



COACHES FORMATION COURSE

CDLEGANÉS





FUNDACIÓN
C D L E G A N É S

C.D. Leganés open its doors to **all coaches around the world** willing to grow and improve hand by hand with professionals of a Club that compete in the highest division of Spanish football.

Formative theoretical and practical sessions where coaches will learn with our academy structure and methodology in our sports facilities, being involved in the daily work of our Club.





C.D. LEGANÉS TRAINING METHODOLOGY

SCHEDULE

SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5
MORNING				
Welcome and course introduction	Training session structure and main contents in each formative stage	Technical and tactical principles in each formative stage	Conditional aspects and training periodization	Teams management in formative stages
- BREAK -				
Organization of a professional club Academy	Workshop: Training sessions setting up. Structure and organization	Workshop: Tasks and exercises setting up. Objectives and contents	Workshop: Contents structure in a competitive micro-cycle	Closing ceremony and certificates
AFTERNOON				
Club facilities and Stadium Tour	Training session attendance	Training session attendance	Training session attendance	* This program is flexible and can be adapted to availability and needs





Formation course includes:

-  Accommodation and transportation arrangement
-  Attendance to First Team training session (accordance to availability)
-  Club official clothing
-  Attendance to official matches
-  Club certificate



FUNDACIÓN
C D L E G A N É S

Information and contact:
internacional@cdleganes.com / fundacion@cdleganes.com