

LALIGA Football Camps UK

This intensive course from LALIGA Camps UK provides the optimal training environment for aspiring 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 are immersed 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 who are involved in guest masterclasses or live Q&As.

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.

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 Injury Prevention, Band Work Stretch & Roll, Nutrition & Hydration, Goal Setting, Yoga, Video Analysis and Strength & Conditioning.

Competitive Matches

Players will have the opportunity to play against local clubs and 'in house' fixtures.

ENGLISH LEVELS & CLASSES

LALIGA		
A0	Complete beginner	
A1	Beginner	
A1–A2	Elementary	
A2	Pre-Intermediate	•
B1	Intermediate	•
B2	Upper Intermediate	•
C1	Advanced	•
C2	Proficiency	•

	LOCATION	Dicker
	AGES	12–17 years
	DATES	28 June–15 August 2026
	CAPACITY	60
	ENGLISH LESSONS	14 hours per week
	FOOTBALL SESSIONS	12 hours per week
	MINIMUM LEVEL	A2
	MAX CLASS SIZE	Football Skill Level: Intermediate–Advanced
	BEDS PER ROOM	14
	STAFF:STUDENT RATIO	1–4 beds
	SPECIALITY	1:5
		Stadium tours of a professional English football club

TYPICAL DAY

The Complete Football camp offers 26 hours of football training and workshops per week. A Football & Language camp is also available with 14 hours of English in the mornings and 12 hours of football practice in the afternoons.

09.00 INJURY PREVENTION WORKSHOP/ ENGLISH LANGUAGE (WITH A 15MIN BREAK)	12.30 LUNCH
10.15 SOCIAL ACTIVITY/ ENGLISH LANGUAGE	13.30 TECHNICAL TRAINING (WITH A 30MIN BREAK)
11.30 SKILLS CLINIC/ ENGLISH LANGUAGE	16.00 MATCH PLAY

TRAINING KIT

As a memento of their time on LALIGA Camps UK, and to help foster a sense of belonging, camaraderie and team spirit during the course, all players receive a LALIGA Camps UK branded kit. This includes a 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.

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.



Visit the LALIGA Camps UK website:
laligafootballcampsuk.com

Leisure

EXCURSIONS

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 Big Ben, Buckingham Palace, London Bridge and more.

PROGRAMMES AVAILABLE

See laligafootballcampsuk.com for further details.

Football & Language

Intensive programme with English classes.

Complete Football

Intensive programme without English classes.

Goalkeeper Camp

Intensive programme for goalkeepers without English classes.

Day Camp

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

“ It was an unforgettable experience not just because of the good aspects, but mainly due to the amount of fun I've had in Bede's Summer School. The classes were fun and enjoyable too. LALIGA Camps UK was the best and the friends I made along the way. ”

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BRUNO, BRAZIL