



SCHEDULE:
 LaLiga Formation
 Methodology Level 3
 Hosted by NISL

Updated 3/16/2017 – Subject to Change

FRIDAY, AUGUST 4:

- 8:00 a.m. – **Check-in**
9:00 a.m.
- 9:00 a.m. – **Welcome / Introduction**
9:15 a.m.
- 9:15 a.m. – **Classroom Session:** Development and Management of the Training Model
11:00 a.m.
- 11:15 a.m. – **Classroom Session:** Soccer Training Structure
12:45 p.m.
- 1:00 p.m. – **Lunch**
1:45 p.m.
- 1:45 p.m. – **Field Session 1:** Warm Up and Cool Down
3:30 p.m.
- 3:45 p.m. – **Classroom Session:** Technical Concept and IPO (Individualized Project of Optimization)
5:00 p.m.
- 5:15 p.m. – **Field Session 2:** Technical and Tactical Concept
7:00 p.m.

SATURDAY, AUGUST 5:

- 8:30 a.m. – **Classroom Session:** Tactical Concept Training
9:45 a.m.
- 10:00 a.m. – **Field Session 3:** IPO (Individualized Project of Optimization)
11:45 a.m.
- 12:00 p.m. – **Lunch**
1:00 p.m.
- 1:00 p.m. – **Classroom Session:** Methodological Foundation
2:30 p.m.
- 2:45 p.m. – **Classroom Session:** System Development & Strategy Training- The Game Model
4:15 p.m.
- 4:30 p.m. – **Field Session 4:** System Development and Strategy
6:15 p.m.
- 6:30 p.m. **Departure / Dinner**

SUNDAY, AUGUST 6:

- 8:30 a.m. – **Classroom Session:** Software Tool – Kimet Planning – LaLiga
9:45 a.m.
- 10:00 a.m. – **Classroom Session:** Training of Qualities and Physical Qualities
11:45 a.m.
- 12:00 p.m. – **Field Session 5:** Movement and Physical Qualities
1:45 p.m.
- 2:00 p.m. – **Closing ceremony**
2:30 p.m.