

EPSOM COLLEGE WINTER CAMP 2023

	07:00 - 08:00	08:00 - 09:00	SESSION 1 9:30-10:30 (1hr)	10:30 - 11:00	SESSION 2 11:00-12:00 (1hr)	12:00 - 13:00	SESSION 3 13:00-14:00 (1hr)	14:00 - 14:30	SESSION 4 14:30-15:30 (1hr)	15:30 - 16:00	SESSION 5 16:00-17:00 (1hr)	17:00 - 18:00		
SAT	ARRIVALS													
SUN	BREAKFAST AT THE CAFETERIA	RECITAL ROOM REGISTRATION	SOCIAL ACTIVITY, KIT DISTRIBUTION & ICE BREAKER RECITAL ROOM	SHORT BREAK	LALIGA ACADEMY MALAYSIA WELCOME PRESENTATION RECITAL ROOM	LUNCH CANTEEN	LALIGA BAND ACTIVATION & STRETCH/ROLL COOLDOWN SPORTS HALL / GYM	HYDRATION BREAK	LALIGA TECHNICAL TRAINING 4G FIELD	HYDRATION BREAK	LALIGA MATCH COMPETITION 4G FIELD	DINNER CANTEEN		
MON			LALIGA INJURY PREVENTION PHYSICAL EDUCATION CLASSROOM		LALIGA PASSING & CONTROLLING CLINIC 4G FIELD		LALIGA PASSING & CONTROLLING TESTING 4G FIELD		LALIGA TECHNICAL TRAINING 4G FIELD		LALIGA MATCH COMPETITION 4G FIELD			
TUE			LALIGA INVISIBLE TRAINING PHYSICAL EDUCATION CLASSROOM		LALIGA DRIBBLING CLINIC 4G FIELD		LALIGA DRIBBLING TESTING 4G FIELD		LALIGA TECHNICAL TRAINING 4G FIELD		LALIGA MATCH COMPETITION 4G FIELD			
WED			KUALA LUMPUR CULTURAL FULL DAY EXCURSION											
THU			LALIGA GOAL SETTING PHYSICAL EDUCATION CLASSROOM	SHORT BREAK	LALIGA FOOTBALL TENNIS 4G FIELD	LUNCH CANTEEN	LALIGA CHALLENGE SPORTS HALL	HYDRATION BREAK	LALIGA TECHNICAL TRAINING 4G FIELD	HYDRATION BREAK	LALIGA MATCH COMPETITION 4G FIELD	DINNER CANTEEN		
FRI			LALIGA VIDEO-ANALYSIS PHYSICAL EDUCATION CLASSROOM		LALIGA DEFENDING CLINIC 4G FIELD		LALIGA DEFENDING TESTING 4G FIELD		LALIGA TECHNICAL TRAINING 4G FIELD		LALIGA MATCH COMPETITION 4G FIELD			
SAT	SWIMMING POOL RECOVERY SPORTS HALL / POOL	LALIGA SET PIECES CLINIC 4G FIELD	LALIGA FITNESS TESTING 4G FIELD		LALIGA CHALLENGE 4G FIELD		LALIGA CLOSING CEREMONY SPORTS HALL / POOL							

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Activities to build up positive environment between the players.



Works hops focused on topics that will help the players to achieve the players full potential.



Football clinics more focused on the individual technical aspects of the game.



Specific football test to provide the players an evaluation on specific skills & fitness condition.



Technical training more focused on the tactical & collective aspects of the game.



Fun matches focused on the competitional aspects of the sport.