

# FOOTBALL CAMPS 2025



**LALIGA ACADEMY**  
**MALAYSIA**

**CAMPS DESIGNED FOR PLAYERS OF ALL LEVELS  
BETWEEN THE AGES OF 8 TO 17**



# WELCOME MESSAGE FROM **LALIGA** CAMPS MALAYSIA

Hola Football Enthusiasts,

Welcome to **LALIGA ACADEMY** Malaysia Camps

It is a great honour for us that you have placed your trust in our camps. Your participation strengthens our commitment to developing young footballers, helping them reach their full potential both on and off the pitch.

Built upon the legacy of **LALIGA**, one of the most prestigious football leagues in the world, **LALIGA CAMPS** Malaysia offers a world-class football experience for the next generation of players. Through **LALIGA** Grassroots, our global development program, we provide unique opportunities for aspiring footballers to take their game to the next level.

Our training follows the renowned **LALIGA** Methodology, which is based on four key pillars:

- **Technical & Coordination:** Refining core football techniques and coordination for precision and execution.
- **Tactical & Cognitive:** Enhancing game awareness, strategic decision-making, and football intelligence.
- **Physical & Conditional:** Developing endurance, strength, speed, and agility to meet the demands of high-performance football.
- **Psychological & Socio-Affective:** Cultivating mental resilience, teamwork, and emotional intelligence.

By integrating these elements, we create real match scenarios that foster holistic development, ensuring a personalised training experience tailored to each player's needs.

As we have done with our coaches, and in line with our goal of standardising processes, aligning our values, and enhancing the football experience, we have also compiled a guide to regulate all sports activities within the camp.

For more information and registration, please visit [LALIGA.epsomcollege.edu.my](https://LALIGA.epsomcollege.edu.my) or contact us via WhatsApp at +60134201120.

We look forward to seeing you on the pitch!

Diego Gutiérrez Ramos  
Technical Director and Head Coach  
**LALIGA** CAMPS Malaysia

# PROVIDING FIRST-CLASS TRAINING FACILITIES AT **EPSOM** COLLEGE MALAYSIA

LALIGA ACADEMY Malaysia is privileged to host all its distinguished camps and tournaments at the esteemed Epsom College Malaysia. This illustrious venue, nestled amidst 50 acres of lush greenery, is a mere 15-20 minutes from Kuala Lumpur International Airport. It boasts premier football training facilities and offers a splendid proximity to the vibrant city of Kuala Lumpur and its array of spectacular Malaysian attractions. This makes it an unparalleled location for cultivating football excellence.



# PITCH **PERFECT**



# SPECIALISING IN PROVIDING THE **BEST POSSIBLE TRAINING ENVIRONMENT** FOR PLAYERS AGED 8-17 FROM ACROSS THE WORLD





# TRAINING

With top-tier facilities and a tradition of footballing excellence, LALIGA ACADEMY Malaysia offers a transformative experience where young talents are shaped into future professionals.

Players can expect a high-performance coaching environment that is fun, dynamic, and progressive at every stage of their development.



**DIEGO GUTIERREZ RAMOS**

TECHNICAL DIRECTOR & HEAD COACH



**IGNACIO BUENDIA MOLINA**

PERFORMANCE COACH

## UEFA PRO COACHES

LALIGA ACADEMY Malaysia - where ambition meets world-class training under the guidance of LALIGA Coaches trained under LALIGA's Training Methodology:

### DIEGO GUTIERREZ RAMOS

- Professional Coaching License.
- MSc in High-Performance Training.
- MSc in teaching (Physical education).
- Specialist in Football Game Analysis.
- BSc in Sports Science.

### PROFESSIONAL EXPERIENCE :

- 10+ years of experience training players from 5 to 38 years old worldwide.
- 5+ years working with LALIGA.

### IGNACIO BUENDIA MOLINA

- Advance Coaching License
- MSc in Analysis & Methodology in Football.
- MSc in Sport Management.
- MSc in teaching (Physical education).
- BSc in Sports Science.

