

PALENCIA
FOOTBALLACADEMY



WHAT IS PALENCIA FOOTBALL ACADEMY

An **exclusive high-performance program** that provides the opportunity to live and train like a true elite athlete, 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.





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

1H 30MIN

2H 30MIN



Valladolid

25 MIN

40 MIN



Santander

2H 30MIN

1H 50MIN





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

WHERE DREAMS MEET DEDICATION

***HIGH PERFORMANCE
FOOTBALL PROGRAM***

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



Football Reports

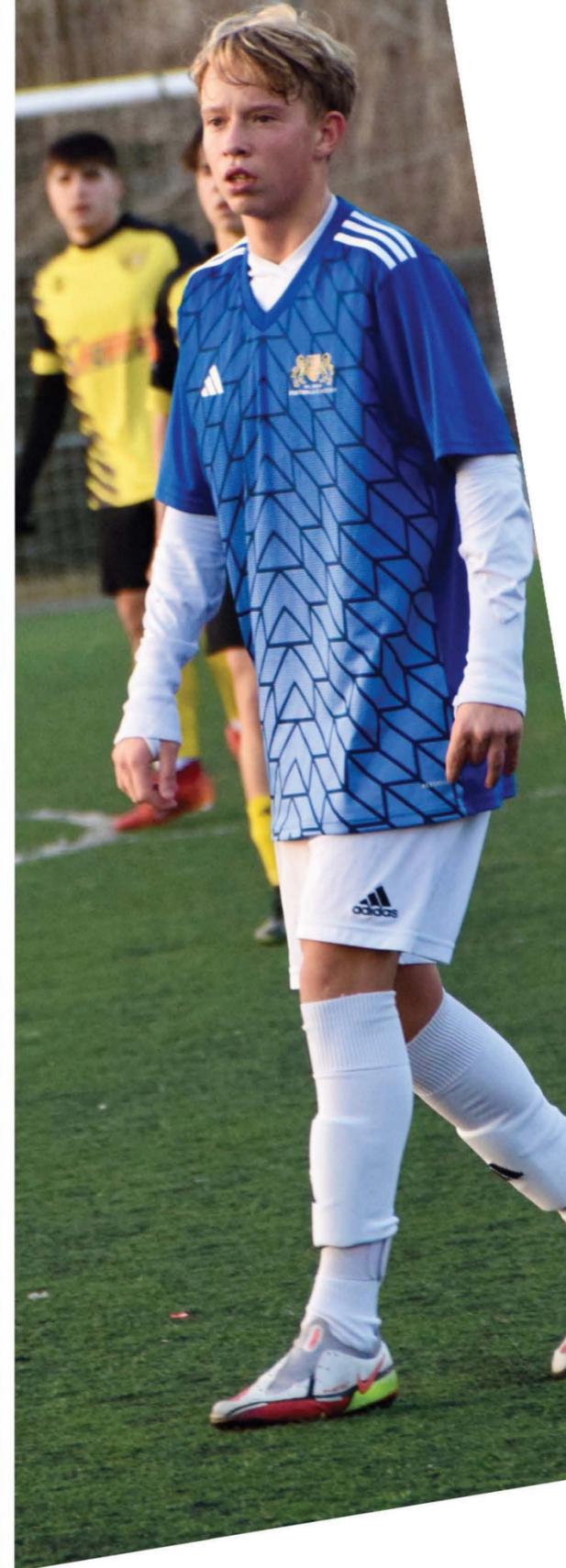
Track progress, receive feedback, and set targets for improvement

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



METHODOLOGY

Developed by PFA over the years and currently implemented by our Head Coach **Jorge Gonzalo**, who honed his expertise at **Atlético de Madrid**, forming young talents such as Alejandro Garnacho and Marcos Denia.

It consists on **four key aspects**:

