



**SCHEDULE:**  
 LaLiga Formation  
 Methodology Level 3  
 Hosted by Sockers FC

Updated 8/2/2016 – Subject to Change

**FRIDAY, AUGUST 5:**

- 8:30 a.m. – **Check-in**  
9:00 a.m.

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- 9:00 a.m. – **Welcome / Introduction**  
9:15 a.m.

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- 9:15 a.m. – **Classroom Session:** Development and Management of the Training Model  
11:00 a.m.

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- 11:15 a.m. – **Classroom Session:** Soccer Training Structure  
12:45 p.m.

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- 1:00 p.m. – **Lunch**  
2:00 p.m.

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- 2:00 p.m. – **Field Session 1:** Warm Up and Cool Down  
3:45 p.m.

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- 4:00 p.m. – **Classroom Session:** Technical Concept and IPO (Individualized Project of Optimization)  
5:15 p.m.

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- 5:30 p.m. – **Field Session 2:** Technical and Tactical Concept  
7:15 p.m.

**SATURDAY, AUGUST 6:**

- 8:30 a.m. – **Classroom Session:** Tactical Concept Training  
9:45 a.m.

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- 9:45 a.m. – **Q & A with LaLiga Ambassador/U.S. - LaLiga Country Manager: Raúl González Blanco**  
10:30 a.m.

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- 10:45 a.m. – **Field Session 3:** IPO (Individualized Project of Optimization)  
12:30 a.m.

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- 12:45 p.m. – **Lunch**  
1:30 p.m.

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- 1:45 p.m. – **Classroom Session:** Methodological Foundation  
3:00 p.m.

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- 3:15 p.m. – **Classroom Session:** System Development & Strategy Training- The Game Model  
4:45 p.m.

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- 5:00 p.m. – **Field Session 4:** System Development and Strategy  
6:45 p.m.

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- 7:00 p.m. **Departure / Dinner**

**SUNDAY, AUGUST 7:**

- 8:30 a.m. – **Classroom Session:** Software Tool – Kimet Planning – LaLiga  
9:45 a.m.

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- 10:00 a.m. – **Classroom Session:** Training of Qualities and Physical Qualities  
11:45 a.m.

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- 12:00 p.m. – **Field Session 5:** Movement and Physical Qualities  
1:45 p.m.

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- 2:00 p.m. – **Closing ceremony**  
2:30 p.m.