### PROFESSIONAL EXPERIENCE :

- 5+ years of experience training players from 5 to 18 years old in Spain.
- 3+ years working with LALIGA.

**" I LOVED**

**THE VARIETY OF TRAINING CONTENTS, THE  
DETAILED FEEDBACK AND INTENSITY OF  
THE WEEK WITH THE COACHES**

**DOHYUN, 14, SOUTH KOREA**





## CAMP TYPES



### LALIGA CAMPS

Residential football camps tailored for players wanting to join an intensive football camp

Up to 30 hours of training, analysis, match-play per week



### FOOTBALL & ENGLISH

Residential football camp with English tuition

Up to 15 hours of English language tuition + 15 hours of training, workshops, match-play per week



### FOOTBALL & TENNIS

Residential football camp with Mouratoglou Tennis Camp

Up to 15 hours of tennis training + 15 hours of training, workshops, match-play per week



### FOOTBALL & GOLF

Residential football camp with ECM Golf Camp

Up to 4 hours of training plus 1 hour workshop, suitable for beginners - intermediate players



### LALIGA TASTER CAMPS

A shorter format camp that allows for players to try out the LALIGA camps

Up to 4 hours of training plus 1 hour workshop, suitable for beginners - intermediate players

## RESIDENTIAL HIGHLIGHTS



Optional English language tuition (all levels)



Excursions to fun & cultural destinations in Malaysia



Exclusive chaperoned flights from select destinations



Social activities including badminton, swimming, board games, talent show & game nights



Various workshops that create the 'complete player'



Transfers to and from airport (at a cost)



Authentic LALIGA training experience



3 meals a day + snacks



LALIGA ACADEMY Malaysia training kit



24/7 on-site pastoral care



Individualised technical report and certificate



Accommodation with shared bedrooms

# LALIGA CAMPS 2025

## LALIGA TASTER CAMP 8 TO 16 YEARS

A performance training programme designed to master technical skills & decision-making plus the chance to showcase your talent.

- 5 Days Boarding: 2 June – 6 June RM 1,890 (Residential: RM 2,430)
- 3 Days Boarding: 2 June – 4 June RM 1,074 (Residential: RM 1,394)
- 2 Days Boarding: 5 June – 6 June RM 908 (Residential: RM 1,168)
- 1 Day Competition: 7 June RM 200 per team (Residential: RM 168 per pax)

## LALIGA SUMMER CAMPS 8 TO 17 YEARS

A high-intensity training programme designed to master technical skills, tactical understanding, and physical fitness, tailored for players aiming to reach peak performance levels.

- Professional: 29 June – 10 July RM 3,750 (Residential: RM 4,500)
  - Performance: 29 June – 5 July RM 2,900 (Residential: RM 3,500)
  - Elite: 6 July – 10 July RM 1,350 (Residential: RM 1,850)
    - Defenders: 7 July RM 400 (day only)
    - Midfielders: 8 July RM 400 (day only)
    - Attackers: 9 July RM 400 (day only)
    - Goalkeepers: 10 July RM 400 (day only)
- Showcase (9 to 14 Years): 14 July – 19 July RM 2,900 (Residential: RM 3,500)

## LALIGA HYBRID CAMPS 8 TO 17 YEARS

This camp merges football training with English language sessions or alternate sports such as tennis and golf, providing a well-rounded athletic and perfect educational experience.

- Football & English / Football & Tennis / Football & Golf
  - 19 July – 6 August RM 16,632 (Residential only)
  - 7 August – 19 August RM 11,080 (Residential only)

## LALIGA WINTER CAMP 8 TO 17 YEARS

A high-intensity training programme designed to refine each player basic technical skills, decision making and physical fitness.

- Complete: 14 – 20 December RM 2,350 (Residential: RM 2,850)



# TRAIN LIKE A PRO. CHOOSE A CAMP THAT FITS YOUR GAME

Every player has different needs, and that's exactly why we've designed a range of Camps. Whether you're just starting out or aiming for elite performance, each camp is built with care, detail, and the highest standards to give you the best training experience possible. Check the table below to see what sets each camp apart & find the one that fits you best.

