



LaLiga Formation Methodology
Level 3 (Intro) course
Hosted by NorCal Premier Soccer

Classroom and Field address:

Rancho San Ramon Community Park
 2000 Rancho Park Loop, San Ramon, CA 94582

*the community center (classroom) is right next to the field.

Note:

Friday's field session will take place at a different location (only 5 mins from classroom)

Tiffany Roberts (San Ramon Sports Park); 5261 Sherwood Way, San Ramon, CA 94582

Schedule subject to change

FRIDAY, JANUARY 6:

- 12:30 p.m. – **Check-In & Welcome**
1:10 p.m.

- 1:15 p.m. – **Classroom 1:** Introduction to LaLiga Methodology
2:45 p.m.

- 3:00 p.m. – **Workshop 1:** Setting up and Structuring Exercises
4:30 p.m.

- 4:45 p.m. – **Field Session 1:** The Progression Principle in the Training Session
6:15 p.m. *Different location: Tiffany Roberts (San Ramon Sports Park); 5261 Sherwood Way, San Ramon, CA 94582

SATURDAY, JANUARY 7:

- 8:30 a.m. – **Classroom 2:** Training Session Structure and Principles
10:00 a.m.

- 10:15 a.m. – **Classroom 3:** Physical and Technical-Tactical Training Fundamentals in the Initiation Stages
11:45 a.m.

- 12:00 p.m. – **Break – Lunch;** *lunch will be provided.*
1:00 p.m.

- 1:00 p.m. – **Field Session 2:** Physical Training from an Integral-Holistic Perspective
2:30 p.m.

- 2:45 p.m. – **Workshop 2:** Building a Training Session According to the Objectives
4:00 p.m.

- 4:15 p.m. – **Field Session 3:** Tactical and Technical Training from an Integral-Holistic Perspective
5:45 p.m.

SUNDAY, JANUARY 8:

- 8:15 a.m. – **Classroom 4:** Training Contents Distribution in the Initiation Stages and Competitive Structure for Grassroots
9:45 a.m.

- 10:00 a.m. – **Classroom 5:** Principles of Collective Organization and Phases of the Game
11:30 a.m.

- 11:45 p.m. – **Field Session 4:** Introduction to the Game Model Development through Training
1:15 p.m.

- 1:15 p.m. – **Closing / Certificates**
1:30 p.m.