

Season 2026/27



PALENCIA  
FOOTBALL ACADEMY



# ***WHAT IS PALENCIA FOOTBALL ACADEMY***

An **exclusive high-performance program** that has been developed during our **25 years** of existence provides the opportunity to live and train like a true elite athlete (with the **spanish approach** to football), adopting the renowned methodology of Palencia Football Academy.

**We have all the tools** to ensure that each player takes their career to the highest possible level.



# *WHO IS IT AIMED AT?*

Aimed at **footballers aged 15 to 21 from any corner of the world** who aspire to live a comprehensive high-performance experience.



**Age**

15 - 21



**Location**

Anywhere



**Level**

Medium - High



Located in **Palencia**



One of the **safest cities** to live in Spain due to low crime rate, small population (aprox. 78.000 people), low traffic congestion, effective public transportation, and quality of life.



Nearby **airports:**



Madrid



Valladolid



Santander



1H 30MIN

25 MIN

2H 30MIN



2H 30MIN

40 MIN

1H 50MIN



Since **2000**

**+750** Players Developed

**+45** Nationalities



WHERE DREAMS MEET DEDICATION

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***HIGH PERFORMANCE  
FOOTBALL PROGRAM***

# *HIGH PERFORMANCE FOOTBALL PROGRAM*



## ***UEFA Licensed Coaches***

Expert guidance personalized to the player. At PFA, you're joining an academy dedicated to excellence, growth, and success in the beautiful game.



## ***Atlético de Madrid DNA***

The PFA coaches have extensive experience developing young talents at the Atlético de Madrid High Performance Summer Camps in Palencia, helping to nurture the potential of future football stars.



## ***VEO Analytics***

With the use of AI technology, we track our players performance through video analysis with cutting edge technology to unleash their full potential.

# METHODOLOGY

Developed by PFA over the course of 25+ years and led by our head coach and assistants, who honed their expertise in professional clubs for almost a decade, forming young elite talents such as Pape Diop (R.C. Celta de Vigo), Kim Young-Gyu (U.D. Almería) and Michal Figel' (Rayo Vallecano).

It consists on the elite development of **four key aspects**:

1

Technical

2

Tactical

3

Physical

4

Psychological



## Elite Training

Personalized coaching and cutting-edge technology

## Video Analysis

Analyze performance, refine tactics, and improve with expert feedback

## Pro-Club Clinics & Games

Exclusive access to top-level La Liga clubs such as Atlético de Madrid, Racing de Santander or Real Oviedo

## Monthly Football Reports

Track progress, receive feedback, and set targets for improvement

## National Tournaments

Showcase talent on a national stage and catch the eye of scouts

## High Level Competition

Compete against top-tier opponents, developing resilience and skills





# WEEKLY SCHEDULE



**9:00 AM**  
Classes



**14:15 PM**  
Lunch



**20:30 PM**  
Dinner



**7:45 AM**  
Breakfast



**12:00 PM**  
Team  
training



**16:00 PM**  
Video Analysis  
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Gym  
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Study / Tutoring



**23:00 PM**  
Lights off

\*Weekend schedule and activities are organized according to games/tournaments.



WHERE DREAMS MEET DEDICATION

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# ***SPORTS FACILITIES***



**Football Fields**  
*Complejo Deportivo  
"Campos Góticos"*

- ✓ 2 Artificial Grass Field F11 (FIFA Official Measures)
- ✓ Certified LED lighting technology for sport practice
- ✓ 6 Changing rooms completely equipped



**Gymnasium**  
*Centro Supera  
"La Lanera"*

- ✓ Sports gym for players
- ✓ Equipped with fitness machines, dumbbells, kettlebells, plates, bars, and anything needed for sports performance
- ✓ Physical trainer support for personalized routines if needed



**Swimming pool  
and recovery areas**  
*Centro Supera  
“La Lanera”*

- ✔ Competition Pool  
(25 M x 12.5 M)
- ✔ Recovery pool  
(12.5 M x 6 M)
- ✔ Sauna & steam-room
- ✔ Cold bath and jacuzzi



**Physiotherapist**  
*“Palencia  
International  
Residence”*

- ✔ Area dedicated for injury recovery
- ✔ Physiotherapist in-house for personalized treatment

# PALENCIA INTERNATIONAL RESIDENCE



## Bedrooms

- ✔ Single and double bedrooms with private or shared bathroom, heating, and high-speed Wi-Fi.
- ✔ Weekly cleaning service
- ✔ 24 hour surveillance, cameras and video security system
- ✔ Free laundry and drying area



