high-performance training, video analysis, Sports Science workshops, live Q&As, masterclasses and individualised technical report.

**Sports Testing** Players will undergo numerous assessments which cover speed, strength, agility and power.

**Technical Training** Hosted by UEFA Pro certified coaches from LALIGA and supported by former professional players from the UK.

**Workshops** Players will take part in various workshops which look to create the 'complete player'. These include: Individual Performance-Profiling, Injury Prevention, Band Work Stretch & Roll, Nutrition & Hydration, Goal Setting, Yoga, Video Analysis and Strength & Conditioning.

**In-house matches** Players will play 'in-house' competitive fixtures.

## TRAINING KIT

All players receive LALIGA Camps UK branded kits, this includes shirt, shorts and socks.

## BRITISH STUDENTS

Football training includes playing with British students. This allows international students to improve their English skills in a natural and authentic way while playing the sport they love and immerse themselves in the culture and language.

## GIRLS IN FOOTBALL

Women's football is the fastest growing sport in the UK, and has also seen a huge increase in popularity internationally in recent years. The LALIGA Camps UK is gender inclusive and girls aged 12–17 are encouraged to participate in the LALIGA programme.

**i** For further information on the Typical Day, Facilities and Excursions at Dicker and Royal Russell please visit page 34.



## TYPICAL DAY

The Football & Language camp offers at least 12.5 hours of football training and workshops per week. Complete Football camp is also available.

**09.00 INJURY PREVENTION WORKSHOP/ENGLISH LANGUAGE (WITH A 15MIN BREAK)**

**10.15 SOCIAL ACTIVITY/ENGLISH LANGUAGE**

**11.30 SKILLS CLINIC/ENGLISH LANGUAGE**

**12.30 LUNCH**

**13.30 TECHNICAL TRAINING (WITH A 30MIN BREAK)**

**16.00 VIDEO ANALYSIS WORKSHOP**

[Click here to visit the LALIGA Camps UK website](#)

<b>LOCATION</b>	Dicker & Royal Russell
<b>AGES</b>	12–17
<b>DATES</b>	30 June – 17 August 2024
<b>CAPACITY</b>	60
<b>ENGLISH LESSONS</b>	14 hours per week
<b>FOOTBALL SESSIONS</b>	12½ hours per week
<b>MINIMUM LEVEL</b>	A0 (Beginner)
<b>MAX CLASS SIZE</b>	14
<b>BEDS PER ROOM</b>	1–4 beds
<b>STAFF:STUDENT RATIO</b>	1:5
<b>SPECIALITY</b>	Intensive Football







## Academics

### ENGLISH LEVELS

We accept levels from A0 (Beginners) up to C2 (Proficiency). Students whose mother tongue is English are welcome on the Complete Football course.

### ENGLISH TUITION

There are at least 14 hours of English lessons per week. Students taking a Football & Language option join English language students for their morning lessons.

### ENGLISH LESSONS

Students on the Football & Language programme in Dicker take part in English Skills and Enrichment lessons, which aim to develop their proficiency across the four language skills.

Students on the Football & Language programme in Royal Russell, depending on their age, will either join London Explorers or English for the Future students in their morning tuition, which aims at learning English and exploring the capital city of London.

## Course Information

### FOOTBALL SKILL LEVEL

**Minimum Skill Level** Intermediate to Advanced. This course is not suitable for Beginners or recreational players.

### LALIGA METHODOLOGY

Training is holistic and tailored to each player's characteristics. Sessions are structured, progressive and gradual. Ball control is practised with dominant and non-dominant feet. The training process is competitive, but enjoyment of the beautiful game takes priority over a 'win at all costs' mentality.

“ 95% would recommend this camp to a friend!

— BASED ON OUR 2023 LALIGA CAMPS UK SURVEY ”

## Leisure

### SOCIAL EVENTS (EVENINGS)

A full programme of organised and supervised social events is offered every evening enabling students to make new friends and develop their social skills. By actively encouraging the mixing of nationalities, the programme helps to create a harmonious, international community in which students can safely and comfortably live, study and enjoy themselves. These include: Disco, Formal Dinner & Dance House Competitions and Pool Party.

### EXCURSIONS

LALIGA Camps UK students will have the chance to partake in various off-the-field excursions to places of interest. Mid-week trips will include a football-based excursion. Residential players will join full-day excursions on Saturdays and Sundays to London for sightseeing, to local cities and other cultural and historic attractions.

Examples of excursions are:

**Stadium Tour** Players will enjoy a stadium tour of a professional football club within England.

**London Westminster Sightseeing** On Saturdays, students will visit London City and see iconic landmarks such as Buckingham Palace, Big Ben, London Bridge and more.

### PROGRAMMES AVAILABLE

See [laligafootballcampsuk.com](http://laligafootballcampsuk.com) for further details.

**Football & Language** Intensive programme with language tuition classes.

**Complete Football** Intensive programme without language tuition classes.

**Goalkeeper Camp** Intensive programme for goalkeepers without language tuition classes.

**Day Camp** 'Complete Football', 'Goalkeeper Camp', 'Football & Language' programmes are available for day students (non-residential).