



C.F. MOTRIL

SOCCER
ACADEMY





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A young man with short dark hair, looking directly at the camera with a serious expression. He is wearing a blue and white vertically striped soccer jersey with a Nike logo on the right chest and a C.F. Motril crest on the left. His arms are crossed. The background behind him is a blue and white geometric pattern.

01 ABOUT US

C.F. Motril Academy is a profesional soccer academy, located in Motril (Spain) that provide the penect pathway for your soccer career. We give a change for aspiring profesional soccer player who wants to prove theirselves playing in a profesional soccer environment.

This program is aimed to aspiring soccer players between 17-23 years old who dream to pursue a soccer careerin Europe.

It is a very exclusive program (25 spots only) that Will alow you to play in Spain during a full season in a historic Spanish club, C.F.Motril. You Will be a player of C.F.Motril B, formed by Young foreign talents.



02 C.F. MOTRIL

The first team of C.F. Motril currently competes in the Spanish 3rd Division. During the last three seasons the Club has been just one position away from being qualified to the playoffs to 2B.

03

ABOUT MOTRIL

Motril is a Spanish city located on the Mediterranean coast in the province of Granada (Andalusia). It has a population of 60 thousand splitted in two urban areas: Motril citycenter (inland) and Motril Beach (by the sea).





The ski resort in Sierra Nevada is one of the most popular in the Spanish geography. Surrounded by places of exceptional beauty, it has characteristics that have led it to be declared a Biosphere Reserve and National Park since 1999. Located in the heart of the province of Granada and in the Betic Cordilleras, it is the highest ski resort in Spain and the southernmost in Europe .

Barely forty-five minutes from Motril you can visit the Alhambra, a monumental complex on an Andalusian palatine city located in Granada, Spain. It consists of a set of ancient palaces, gardens and fortresses.

In 2016 it was reported to be the second most visited space in Spain, after the Sagrada Familia in Barcelona.





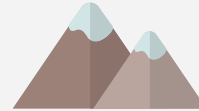
Mild weather all year round,
perfect for soccer training



Close to Malaga and Granada
airport (45 min).



Lovely beaches.



Near to Sierra Nevada.



Amazing gastronomy.



04 ACCOMMODATION

Independent villa in Motril

Central and quiet location in a private urbanization near the center of Motril. Equipped with high quality materials, offering all the necessary comforts.





On the ground floor is located next to the guest bathroom, a spacious living room with dining area. From here, we access the terrace where the pool is located.

On the same floor, there is also a large fully equipped kitchen with a dining area, pantry and laundry room. We access the upper floor by stairs where there are 3 bedrooms with 3 large rooms with a bathroom.





05 FACILITIES

The Municipal Stadium Escribano Castilla is the municipal stadium of the city of Motril (Granada) Spain. Granada 74 Club de Fútbol's Second Division matches were also played during the 2007-08 season.





At present, the matches of the Motril Football Club, which plays in the Third RFEF, are played.

The stadium has a natural grass surface and dimensions of 100×62.5 m. The maximum capacity is 5,400 spectators.

As alternative facilities there are two state-of-the-art artificial turf fields, with all the conditioning for the practice of soccer in its most professional state.



Gym with spacious and modern facilities, high-level equipment, qualified staff and excellent customer service.

FREE WEIGHT AREA

This part has a great weight for the gym, since it is the part of the most evolved fitness athletes, in it you will find benches, dumbbells, support and bars to work in an open way the different muscle groups. We do not want you to stagnate in your workouts and that is why we have prepared a great variety of possibilities.

OUTDOOR SWIMMING POOL.

We have an outdoor pool located in a privileged area with magnificent views. In its water sheet of 20x8 meters you can have four lanes of free swimming, as well as swimming lessons and of course your recreation and leisure time.



ABOUT PROMETHEUS CLINIC

What do we do at Prometeo Physiotherapy Clinic?

What characterizes our Prometeo physiotherapy clinic is the individualized attention to each patient, the treatments are based on manual techniques. Every day and at every moment Ricardo (physiotherapist) does not stop training, that is why the list of treatments is like this and still advancing, and in this way to be able to provide physiotherapy service in Motril and surroundings in the most complete way possible:



- Manual therapy
- Sports physiotherapy
- TMJ physiotherapy (temporomandibular joint)
- Neurodynamics
- McConnell Method
- Dicutaneous fibrolysis (Hooks)
- Dry Needling
- percutaneous electrolysis
- Neuromodulation

INDIBA CENTER

What is Indiba ? It consists of a non-invasive, highly effective, painless radiofrequency treatment without side effects, capable of generating instant cell recovery of the skin and the body at the musculoskeletal level, which makes it very effective to use Indiba in physiotherapy.

Indiba is used by great athletes worldwide. Today we show you a photo of Leo Messi having a session with INDIBA. It's so quick and painless that everyone turns to it to get ready as soon as possible!

Some of its benefits are oxygenation, connective tissue regeneration and muscle regeneration.



