LaLiga Academy

“Experience the passion of LaLiga from within”

LaLiga Academy

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“Dreaming of LaLiga”

LaLiga Academy

The commitment to bring through future professionals has strong backing from LaLiga through its sports and grassroots football training projects. These come in the form of top-class academies, football schools and coaching courses, to name but a few.

At LaLiga Grassroots, we aim to promote and enhance LaLiga's value and image through the development of our own sporting and training projects while upholding the culture of Spanish football as well as passing on LaLiga's own know-how and methodologies.

Our primary goal is to take the knowledge accumulated over the years by the most outstanding professionals involved in football to every country and continent in the world. These will take place in the form of multidisciplinary projects and events, which can be grouped into five main areas of involvement: Sports Advice and Guidance, Football Development, Coach Training, Clubs and Academies, and New Technologies.

We are proud to offer top-class programs, which aim to produce the stars of tomorrow through challenging training sessions, the use of technology, and elite-standard physical preparation and resources, while promoting academic study through the best education programs on offer.

¡Welcome to LaLiga Grassroots!

Óscar Mayo
LaLiga's CEO

LaLiga Academy

LaLiga Grassroots

1

“By nurturing the present, we create the future”

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LaLiga Grassroots

+175K Trained Players

+20K Formed Coaches

+400 Projects

+38 Countries

LaLiga Grassroot’s is LaLiga's new global initiative to support, promote and bolster grassroots football around the world. A commitment with the present to build the football of the future.

We offer different programmes aimed at young players which are based on a global experience structured around four fundamental pillars: Football, education, culture, entertainment and LaLiga's experience.

The training and competition programmes are adapted to each age group and level, offering the players the experience of living, training and competing the same way that any LaLiga youth team or professional player would.

LaLiga Grassroots in the wolrd

LaLiga Grassroots has projects on 5 continents and in more than 38 countries, having trained more than 175k players and 20k coaches, and with more than 400 successful international projects behind.

LaLiga Academy

Philosophy and Values

2

“Firmly committed to the common good of society”

LaLiga Academy

Philosophy and Values

Our goal:
Through the development of its own sports and training projects, LaLiga Grassroots aims to promote the culture of Spanish football and the transmission of the know-how of LaLiga's own methodology.

Our mission:
Bringing the knowledge generated over the years by the best professionals of LaLiga to all countries and continents of the World.

Transparency / Evolution / Integrity
Responsibility / Authenticity
Companionship / Passion / Respect

> "LaLiga is much more than just football."

Players are the core of our project, and their comprehensive education the ultimate goal of our involvement.

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ESC Madrid

In Villaviciosa de Odón, 20 minutes from the centre of Madrid, the complex offers idyllic surroundings in one of the most important capital cities in the world.

ESC Madrid

A unique complex around the world

ESC Madrid, on its opening in 2022, becomes one of the international benchmark center for sports and academic training for young athletes.

The official complex where LaLiga and the NBA colive in Spain, its creation involves a before and after for these kinds of centers focusing on sporting and educational excellence. It is the first time that two brand leaders in the sports and entertainment industry join forces to support and boost the next generation of athletes.

The center has top facilities which provide all the services and amenities for the best academic, sports and personal development of athletes.

All you could need, in one place

- FOOTBALL FIELDS
- INTERNATIONAL SCHOOL
- RESIDENCE ACCOMMODATION
- BASKETBALL PAVILION
- SWIMMING POOL
- GYM
- HALL
- GAME ROOM

LaLiga Academy

ESC Madrid

Location & Environment

The ESC Madrid center is in Villaviciosa de Odón (15 km from Madrid) in a unique location to live, study and practice sports.

The center is located within a private urbanization called El Bosque, an idyllic place surrounded by luxurious houses and beautiful forests so athletes can fully concentrate on their studies and training, also guaranteing the maximum safety. ESC Madrid is just 20 minutes from the center of Madrid, a unique city in the world and which is a cultural reference and sports model worldwide.

With an enviable climate, a top class gastronomy, and a world famous culture, Madrid offers an experience and quality of life unique in the world.