PROGRAMMES	LALIGA CAMPS						HYBRID CAMPS		
	SUMMER					WINTER	SUMMER		
	TASTER	SHOWCASE	PROFESSIONAL			COMPLETE	FOOTBALL & ENGLISH	FOOTBALL & TENNIS	FOOTBALL & GOLF
			PERFORMANCE (FULL CAMP)	ELITE (FULL CAMP)	ELITE (SINGLE DAYS)				
DURATION OF THE CAMP	5-3-2 DAYS	6 DAYS	6 DAYS	4 DAYS	1 DAY	6 DAYS	3 WEEKS 2 WEEKS	3 WEEKS 2 WEEKS	3 WEEKS 2 WEEKS
BOARDING AVAILABLE	YES	YES	YES	YES	NO	YES	YES	YES	YES
DAILY MEALS (INCLUDED)	3	3	3	3	1	3	3	3	3
UEFA PRO / ADVANCE CERTIFIED LALIGA COACHES	YES	YES	YES	YES	YES	YES	YES	YES	YES
LALIGA ACADEMY MALAYSIA OFFICIAL KITS	2	2	2	2	1	2	2	2	2
LALIGA OPENING CEREMONY	YES	YES	YES	-	-	YES	-	-	-
LALIGA CLOSING CEREMONY	YES	YES	YES	-	-	YES	-	-	-
REPORTS & CERTIFICATE	YES	YES	YES	YES	YES	YES	-	-	-
SWIMMING & RECREATIONAL ACTIVITIES	YES	YES	YES	YES	-	YES	YES	YES	YES
SOCIAL & FUN GAMES	YES	YES	YES	YES	-	YES	YES	YES	YES
OFFICIAL MATCHES	YES	YES	-	-	-	-	-	-	-
TRAINING MATCHES	YES	YES	YES	-	-	YES	YES	YES	YES
TECHNICAL & COORDINATIVE SESSIONS	3 GENERAL 2 GENERAL	4 GENERAL	4 GENERAL	4 SPECIFIC	1 SPECIFIC	4 GENERAL	15 GENERAL 10 GENERAL	15 GENERAL 10 GENERAL	15 GENERAL 10 GENERAL
TACTICAL & DECISION MAKING SESSIONS	3 GENERAL 2 GENERAL	5 GENERAL	4 GENERAL	4 SPECIFIC	1 SPECIFIC	-	-	-	-
THEORETICAL LALIGA WORKSHOPS	-	-	YES	YES	YES	YES	-	-	-
FITNESS TEST	YES	YES	YES	-	-	YES	-	-	-
PSYCHOLOGICAL & TEAM BUILDING SESSIONS	-	4	-	-	-	-	-	-	-
LALIGA CHALLENGES	-	-	-	-	-	YES	-	-	-
ENGLISH LESSONS (ECIM)	-	-	-	-	-	-	YES	-	-
TENNIS SESSIONS (MOURATOGLOU)	-	-	-	-	-	-	-	YES	-
GOLF SESSIONS (ECM GOLF)	-	-	-	-	-	-	-	-	YES

# LALIGA TASTER CAMP

## TASTER CAMP (2 - 6 JUNE) : 5 / 3 / 2 DAYS + 1 DAY TOURNAMENT

The LALIGA Taster Camp offers a unique opportunity for players to experience life at Epsom College while fully immersing themselves in the LALIGA Football Programme. This short-term boarding experience allows participants to train alongside Academy players during evening sessions and elevate their game with personalised training each morning. Players will also have access to world-class school facilities, including the swimming pool, pitches, sports hall, and boarding houses when not in use by academic staff.