06 EQUIPMENT

Nike sport equipment.

Soccer specific analysis

Exclusive to Catapult, this new workload monitoring standard provides unprecedented information on soccer-specific movements. The motion profile quantifies the physical load of your players' multidirectional movements.

Critical information: Accurate quantification of physical load using six advanced parameters based on intensity and movement.



07 METODOLOGY

1º. Project objectives

(We will focus on aspects of tactical periodization and structured training)

- To help the player to develop and enhance his qualities, to be able to increase his performance and opt for a higher level.
- To favor the creation of a competitive team combining in an optimal way the characteristics of each one of the players.
- To experience and to live the European soccer, more concretely the Spanish soccer.
- To generate the possibility of showing their full potential with the first team.



General Objectives

- 1º.** Knowledge of the game
- 2º.** Improvement of his T-T qualities
- 3º.** Holistic preparation of the soccer player.

Specific Objectives

- 1º.** Mental preparation for competition
- 2º.** To enhance physical qualities
- 3º.** To generate professional habits and behaviors

2º. Methodology area

To direct and coordinate the methods and techniques that govern the methodology of the club.

- 1.** Performing individual technical-tactical tasks and exercises: Knowing and working the basic T-T aspects following the Spanish authors, so that all understand and understand what to do in each phase of the game.
- 2.** Group technical-tactical tasks and exercises: To generate positive synergies between the players of the team through collaborative-opposition exercises, in order to promote group cohesion and help in the assimilation of the game model.
- 3.** Performing collective technical-tactical tasks and exercises: To practice with the group as a whole, those fundamental aspects that should be characteristic and present within our game model.

Creation of a long term transversal work plan to give continuity to the player's learning.

- 1.** Combine T-T training with coadjuvant and optimizing training to increase performance to the maximum exponent.
- 2.** Generate protocols with the necessary resources and measures to use the best techniques in the gym.
- 3.** Translate the specific principles of the first team into the academy, in order to facilitate the adaptation to the possible change.

Establish individual learning objectives.

- 1.** Establish a specific individual plan to correct their deficits and areas for improvement.
- 2.** Prioritize the work on certain players in the specific improvement of fundamental aspects through the practice of technification by lines, positions or players.

Establish short, medium and long term objectives.

- 1.** Focus on knowing, practicing and exercising our game model to perfection.
- 2.** Analyze and investigate the weak and strong points of the rival team in order to improve the result in the match.



3 MONTH PROGRAM

*Valid until July 31st

~~Before~~

~~6.900\$~~

Now *

5.900\$

Services

- Accommodation in an apartment with different clubmates.
- Double room.
- Breakfast, lunch and dinner at the restaurant.
- Transfer from the airport to Motril, for arrival and departure.
- Transfer to all trainings outside the city.
- Complete pack of official club clothing, nike for competition and training.

Sports field.

- Professional and qualified coaches (coach, assistant coach, physical trainer, material manager).
- Technification training (individual technical and tactical improvement), with qualified professionals.
- Training with the team in the field (3-4 sessions per week), with professional trainers.
- Video analysis of the team rival.
- Participation in official matches (4 matches per month)
- Gym training (4 days a week).
- Quarterly progress report and aspects to improve individually.
- Physiotherapy service in case of injury and rehabilitation.
- Health insurance.
- Recording of all matches.
- 2-5 training sessions whit the first team (3rd Division)

Educational field

- Enrollment in spanish, english course.

9 MONTH PROGRAM

***Valid until July 31st**

Before

~~21.500\$~~

Now *

19.500\$

Services

- Accommodation in an apartment with different clubmates.
- Double room.
- Breakfast, lunch and dinner at the hotel.
- Transfer from the airport to Motril, for arrival and departure.
- Transfer to all trainings outside the city.
- Complete pack of official club clothing, nike for competition and training.
- Visa cost included.

Sports field

- Professional and qualified coaches (coach, assistant coach, physical trainer, material manager).
- Technification training (individual technical and tactical improvement), with qualified professionals.
- Training with the team in the field (3-4 sessions per week), with professional trainers.
- Video video analysis of the team and the rival.
- Individual analysis of technical-tactical aspects to enhance.
- Gym training (4 days a week).
- Participation in official matches (4 matches per month, 30 matches per season).
- Participation in friendly matches with other top-level teams.
- Quarterly progress report and aspects to improve individually
- Physiotherapy service in case of injury and rehabilitation.
- Health insurance.
- Recording of all matches.
- 5-10 training sessions with the first team (3rd division).
- Official recommendation letter from a football club in Spain .

Educational field

- Enrollment in Spanish, English course.
- Enrollment in ESO, Baccalaureate or University.
- Enrollment in course or specific masterclass.

Other activities

- Trips to tournaments or matches arranged in other big cities.
- Complementary activities.
- 2 tickets to see a first division match.
- Collaboration with other clubs of a certain level to facilitate their football progression





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www.cfmotril.com