ESC Madrid

Elite center

ESC Madrid has been built and designed to fulfill all the necessities sportspeople can have.

All the spaces are designed to contribute to the sports and academic excellence of the residents, offering the best technology in all its sports facilities, as well as a laboratory, specific video analysis rooms, library and study rooms.

In addition, to offer greater comfort, the center has a 24-hour cafeteria service with menus adapted to the special needs of each person, weekly laundry service and weekly cleaning of all rooms.

ESC Madrid

3

FOOTBALL FIELDS

- 2 FIFA dimensioned soccer fields with natural grass and last generation artificial grass.
- 2 areas of 800m^2 for warmups, goalkeeper training, physical workout, and individual training.
- 2 stands with capacity for 300 people.
- 2 towers for recording and broadcasting matches.

RESIDENCY

- Capacity for 450 residents
- 23m2 rooms (single and double) with bathroom and air conditioner included.
- Laundry and cleaning service.
- 24h private security equipment, cameras, accreditation and video surveillance systems.

SCHOOL

- School center with 25 fully equipped classrooms.
- Hall.
- Library.
- Laboratory

COMMON AREAS

- Dining room with restaurant service and with capacity for 200 people.
- TV room with 5 75” screens with retransmission of all LaLiga and NBA games.
- Game room with videogames, table football, table tennis, billiards and more.
- Study and meeting rooms and events hall.
- Outdoor chillout with sofas and relaxing area.
- Clinic.

PAVILION

- Pavilion with parquet floor and stands.
- 8 changing rooms with showers and hydromassage.
- Physiotherapy rooms.
- Video analysis rooms.

GYM & SWIMMING

- 600m^2 gym equipped with the best machines and technology.
- Fitness and spinning area.
- Pool of 20m.

LaLiga Academy

ESC Madrid

Acommodation

The complex has a very exclusive accommodation service designed to offer maximum comfort and ease to its athletes. A first-class residence designed and built to respond to all needs, with adaptable modules that allow the complex to be divided into different groups according to age and gender, and that guarantee maximum security and privacy.

- Bathroom
- Personal desk
- Smart TV
- Closet
- Wifi
- Laundry

4

Football program

“Live, play, learn and enjoy”

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Football program

LaLiga Academy

LaLiga's official academy in Spain offers an educational and sporting experience. For boys and girls with a medium-to-high competition level who want to improve, strengthen and further their abilities. The only requirement is a passion for football.

LaLiga Academy is divided into 2 levels of education

INTERMEDIATE

ADVANCED

OUR OBJECTIVE:
To provide a comprehensive training of the players

Ages
from 13 to 18 years
(Born between 2005 - 2010)

For who it is
Players who want to improve

Level
Med- High performance

Duration
Annual
10 months

FIRST-CLASS TRAINING AND COMPETITION

- Training and education through the most innovative methods and technology in current football.
- Weekly matches against LaLiga club academies and other teams from the Madrid region, as well as participation in both national and international not federated tournaments.
- 4 to 7 weekly training sessions run by LaLiga's top professionals, along with the most innovative technology and resources.
- Specific programmes for goalkeepers.

PROFESSIONALS WITH THE BEST EXPERIENCE

- Education and high-performance training with UEFA Pro coaches under the LaLiga methodology.
- Video analysis sessions and individual performance optimisation programmes.
- Activities with LaLiga Ambassadors and attending events.

FITNESS TRAINING AND PERSONALIZED MONITORING

- Monthly and quarterly individual physical assessment, as well as performance monitoring and optimisation.
- Medical, physiotherapy and injury recovery service.
- Nutritional advice.
- Sports psychology.

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LaLiga Academy

Football program

INTERMEDIATE

The **Intermediate level** is aimed at those players with little experience in the world of football.

The main objective is to work on the technical, tactical and physical skills necessary to improve and take the leap to the next level.

All their training is adapted to their age and football level, with specific individual training to improve and enhance their football skills.

The player training process will be led by LaLiga and based entirely on its methodology, directed by the best technicians and professionals.

