



LaLiga



SCHEDULE:
LaLiga Formation Methodology
Level 2 Course
Hosted by US Club Soccer

6/5/17 Subject to change

FRIDAY, AUGUST 11:

- 8:00 a.m. – **Check-in**
8:30 a.m.

- 8:30 a.m. – **Welcome / Introduction**
8:45 a.m.

- 8:45 a.m. – **Classroom Session:** Why LaLiga and methodological introduction
9:45 a.m.

- 9:55 a.m. – **Classroom Session:** Methodological criteria for designing a training and performance model
11:25 a.m.

- 11:35 a.m. – **Classroom Session:** Management of the methodological and sports area of the club; planning the training process in the initiation and performance stages
1:05 p.m.

- 1:05 p.m. – **Lunch**
1:45 p.m.

- 1:45 p.m. – **Classroom Session:** The implementation of the Kimet Planning application in the methodological and management structure of the club
2:45 p.m.

- 3:00 p.m. – **Field Session 1:** Design and analysis of tasks in the warm up, cool down and movement training
4:30 p.m.

- 4:45 p.m. – **Classroom Session:** The creation of the training model, and its planning and training process
6:15 p.m.

SATURDAY, AUGUST 12:

- 8:15 a.m. – **Field Session 2:** Individualized training; the IPO projects in functional "work by lines"
9:45 a.m.

- 10:00 a.m. – **Classroom Session:** Tactical and match analysis; new technologies applied to soccer optimization
11:15 a.m.

- 11:30 a.m. – **Field Session 3:** Design and analysis of tasks in the technical area and the tactical concept
1:00 p.m.

- 1:00 p.m. – **Lunch**
1:45 p.m.

- 1:45 p.m. – **Classroom Session:** Creating the game model: roles, requirements and concepts (game observation)
3:15 p.m.

- 3:30 p.m. – **Field Session 4:** Design and analysis of tasks in physical training based on the demands of the game model
5:00 p.m.

- 5:15 p.m. – **Classroom Session:** Individualized training (IPO projects), evaluation in soccer and PDP projects
6:30 p.m.

SUNDAY, AUGUST 13:

- 8:00 a.m. – **Field Session 5:** PDPs in stages of formation (initiation)
9:30 a.m.

- 9:40 a.m. – **Field Session 6:** PDPs in stages of training (development)
11:15 a.m.

- 11:30 a.m. – **Classroom Session:** Coaching intervention in training: reflections and behaviors
12:30 p.m.

- 12:30p.m. **Departure**