



LaLiga Formation Methodology
 Level 3 course
 Hosted by NorCal Premier Soccer

Subject to change

FRIDAY, JANUARY 4:

- 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**

SATURDAY, JANUARY 5:

- 8:30 a.m. – **Classroom Session:** Technical Training
10:00 a.m.
- 10:15 a.m. – **Field Session 2:** Decision Making and Technical Training
12:00 a.m.
- 12:15 p.m. – **Lunch**
1:30 p.m.
- 1:30 p.m. – **Classroom Session:** Training of Qualities and Physical Qualities
2:45 p.m.
- 3:00 p.m. - **Field Session 3:** Movement and Physical Qualities
4:30 p.m.
- 4:45 p.m. – **Classroom Session:** Methodological Foundation
6:30 p.m.

SUNDAY, JANUARY 6:

- 8:30 a.m. – **Classroom Session:** Tactical Concept Training
9:45 a.m.
- 10:00 a.m. – **Field Session 4:** Tactical Concept
11:45 a.m.
- 11:45 a.m. – **Lunch**
1:00 p.m.
- 1:00 p.m. – **Classroom Session:** Software Tool – Kimet Planning – LaLiga
2:45 p.m.
- 3:00 p.m. - **Field Session 5:** System Development and Strategy
4:30 p.m.
- 4:45 p.m. – **Classroom Session:** System Development & Strategy Training – The Game Model
6:30 p.m.
- 6:30 p.m. – **Closing / Departure**
7:00 p.m.