



SCHEDULE:
 LaLiga Formation
 Methodology
 Level 2 Course
 Hosted by Sockers FC

4/11/18 Subject to change

FRIDAY, AUGUST 3:

- 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
1:05 p.m. Training Process in the Initiation and Performance Stages

- 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
2:45 p.m. Management Structure of the Club

- 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 4:

- 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
5:00 p.m. Model

- 5:15 p.m. – **Classroom Session:** Individualized training (IPO projects), Evaluation in Soccer and Player
6:30 p.m. Development Projects

SUNDAY, AUGUST 5:

- 8:00 a.m. – **Field Session 5:** Training and Developing of the Offensive Game Model
9:30 a.m.

- 9:40 a.m. – **Field Session 6:** Training and Developing of the Defensive Game Model
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**