



LaLiga Formation Methodology
 Level 3 course
 Hosted by the OPC

Subject to change

FRIDAY, JANUARY 12TH:

- 12:00 p.m. – **Check-in**
1:00 p.m.

- 1:00 p.m. – **Welcome / Introduction**
1:15 p.m.

- 1:15 p.m. – **Classroom Session:** Development and Management of the Training Model
3:00 p.m.

- 3:15 p.m. – **Classroom Session:** Soccer Training Structure
4:45 p.m.

- 5:00 p.m. – **Field Session 1:** Warm Up and Cool Down
6:45 p.m.

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

SATURDAY, JANUARY 13TH:

- 8:30 a.m. – **Classroom Session:** Training of Qualities and Physical Qualities
9:45 a.m.

- 10:00 a.m. – **Field Session 2:** Movement and Physical Qualities
11:45 a.m.

- 12:00 p.m. – **Lunch**
1:00 p.m.

- 1:15 p.m. – **Classroom Session:** Methodological Foundation
3:00 p.m.

- 3:15 p.m. – **Classroom Session:** Technical Training
4:45 p.m.

- 5:00 p.m. – **Field Session 3:** Technical and Tactical Concept
6:45 p.m.

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

SUNDAY, JANUARY 14TH:

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

- 10:00 a.m. – **Field Session 4:** IPO – Individualized Project of Optimization
11:45 a.m.

- 12:00 p.m. – **Lunch**
1:00 p.m.

- 1:15 p.m. – **Classroom Session:** Software Tool – Kimet Planning – LaLiga
3:00 p.m.

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

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

- 7:00 p.m. – **Closing / Departure**
7:30 p.m.