Beyond football, the camp provides a rich cultural experience, with players sharing time with international students from over 30 countries, promoting personal growth and global friendships. You can choose from three flexible options, all of which conclude with an optional Saturday morning tournament against teams from Kuala Lumpur and surrounding areas. This is a chance for players to showcase their talent to LALIGA Scouts while enjoying the competitive spirit of the sport.

SCHEDULE		5 DAYS CAMP					COMPETITION	
		3 DAYS CAMP			2 DAYS CAMP			
TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
8:00		BREAKFAST AT DINING HALL			BREAKFAST AT DINING HALL		FOOTBALL COMPETITION	
9:00		LALIGA WELCOME CEREMONY & KIT DISTRIBUTION	FREE TIME	FREE TIME	FREE TIME	FREE TIME		
10:00								
10:30		LALIGA FITNESS TEST	LALIGA INDIVIDUAL TRAINING	LALIGA INDIVIDUAL TRAINING	LALIGA INDIVIDUAL TRAINING	LALIGA INDIVIDUAL TRAINING		
11:00								
12:00		TIME TO GET CHANGED AT THE BOARDING HOUSE						
12:30		SWIMMING POOL RECOVERY SESSION & LUNCH AT DINING HALL	SWIMMING POOL RECOVERY SESSION & LUNCH AT DINING HALL	SWIMMING POOL RECOVERY SESSION & LUNCH AT DINING HALL	SWIMMING POOL RECOVERY SESSION & LUNCH AT DINING HALL	SWIMMING POOL RECOVERY SESSION & LUNCH AT DINING HALL		LUNCH AT DINING HALL
13:00								
14:00	CHECK-IN (RESIDENTIAL)	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	LALIGA CLOSING CEREMONY	
15:00						"CHECK-OUT"		
16:00		LALIGA TEAM TRAINING						
17:00								
17:30		LALIGA TEAM TRAINING		LALIGA TEAM TRAINING	LALIGA TEAM TRAINING	LALIGA TEAM TRAINING	FREE TIME	
18:00								
19:30		DINNER AT DINING HALL			DINNER AT DINING HALL			
20:00		FREE TIME			FREE TIME			

N.b. the schedule is subject to change and may be adapted for the specific camp, and is for illustrative purposes only



# LALIGA SUMMER CAMPS

## PROFESSIONAL CAMP (29 JUNE - 10 JULY) : 11 DAYS

The most professional camp on the market, meticulously designed to deliver top-tier technical and tactical knowledge in the Performance Camp before progressing to the Elite Camp, which focuses entirely on position-specific content tailored to the demands of modern football. Each player can choose to join both camps, a single camp, or single day.

## PERFORMANCE CAMP (29 JUNE - 5 JULY) : 6 DAYS

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00		BREAKFAST AT DINING HALL					
9:00		LALIGA WELCOME CEREMONY	ELITE TECHNICAL TRAINING	ELITE TECHNICAL TRAINING	ELITE TECHNICAL TRAINING	ELITE TECHNICAL TRAINING	LALIGA TEST
10:00		KIT DISTRIBUTION					
11:00		ICE BREAKER ACTIVITIES	SHOWER & FREE TIME				LALIGA CLOSING CEREMONY (PERFORMANCE)
12:00		LUNCH AT DINING HALL					
13:00		NAP & RECOVERY					CHECK-OUT (RESIDENTIAL)
14:00		LALIGA TEST	LALIGA INVISIBLE TRAINING	SOCIAL & FUN GAMES	LALIGA INJURY PREVENTION	SOCIAL & FUN GAMES	FREE TIME & RECOVERY (COMPLETE)
15:00	ELITE TACTICAL TRAINING & COMPETITION		ELITE TACTICAL TRAINING & COMPETITION	ELITE TACTICAL TRAINING & COMPETITION	ELITE TACTICAL TRAINING & COMPETITION		
16:00							
17:00	COMPLETE & PERFORMANCE		SWIMMING POOL				
18:00		DINNER AT DINING HALL					

