



SCHEDULE – Level 2

	Friday, July 29	Saturday, July 30	Sunday, July 31	Total workload 20hr 30min
8:30am - 9:45am		Theory 3 Individualized training from game model & specific demands by position	Theory 6 Integral Development of Young Players	Theory 10hr
10:15am - 11:45am		Practice 2 Individualized Training by Lines	Practice 4 Individualized Training by Specific Positions	
11:45am - 12:30pm		Lunch	Lunch	Training sessions 6hr
12:30pm - 2:00pm		Workshop 1 Exercises Setting up for the Different Lines	Workshop 2 Exercises Setting up for Specific Positions	
2:00 pm	Welcome and Check-in			
2:15pm - 3:30pm	Theory 1 The training Evolution in Soccer	Theory 4 Physical Training Fundamentals in the Development Stages	Theory 7 New Technologies Applied to Soccer	
3:45pm - 5:00pm	Theory 2 Playing Systems & Game Model	Theory 5 Technical-Tactical Training Fundamentals in the Development Stages	Theory 8 Soccer Training Contents Distribution in the Development Stages	
5:30pm - 7:00pm	Practice 1 Building a Game Model from an Integral Perspective	Practice 3 The Strength Training in Soccer	Workshop 3 Contents Programming upon Micro and Meso Cycles	Workshops 4hr 30min