1

Technical

2

Tactical

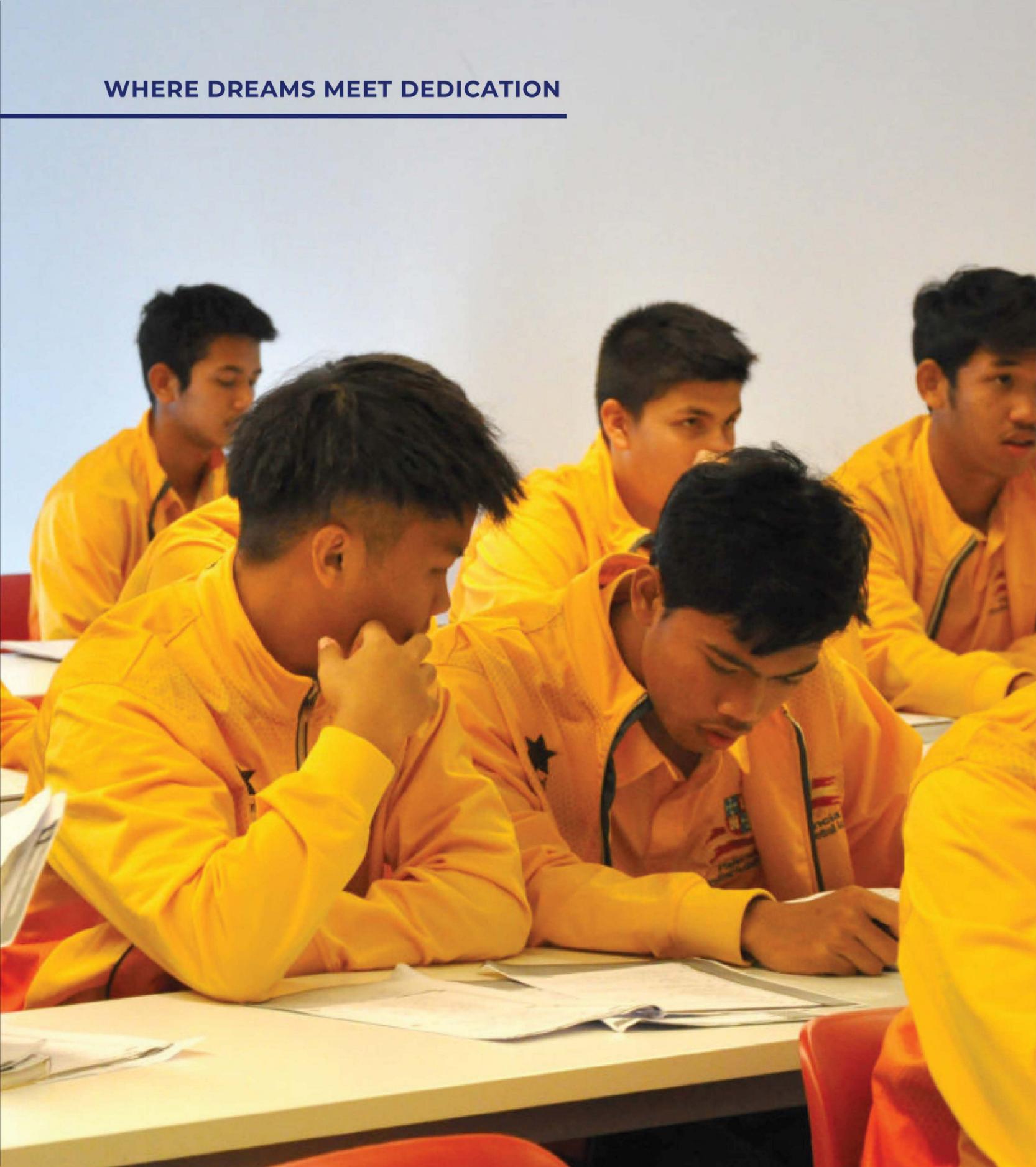
3

Physical

4

Psychological





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**



WEEKLY SCHEDULE



9:00 AM
Classes



14:15 PM
Lunch



20:30 PM
Dinner



8:00 AM
Breakfast



12:00 PM
Team
training



16:00 PM
Video Analysis

Gym

Study / Tutoring



23:00 PM
Lights off

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



WHERE DREAMS MEET DEDICATION

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 bathroom, heating, and wardrobe included
- ✔ Cleaning service and laundry
- ✔ 24 hour surveillance, cameras and video security system



Nutrition

- ✔ Available for everyday meals (breakfast, snacks, lunch and dinner)
- ✔ Menu designed by sports nutritionist
- ✔ Food prepared by private chefs with high-quality ingredients



Recovery and play room

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

3 *PROGRAMS AVAILABLE*

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

20.000 €
(VAT included)

Residence

- ✓ Accommodation in individual/double room with private bathroom in *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



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
- ✓ Pre-season training program
- ✓ Physiotherapist
- ✓ Sports nutrition guidance
- ✓ Participation in 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

Residence

- ✓ Accommodation in individual/double room with private bathroom in *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

11.500 €
(VAT included)



PFA Experience (1 month)

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
- ✓ Physiotherapist
- ✓ Sports nutrition guidance
- ✓ Full PFA Adidas training kit
- ✓ Full PFA Adidas clothing equipment kit

Additional (depending on dates):

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

Academics

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

PRICE

2.700 €

(VAT included)

Residence

- ✓ Accommodation in individual/double room with private bathroom in *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
- ✓ Airport transfer on program specific dates





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