## LALIGA CAMPS

LALIGA ACADEMY
MALAYSIA &
EPSOM COLLEGE
WINTER 2023

LALIGA



## EPSOM COLLEGE WINTER PROGRAM 2023:



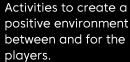
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				01	02	03
04	05	06	07	08	09	10
11	12	13	14	15	15	17 Laliga Camp 1 arrivals.
18 Start of Laliga Camp 1.	19 Laliga Camp 1 – Day 2.	20 Laliga Camp 1 – Day 3. Half Day Excursion.	21 Laliga Camp 1 – Day 4.	22 Laliga Camp 1 – Day 5.	23 Laliga Camp 1 – Day 6. End of the Normal Camp.	24 Laliga Camp 1 Departs. Laliga Camp 2 Arrivals.
25 Start of Laliga Camp 2.	26 Laliga Camp 2 – Day 2	27 Laliga Camp 2 – Day 3. Half Day Excursion.	28 Laliga Camp 2 – Day 4.	29 Laliga Camp 2 – Day 5.	30 Laliga Camp 2 – Day 6. End of Laliga Camp 2.	31 Laliga Camp 2 Departs.
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LALIGA CAMPS LALIGA

## LALIGA CAMP MALAYSIA 1 AT EPSOM COLLEGE 2023: DECEMBER 17TH - 24TH

	_	08:30 - 09:30	5E55IUN I	10:30 - 11:00	SESSION 2	12:00 - 13:30	SESSION 3 13:30-14:30 (1hr)	14:30 - 15:00	3E33ION 4	16:00 - 16:30	SESSION 5 16:30-17:00 (30min)	16:30 - 17:00	
SUN	N ARRIVALS												
MON	SOCIAL ACTIVITY, KIT DISTRIBUTION & ICE BREAKER RECITAL ROOM		LALIGA ACADEMY MALAYSIA WELCOME PRESENTATION RECITAL ROOM (PARENTS ARE WELCOME TO JOIN)		LALIGA INJURY PREVENTION PHYSICAL EDUCATION CLASSROOM	SATION SEAK	LALIGA PASSING & CONTROLLING CLINIC 4G FIELD	HYDRATION BREAK	LALIGA PASSING & CONTROLLING TESTING 4G FIELD	DINNER CANTEEN			
TUE	ETERIA	GISTRATION	LALIGA TECHNICAL TRAINING 4G FIELD		LALIGA MATCH COMPETITION 4G FIELD	CH SEN	LALIGA INVISIBLE TRAINING PHYSICAL EDUCATION CLASSROOM	HYDRA' BREA	LALIGA DRIBBLING CLINIC 4G FIELD	HYDF BF	LALIGA DRIBBLING TESTING 4G FIELD	DIN	
WED	THE CAFETERIA	Ë	LALIGA TECHNICAL TRAINING 4G FIELD	BREAK	LALIGA MATCH COMPETITION 4G FIELD		FUN WATERPARK EXCURSION						
THU		RO	LALIGA TECHNICAL TRAINING 4G FIELD	SHORT	LALIGA MATCH COMPETITION 4G FIELD	LUN	LALIGA GOAL SETTING PHYSICAL EDUCATION CLASSROOM	TION AK	LALIGA DEFENDING CLINIC 4G FIELD	TION	LALIGA DEFENDING TESTING 4G FIELD		
FRI	BREAKF	LALIGA TECHNICAL TRAINING 4G FIELD		LALIGA MATCH COMPETITION 4G FIELD		LALIGA VIDEO-ANALYSIS PHYSICAL EDUCATION CLASSROOM	HYDRA BRE	LALIGA FINISHING CLINIC 4G FIELD	<b>&gt;</b>	LALIGA FINISHING TESTING 4G FIELD	<b>DINNER</b> CANTEEN		
SAT			LALIGA MATCH COMPETITION 4G FIELD		LALIGA CLOSSING CEREMONY & AWARDS RECITAL ROOM (PARENTS ARE WELCOME TO JOIN)								
SUN	SUN DEPARTURES												
FRI	BREAKFAST AT TI	CITAL ROOM	4G FIELD  LALIGA TECHNICAL TRAINING 4G FIELD  LALIGA MATCH COMPETITION 4G FIELD	SHORT	4G FIELD  LALIGA MATCH COMPETITION 4G FIELD  LALIGA CLOSSING CEREMONY & AWARDS RECITAL ROOM	LUNC	PHYSICAL EDUCATION CLASSROOM  LALIGA VIDEO-ANALYSIS PHYSICAL EDUCATION CLASSROOM	HYDRATIO BREAK	4G FIELD  LALIGA FINISHING CLINIC	HYDRATION BREAK	4G FIELD  LALIGA FINISHING TEST		