ADVANCED

The **Advanced level** is aimed at those players who have previous experience in the world of football.

The objective is focused on the improvement of specific abilities and skills.

Training is mainly aimed at correcting and reinforcing different areas of improvement through the LaLiga methodology. Work individually and collectively to grow as a player.

Train and get better your positioning, your technique, your strength, your coordination and your reading of the game to become a total player with LaLiga.

LaLiga Academy

Football program

4

LaLiga Methodology

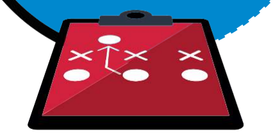
Practices

LaLiga's Methodology structured training process which is adapted to each stage in the player's evolving development.

It is divided into 4 main blocks:

We offer a training process based on the models from LaLiga clubs, that have made them a worldwide reference in terms of the development and training of young talents.

1 Tactical and cognitive



2 Technical and coordination

3 Physical and fitness

4 Psychological and socio-affective

At the end of the process, players will reach the peak of their performance, while acquiring a series of cross-cutting competencies which will be key to help them in their adult lives.

LaLiga Academy

Football program

Staff LaLiga

- UEFA Pro (Level III) or UEFA A (Level II) coaches.
- International experience and specialisation in a range of areas of football (fitness coaching, analysis, scouting...).
- Graduates in Physical Education and Sports Sciences.
- English language.
- Experience in LaLiga academies and Spanish teams (minimum 5 years).
- Trained in the LaLiga methodology.

The training process of every player will be led by LaLiga and based entirely on its methodology, directed by the best coaches and professionals.

Each coaching team is composed of

- GOALKEEPING COACHES
- COACHING ASSISTANTS
- PHYSICAL-MEDICAL TRAINERS
- FITNESS COACHES
- MEDICAL STAFF
- PHYSIOTHERAPISTS
- NUTRITIONIST
- SPORTS PSYCHOLOGISTS

LaLiga Academy

Academics

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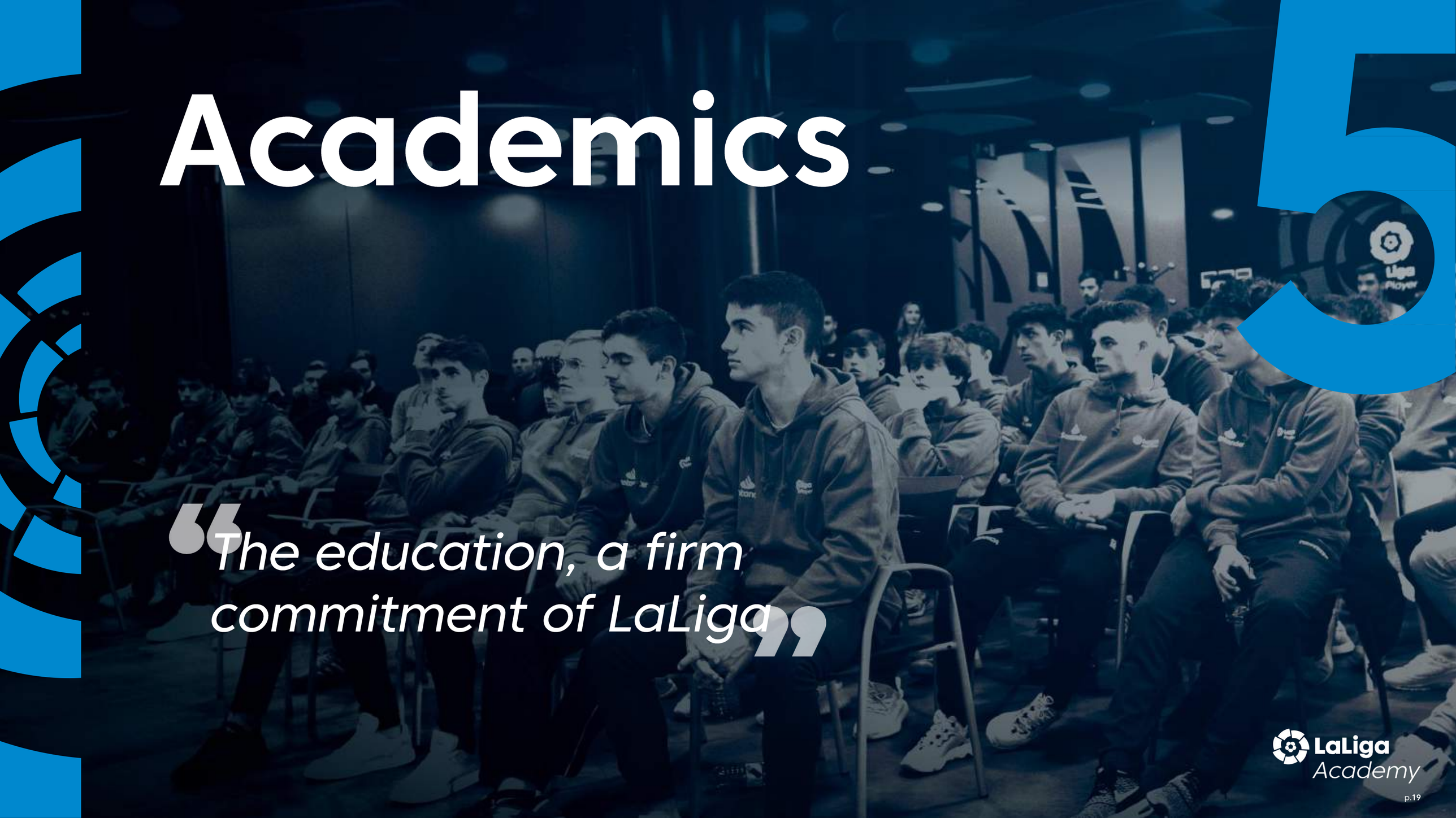

