

LALIGA Football Camps UK

This intensive course from LALIGA Camps UK, available at Dicker and Royal Russell, provides the optimal training environment for aspiring British and international footballers, both males and females, aged 11–17.

INSTRUCTORS

LALIGA Football Camps UK offers a unique opportunity for players to live and train like professional footballers. Students are immersed in an intensive, professional technical training course sculpted by world-class UEFA Pro certified coaches from LALIGA.

Supporting the LALIGA coaches from Spain will be former professional players from England who are involved in guest masterclasses or live Q&As.

PROGRAMME

This intensive Football and Language course will include a minimum of 12 hours of football training and at least 13 hours of English tuition per week. English classes are accredited by the British Council for the teaching of English in the UK.

COURSE CONTENT

Players will improve their skills via LALIGA's authentic training methodologies. These aim to create the 'complete footballer' through tactical, technical, physical and psychological sessions and workshops, supported by high-performance training, video analysis, Sports Science workshops, live Q&As, masterclasses and individualised technical report.



Click here to visit the LALIGA Camps UK website

	LOCATION	Dicker & Royal Russell
	AGES	11–17 years
	DATES	29 June–16 August 2025
	ENGLISH LESSONS	13–14 hours per week
	FOOTBALL SESSIONS	12 hours per week
	MINIMUM LEVEL	A0 (Beginner)
	MAX CLASS SIZE	14
	BEDS PER ROOM	1–4 beds
	STAFF:STUDENT RATIO	1:5
	SPECIALITY	Intensive Football

Technical Training Hosted by UEFA Pro certified coaches from LALIGA and supported by former professional players from the UK.

Workshops Players will take part in various workshops which look to create the ‘complete player’. These include: Injury Prevention, Band Work Stretch & Roll, Nutrition & Hydration, Goal Setting, Yoga, Video Analysis and Strength & Conditioning.

In-house matches Players will play ‘in-house’ competitive fixtures.

TRAINING KIT

As a memento of their time on LALIGA Camps UK, and to help foster a sense of belonging, camaraderie and team spirit during the course, all players receive a LALIGA Camps UK branded kit. This includes a shirt, shorts and socks.

BRITISH STUDENTS

Football training includes playing with British students. This allows international students to improve their English skills in a natural and authentic way while playing the sport they love and immerse themselves in the culture and language.

GIRLS IN FOOTBALL

Women’s football is the fastest growing sport in the UK, and has also seen a huge increase in popularity internationally in recent years. The LALIGA Camps UK is gender inclusive and girls aged 11–17 are encouraged to participate in the LALIGA programme.

i For further information about Dicker and Royal Russell, please visit [pages 36–41](#) and [28–33](#) respectively.

TYPICAL DAY

The Football & Language camp offers at least 12 hours of football training and workshops per week. A Complete Football camp is also available.

- 09.00 INJURY PREVENTION WORKSHOP/ ENGLISH LANGUAGE (WITH A 15MIN BREAK)**
- 10.15 SOCIAL ACTIVITY/ ENGLISH LANGUAGE**
- 11.30 SKILLS CLINIC/ ENGLISH LANGUAGE**
- 12.30 LUNCH**
- 13.30 TECHNICAL TRAINING (WITH A 30MIN BREAK)**
- 16.00 MATCH PLAY**





Academics

ENGLISH LEVELS

We accept levels from A0 (Beginners) up to C2 (Proficiency). Students whose mother tongue is English are welcome on the Complete Football course.

ENGLISH TUITION

There are at least 13 hours of English lessons per week. Students taking a Football & Language option join English language students for their morning lessons.

ENGLISH LESSONS

Students on the Football & Language programme in Dicker take part in English Skills and Enrichment lessons, which aim to develop their proficiency across the four language skills.

Students on the Football & Language programme in Royal Russell, depending on their age, will either join London Explorers or English for the Future students in their morning tuition, which aims at learning English and exploring the capital city of London.

Course Information

FOOTBALL SKILL LEVEL

Minimum Skill Level Intermediate to Advanced. This course is not suitable for Beginners or recreational players.

LALIGA METHODOLOGY

Training is holistic and tailored to each player's characteristics. Sessions are structured, progressive and gradual. Ball control is practised with dominant and non-dominant feet. The training process is competitive, but enjoyment of the beautiful game takes priority over a 'win at all costs' mentality.

“ **LALIGA** was the best part because I could play with amazing coaches and the other players who have great skills. ”

— **CHIHAYA**, JAPAN



Leisure

SOCIAL EVENTS (EVENINGS)

A full programme of organised and supervised social events is offered every evening enabling students to make new friends and develop their social skills. By actively encouraging the mixing of nationalities, the programme helps to create a harmonious, international community in which students can safely and comfortably live, study and enjoy themselves. These include: Disco, Formal Dinner & Dance House Competitions and Pool Party.

EXCURSIONS

LALIGA Camps UK students will have the chance to partake in various off-the-field excursions to places of interest. Mid-week trips will include a football-based excursion. Residential players will join full-day excursions on Saturdays and Sundays to London for sightseeing, to local cities and other cultural and historic attractions.

Examples of excursions are:

Stadium Tour Players will enjoy a stadium tour of a professional football club within England.

London Westminster Sightseeing On Saturdays, students will visit London City and see iconic landmarks such as Buckingham Palace, Big Ben, London Bridge and more.

PROGRAMMES AVAILABLE

See laligafootballcampsuk.com for further details.

Football & Language Intensive programme with English classes.
Complete Football Intensive programme without English classes.
Goalkeeper Camp Intensive programme for goalkeepers without English classes.
Day Camp 'Complete Football', 'Goalkeeper Camp', 'Football & Language' programmes are available for day students (non-residential, Monday to Friday).