## ELITE CAMP (6 - 10 JULY) : 4 DAYS / 3 DAYS / 2 DAYS / 1 DAY (POSITION-SPECIFIC)

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
8:00	FREE TIME & RECOVERY (COMPLETE)  CHECK-IN (RESIDENTIAL)	BREAKFAST AT DINING HALL (ONLY FOR BOARDERS)				
9:00		DEFENDERS TECHNICAL EXCELLENCE	MIDFIELDERS TECHNICAL EXCELLENCE	ATTACKERS TECHNICAL EXCELLENCE	GOALKEEPERS TECHNICAL EXCELLENCE	
10:00						
11:00		SHOWER & FREE TIME				
12:00		LUNCH AT DINING HALL				
13:00		NAP & RECOVERY				
14:00		LALIGA DEFENDERS HIGHLIGHT TAPE	LALIGA MIDFIELDERS HIGHLIGHT TAPE	LALIGA ATTACKERS HIGHLIGHT TAPE	LALIGA GOALKEEPERS HIGHLIGHT TAPE	
15:00		DEFENDERS ELITE GAME UNDERSTANDING	MIDFIELDERS ELITE GAME UNDERSTANDING	ATTACKERS ELITE GAME UNDERSTANDING	GOALKEEPERS ELITE GAME UNDERSTANDING	
16:00						
17:00		SWIMMING POOL				CHECK-OUT (RESIDENTIAL)
18:00		DINNER AT DINING HALL (ONLY FOR BOARDERS)				

N.b. the schedule is subject to change and may be adapted for the specific camp, and is for illustrative purposes only

# LALIGA SUMMER CAMPS

## SHOWCASE CAMP (14 - 19 JULY): 6 DAYS

One-week Camp for a week of intensive training focused on collective-tactical development, both in offense and defense, without forgetting the transitions. This camp is the perfect opportunity to become a more well-rounded and confident player.

On Saturday morning, players will put their skills into practice during a tournament, where they can showcase their talent to LALIGA Scouts in real-game scenarios.

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00		BREAKFAST AT DINING HALL					
9:00		LALIGA WELCOME CEREMONY	DEFENDING TACTICAL PREPARATION	DEFENDING TACTICAL PREPARATION	DEFENDING TACTICAL PREPARATION	DEFENDING TACTICAL PREPARATION	FOOTBALL COMPETITION
10:00		KIT DISTRIBUTION					
11:00		ICE BREAKER ACTIVITIES	SHOWER & FREE TIME	SHOWER & FREE TIME	SHOWER & FREE TIME	SHOWER & FREE TIME	
12:00		LUNCH AT DINING HALL					LALIGA CLOSING CEREMONY
13:00		NAP & RECOVERY					LUNCH AT DINING HALL
14:00		WARM-UP	TEAM BUILDING STRATEGIES	TEAM BUILDING STRATEGIES	TEAM BUILDING STRATEGIES	TEAM BUILDING STRATEGIES	"CHECK-OUT (RESIDENTIAL)"
15:00	CHECK-IN (RESIDENTIAL)	ATTACKING TACTICAL PREPARATION	ATTACKING TACTICAL PREPARATION	ATTACKING TACTICAL PREPARATION	ATTACKING TACTICAL PREPARATION	ATTACKING TACTICAL PREPARATION	
16:00							
17:00		STRETCHING & SWIMMING	STRETCHING & SWIMMING	STRETCHING & SWIMMING	STRETCHING & SWIMMING	STRETCHING & SWIMMING	
18:30		DINNER AT DINING HALL					

N.B. the tournament format is subject to change and will be adapted to the numbers, it is for illustrative purposes only.





# LALIGA HYBRID CAMPS

## FOOTBALL & ENGLISH (ECiM) CAMPS - 19'5 & 11'5 DAYS

The LALIGA English and Football Camp is the perfect opportunity for students who want to improve their English while refining their football skills. This 3 or 2-week camp focuses on both language development and football training, offering a balanced, fun, and competitive environment. Students will board at Epsom College, attending morning English lessons with top international teachers to enhance their language skills. In the afternoons, they will train in football groups under the guidance of LALIGA's Technical Director, working on techniques and tactics in engaging and competitive sessions.

