To determine which league, La Liga or the Premier League, has teams that have won more head-to-head (H2H) matches against each other, we need to understand a few important factors:

1. **Understanding H2H Matches:** Head-to-head records refer to matches played between clubs from the two leagues, typically during international club competitions such as the UEFA Champions League, Europa League, or during friendly matches.
2. **Historical Performance:** Historically, clubs from both leagues have had strong performances against one another, but specific statistics vary year by year and competition by competition.
3. **Data Collection:** To get accurate statistics, one should consult databases or websites that compile football statistics, such as UEFA's official site, ESPN, or specialized sports analytics websites.
4. **Team Relevant Data:** Analyze key clubs from both leagues—like Real Madrid, FC Barcelona, and Atletico Madrid for La Liga, and Manchester City, Liverpool, and Manchester United for the Premier League—and review how many times they have faced each other in international competitions, focusing on which has secured more victories.
5. **Current Trends:** As of the latest seasons up to October 2023, results from recent tournaments should also be taken into consideration, as they can influence these figures significantly.

In conclusion, while overall statistics should be checked for confirmation, examining how individual teams from both leagues perform against one another is key. This includes evaluating match results, win percentages, and overall head-to-head results.