

# LALIGA CAMPS

LALIGA ACADEMY  
MALAYSIA &  
EPSOM COLLEGE  
WINTER 2023

**LALIGA**



## EPSOM COLLEGE WINTER PROGRAM 2023 :



DECEMBER

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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| ARRIVALS &amp; DEPARTING

| CULTURAL ACTIVITIES

| OTHER CAMPS

| LALIGA CAMPS

LALIGA

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

	07:00 - 08:30	08:30 - 09:30	<b>SESSION 1</b> 9:30-10:30 (1hr)	10:30 - 11:00	<b>SESSION 2</b> 11:00-12:00 (1hr)	12:00 - 13:30	<b>SESSION 3</b> 13:30-14:30 (1hr)	14:30 - 15:00	<b>SESSION 4</b> 15:00-16:00 (1hr)	16:00 - 16:30	<b>SESSION 5</b> 16:30-17:00 (30min)	16:30 - 17:00
<b>SUN</b>	<b>ARRIVALS</b>											
<b>MON</b>	BREAKFAST AT THE CAFETERIA	RECITAL ROOM REGISTRATION	SOCIAL ACTIVITY, KIT DISTRIBUTION & ICE BREAKER RECITAL ROOM	SHORT BREAK	LALIGA ACADEMY MALAYSIA WELCOME PRESENTATION RECITAL ROOM (PARENTS ARE WELCOME TO JOIN)	LUNCH CANTEEN	LALIGA INJURY PREVENTION PHYSICAL EDUCATION CLASSROOM	HYDRATION BREAK	LALIGA PASSING & CONTROLLING CLINIC 4G FIELD	HYDRATION BREAK	LALIGA PASSING & CONTROLLING TESTING 4G FIELD	DINNER CANTEEN
<b>TUE</b>			LALIGA TECHNICAL TRAINING 4G FIELD		LALIGA MATCH COMPETITION 4G FIELD		LALIGA INVISIBLE TRAINING PHYSICAL EDUCATION CLASSROOM		LALIGA DRIBBLING CLINIC 4G FIELD		LALIGA DRIBBLING TESTING 4G FIELD	
<b>WED</b>			LALIGA TECHNICAL TRAINING 4G FIELD		LALIGA MATCH COMPETITION 4G FIELD		<b>FUN WATERPARK EXCURSION</b>					
<b>THU</b>			LALIGA TECHNICAL TRAINING 4G FIELD		LALIGA MATCH COMPETITION 4G FIELD		LALIGA GOAL SETTING PHYSICAL EDUCATION CLASSROOM	HYDRATION BREAK	LALIGA DEFENDING CLINIC 4G FIELD	HYDRATION BREAK	LALIGA DEFENDING TESTING 4G FIELD	DINNER CANTEEN
<b>FRI</b>			LALIGA TECHNICAL TRAINING 4G FIELD		LALIGA MATCH COMPETITION 4G FIELD		LALIGA VIDEO-ANALYSIS PHYSICAL EDUCATION CLASSROOM		LALIGA FINISHING CLINIC 4G FIELD		LALIGA FINISHING TESTING 4G FIELD	
<b>SAT</b>			LALIGA MATCH COMPETITION 4G FIELD		LALIGA CLOSING CEREMONY & AWARDS RECITAL ROOM (PARENTS ARE WELCOME TO JOIN)							
<b>SUN</b>	<b>DEPARTURES</b>											

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Activities to create a positive environment between and for the players.



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 & collective aspects of the game.



Fun matches focused on the competitional aspects of the sport.

**LALIGA**

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

	07:00 - 08:30	08:30 - 09:30	<b>SESSION 1</b> 9:30-10:30 (1hr)	10:30 - 11:00	<b>SESSION 2</b> 11:00-12:00 (1hr)	12:00 - 13:30	<b>SESSION 3</b> 13:30-14:30 (1hr)	14:30 - 15:00	<b>SESSION 4</b> 15:00-16:00 (1hr)	16:00 - 16:30	<b>SESSION 5</b> 16:30-17:00 (30min)	16:30 - 17:00
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# THE POWER OF OUR FÚTBOL