The football programme is open to students of all levels, whether you're a beginner, first-time player, or advanced, you'll be able to enjoy the camp. The only requirement is a passion for the sport. We'll ensure everyone is provided with healthy competition tailored to their skill level. Evenings are dedicated to relaxation and further learning, with students enjoying the swimming pool and completing English assignments to reinforce their progress. This camp not only sharpens language and football skills but also fosters personal growth in a vibrant, international environment.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00	BREAKFAST AT DINING HALL						
9:00	EPSOM COLLEGE IN MALAYSIA (ECiM) ENGLISH LESSONS		EXCURSION / FUN & SOCIAL ACTIVITIES	EPSOM COLLEGE IN MALAYSIA (ECiM) ENGLISH LESSONS			REST
10:00							
11:00							
12:00	LUNCH AT DINING HALL		LUNCH	LUNCH AT DINING HALL			
13:00	NAP & RECOVERY		EXCURSION / FUN & SOCIAL ACTIVITIES	NAP & RECOVERY			OPTIONAL EXCURSION / REST
14:00	LALIGA TOURNAMENT COMPETITION - G1			LALIGA TOURNAMENT COMPETITION - G1		EPSOM COLLEGE IN MALAYSIA (ECiM) ENGLISH LESSONS	
15:00	LALIGA TOURNAMENT COMPETITION - G2			LALIGA TOURNAMENT COMPETITION - G2			
16:00	LALIGA TOURNAMENT COMPETITION - G3			LALIGA TOURNAMENT COMPETITION - G3			
17:00	SWIMMING POOL	SWIMMING POOL	SWIMMING POOL	SWIMMING POOL	SWIMMING POOL	SWIMMING POOL	
18:00	DINNER AT DINING HALL						

N.b. the schedule is subject to change and may be adapted for the specific camp, and is for illustrative purposes only



# LALIGA HYBRID SPORTS

## FOOTBALL & TENNIS (MOURATOGLLOU) - 19'5 & 11'5 DAYS FOOTBALL & GOLF (ECM GOLF) - 19'5 & 11'5 DAYS

The LALIGA Hybrid Sport Camp at Epsom College Malaysia offers young athletes the chance to combine elite football training with either tennis or golf in a world-class residential setting. Over 2 or 3 action-packed weeks, participants will train under LALIGA's Technical Director alongside expert coaches from the Mouratoglou Tennis Academy or the ECM Golf Academy, depending on their chosen sport combination.

Campers will select between Football & Tennis or Football & Golf, with daily high-performance sessions tailored to their level in both disciplines. Whether mastering tactical play on the pitch, refining their swing on the course, or sharpening their strokes on the court, athletes will grow in skill, confidence, and character, while making lifelong friendships in a dynamic, international environment.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00	BREAKFAST AT DINING HALL						
9:00	MOURATOGLLOU TENNIS SESSIONS OR ECM GOLF SESSIONS		EXCURSION / FUN & SOCIAL ACTIVITIES	MOURATOGLLOU TENNIS SESSIONS OR ECM GOLF SESSIONS			REST
10:00							
11:00							
12:00	LUNCH AT DINING HALL		LUNCH		LUNCH AT DINING HALL		
13:00	NAP & RECOVERY	EXCURSION / FUN & SOCIAL ACTIVITIES		NAP & RECOVERY		MOURATOGLLOU TENNIS SESSIONS OR ECM GOLF SESSIONS	OPTIONAL EXCURSION / REST
14:00	LALIGA TOURNAMENT COMPETITION - G1			LALIGA TOURNAMENT COMPETITION - G1			
15:00	LALIGA TOURNAMENT COMPETITION - G2			LALIGA TOURNAMENT COMPETITION - G2			
16:00	LALIGA TOURNAMENT COMPETITION - G3			LALIGA TOURNAMENT COMPETITION - G3			
17:00	SWIMMING POOL	SWIMMING POOL	SWIMMING POOL	SWIMMING POOL	SWIMMING POOL	SWIMMING POOL	
18:00	DINNER AT DINING HALL						