## Nutrition

- ✔ Available for everyday meals (breakfast, snacks, lunch, and dinner)
- ✔ Menu designed by sports nutritionist
- ✔ Food prepared by private chefs with high-quality ingredients (no catering)



## Recovery rooms and play rooms

- ✔ Small gym equipped with everything necessary for injury prevention and core workout
- ✔ Pingpong and football table
- ✔ TV screen with wide range of channels for football games and comfortable sitting



# ACADEMICS

You can choose between **different options** while elevating your football level:

- ✓ **Official Spanish Lessons** offered at Palencia Junior College
- ✓ **Degree of Sports Education** at Palencia Junior College (Level I, Level II and, Level III)
- ✓ Online **High School** or **University**  
We adjust the training schedule to ensure it fits seamlessly with your studies.

**3 PROGRAMS AVAILABLE**

## PFA Experience (1 month)

### Football Program

- ✓ Cinq jours d'entraînement de l'équipe par semaine
- ✓ Sessions d'entraînement axées sur la position
- ✓ Matches de la saison complète
- ✓ Sessions de suivi individuel
- ✓ Rapports sur les progrès des joueurs
- ✓ Sessions hebdomadaires d'analyse vidéo
- ✓ Test médical à l'arrivée
- ✓ Physiothérapeute
- ✓ Conseils en matière de nutrition sportive
- ✓ Kit d'entraînement Adidas PFA complet
- ✓ Kit d'équipement vestimentaire Adidas PFA complet

### Academics

- ✓ Tuition and enrollment to Spanish lessons at Palencia Junior College

### PRICE

2.800 €

#### Additional (depending on dates):

- ⊕ Participation in tournaments
- ⊕ National Training Clinic with a pro-club in Spain

### Residence

- ✓ Accommodation in individual/double room at *Palencia International Residence*
- ✓ Full board (all meals and snacks pre/post game)
- ✓ Room cleaning service twice per week
- ✓ Cultural Activities, Talks, Conferences, etc.
- ✓ All transportation to games, tournaments, and related activities
- ✓ 24/7 supervision
- ✓ Full medical insurance
- ✓ Airport transfer to and from Madrid on program specific dates



# Half-Season (5 months)

## Football Program

- ✓ Five team training days per week
- ✓ Position focused training sessions
- ✓ Regular weekly games
- ✓ One on one follow-up sessions
- ✓ Player progress reports
- ✓ Weekly video analysis sessions
- ✓ Medical test upon arrival
- ✓ Physiotherapist
- ✓ Sports nutrition guidance
- ✓ Participation in reputable tournaments (depending on dates)
- ✓ National Training Clinic with a pro-club in Spain (depending on dates)
- ✓ Full PFA Adidas training kit
- ✓ Full PFA Adidas clothing equipment kit

## Academics

- ✓ Tuition and enrollment to Spanish lessons at Palencia Junior College

## Residence

- ✓ Accommodation in individual/double room at *Palencia International Residence*
- ✓ All meals and snacks
- ✓ Room cleaning service twice per week
- ✓ Laundry Room
- ✓ Cultural Activities
- ✓ All transportation to PFA games, tournaments, and related activities
- ✓ 24/7 supervision
- ✓ Full medical insurance
- ✓ Visa application assistance
- ✓ Airport transfer on program specific dates

## PRICE

12.500 €



# Full-Season (10 months)

## Football Program

- ✓ Five team training days per week
- ✓ Position focused training sessions
- ✓ Full season games
- ✓ One on one follow-up sessions
- ✓ Player progress reports
- ✓ Weekly video analysis sessions
- ✓ Medical test upon arrival
- ✓ Pre-season training program
- ✓ Physiotherapist
- ✓ Sports nutrition guidance
- ✓ Participation in reputable tournaments
- ✓ National Training Clinic with a pro-club in Spain
- ✓ Full PFA Adidas training kit
- ✓ Full PFA Adidas clothing equipment kit

## Academics

- ✓ Tuition and enrollment to Spanish lessons at Palencia Junior College -or- Degree of Sports Education at Palencia Junior College (Level I, Level II or Level III)

## PRICE

23.000 €

## Residence

- ✓ Accommodation in individual/double room at *Palencia International Residence*
- ✓ All meals and snacks
- ✓ Room cleaning service twice per week
- ✓ Laundry Room
- ✓ Cultural Activities
- ✓ All transportation to PFA games, tournaments, and related activities
- ✓ 24/7 supervision
- ✓ Full medical insurance
- ✓ Visa application assistance
- ✓ Airport transfer on program specific dates





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