Workshops focused on topics that will help the players to achieve the players full potential.



Football clinics more focused on the individual technical aspects of the game.



Specific football test to provide the players an evaluation on specific skills & fitness condition.



Technical training more focused on the tactical & colective aspects of the game.



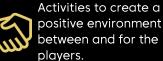
Fun matches focused on the competitional aspects of the sport.



## LALIGA CAMP MALAYSIA 1 AT EPSOM COLLEGE 2023: DECEMBER 24TH - 31ST

	07:00 _ 08:30	-	<b>SESSION 1</b> 9:30-10:30 (1hr)	10:30 - 11:00	SESSION 2 11:00–12:00 (1hr)	12:00 - 13:30	SESSION 3 13:30-14:30 (1hr)	14:30 - 15:00	SESSION 4 15:00-16:00 (1hr)	16:00 - 16:30	SESSION 5 16:30-17:00 (30min)	16:30 - 17:00
SUN	ARRIVALS											
MON			SOCIAL ACTIVITY, KIT DISTRIBUTION & ICE BREAKER RECITAL ROOM		LALIGA ACADEMY MALAYSIA WELCOME PRESENTATION RECITAL ROOM (PARENTS ARE WELCOME TO JOIN)	SH SEN	LALIGA INJURY PREVENTION PHYSICAL EDUCATION CLASSROOM	RATION REAK	LALIGA PASSING & CONTROLLING CLINIC 4G FIELD	HYDRATION BREAK	LALIGA PASSING & CONTROLLING TESTING 4G FIELD	<b>DINNER</b> CANTEEN
TUE	ETERIA	TRATION	LALIGA TECHNICAL TRAINING 4G FIELD		LALIGA MATCH COMPETITION 4G FIELD		LALIGA INVISIBLE TRAINING PHYSICAL EDUCATION CLASSROOM	HYDRA BRE	LALIGA DRIBBLING CLINIC 4G FIELD		LALIGA DRIBBLING TESTING 4G FIELD	
WED	ТНЕ САГЕТЕВІА	REGIS	LALIGA TECHNICAL TRAINING 4G FIELD	BREAK	LALIGA MATCH COMPETITION 4G FIELD		FUN WATERPARK EXCURSION					
THU	BREAKFAST AT	L ROOM	LALIGA TECHNICAL TRAINING 4G FIELD	SHORT	LALIGA MATCH COMPETITION 4G FIELD	LUNC	LALIGA GOAL SETTING PHYSICAL EDUCATION CLASSROOM	ATION AK	LALIGA DEFENDING CLINIC 4G FIELD	ATION AK	LALIGA DEFENDING TESTING 4G FIELD	
FRI	BREAKE	RECITAL	LALIGA TECHNICAL TRAINING 4G FIELD		LALIGA MATCH COMPETITION 4G FIELD		LALIGA VIDEO-ANALYSIS PHYSICAL EDUCATION CLASSROOM	HYDRATION BREAK	LALIGA FINISHING CLINIC 4G FIELD	HYDRATION BREAK	LALIGA FINISHING TESTING 4G FIELD	DINNER CANTEEN
SAT			LALIGA MATCH COMPETITION 4G FIELD		LALIGA CLOSSING CEREMONY & AWARDS RECITAL ROOM (PARENTS ARE WELCOME TO JOIN)							
SUN	SUN DEPARTURES											







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