N.b. the schedule is subject to change and may be adapted for the specific camp, and is for illustrative purposes only





# LALIGA WINTER CAMP

## COMPLETE CAMP - 5'5 DAYS

The LALIGA Winter Complete Camp is an intensive one-week football experience designed to push players to the next level. Through high-performance training sessions led by LALIGA's Technical Director and coaching staff, players will refine their technical-coordinative skills, improve tactical decision-making, and build physical strength and endurance—all within a professional and competitive environment.

Beyond the pitch, participants will take part in workshops focused on "invisible training," covering key off-the-field areas such as nutrition, recovery, mindset, and injury prevention.

The camp also includes fun social activities in a diverse, international setting, fostering personal growth, team spirit, and unforgettable memories on and off the field.

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
8:00		BREAKFAST AT DINING HALL						
9:00		LALIGA WELCOME CEREMONY	LALIGA TECHNICAL CLINIC (DRIBLING) (TACKLING)	LALIGA TECHNICAL CLINIC (PASSING) (INTERCEPTING)	LALIGA TECHNICAL CLINIC (CONTROLLING) (CHALLENGING)	LALIGA TECHNICAL CLINIC (FINISHING) (CLEARING)		LALIGA CHALLENGE
10:00		KIT DISTRIBUTION						
11:00		ICE BREAKER & SOCIAL ACTIVITIES	SHOWER & FREE TIME					LALIGA CLOSING CEREMONY
12:00		LUNCH AT DINING HALL						
13:00		NAP & RECOVERY						
14:00		CHECK-IN (RESIDENTIAL)	LALIGA TEST	LALIGA INVISIBLE TRAINING	SOCIAL & FUN GAMES	LALIGA INJURY PREVENTION		SOCIAL & FUN GAMES
15:00	LALIGA TACTICAL CLINIC & MATCHES (POSITIONING)			LALIGA TACTICAL CLINIC & MATCHES (FREE SPACES)	LALIGA TACTICAL CLINIC & MATCHES (MOVEMENTS)	LALIGA TACTICAL CLINIC & MATCHES (DECISION MAKING)		
16:00	SWIMMING POOL		SWIMMING POOL	SWIMMING POOL	SWIMMING POOL	SWIMMING POOL		
17:00								
18:30							DINNER AT DINING HALL	

N.b. the schedule is subject to change and may be adapted for the specific camp, and is for illustrative purposes only





## OPTIONAL ENGLISH

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At LALIGA ACADEMY Malaysia, English classes range from AO (Complete Beginner) to C2 (Proficiency), led by certified EAL teachers.

Students from diverse backgrounds enrich the learning experience - GEP English Camps are running simultaneously, and students will join peers from other countries for this.



## SOCIAL EVENTS

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Our residential camps offer a rich array of evening activities including game nights, talent shows, and murder mystery events.

These activities foster friendships and create a vibrant, international community where students can connect, share experiences, and enjoy a diverse cultural atmosphere.



## CHANCES TO BE SCOUTED

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LALIGA ACADEMY Malaysia campers will have the chance to be scouted by the Technical Director of LALIGA ACADEMY Malaysia, who has direct connections with LALIGA Headquarters in Madrid.

This presents an incredible opportunity for outstanding talents to become eligible for scholarships and to be selected for future events where they can showcase their skills on international stages.



# JOIN THE MOVEMENT

For more information and registration, please visit [LALIGA.epsomcollege.edu.my](https://laliga.epsomcollege.edu.my/) or contact us directly via WhatsApp at +60134201120.

We look forward to welcoming you and witnessing your rise to greatness.



## COMPLETE YOUR REGISTRATION AT

<https://laliga.epsomcollege.edu.my/>