“The education, a firm commitment of LaLiga”

LaLiga Academy

Academics

ESC International School

Young athletes will study at the International School located within the ESC Madrid complex in Spain.

The ESC International School is an accredited entity authorized to offer american and spanish academic programs and give firmness to the degree of its students. In addition, it will have the management and support of the prestigious international school **“Liceo Europeo”.**

The center witll teach a foreign educational system and spanish language and culture, ensuring the presence of national and international students.

The management of the school has extensive experience offering exclusive international academic programs, with the goal of forming people with strong values and knowledge.

Our commitment to education forms the cornerstone of our comprehensive development model, putting at the service of our children international top level academic institutions that guarantee an educational process adapted to the needs of each student.

American academic program for Middle & High School

- Middle & High School (7-12 grades) at the international school within the same centre.
- Courses to prepare for American university with SAT exams.
- Academic psychology and pedagogy service.

International Baccalaureate Program

- IB adpated program.
- Preparation for american and european universities.
- Academic psychology and pedagogy service.

Language academy

- English level exams TOEFL and IELTS.
- Spanish language and culture at the Cervantes Institute.
- Intensive English tutoring courses.
- Spanish, french and other languages.

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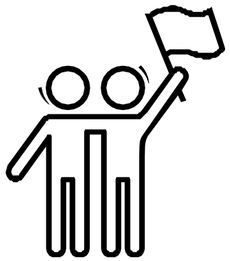
LaLiga Academy

Academics



Classes and Groups

Groups

By age, academic and english level.

Classes

Small classes among 10-15 students.

Tailor-made service

Monitoring

There is personal monitoring of the student at all times throughout the year.

Accompaniment

Children will be accompanied at all times by the figure of the tutors, who will be responsible for guiding them throughout their stay. A 24/7 service with the aim of ensuring the personal well-being of each young person, supporting them in the adaptation during the first weeks, and attending to any need that may arise.

Reinforcement classes

The school offers additional tutoring services in order to help all students who require it, providing a specific and adapted attention according to the student's needs.

Curriculum and Schedule

Curriculum

Mandatory:

- Mathematics
- Science
- Social Science
- Physical Education
- English language

Optional:

- Business
- Tech Science
- Computer Science
- Art
- Etc

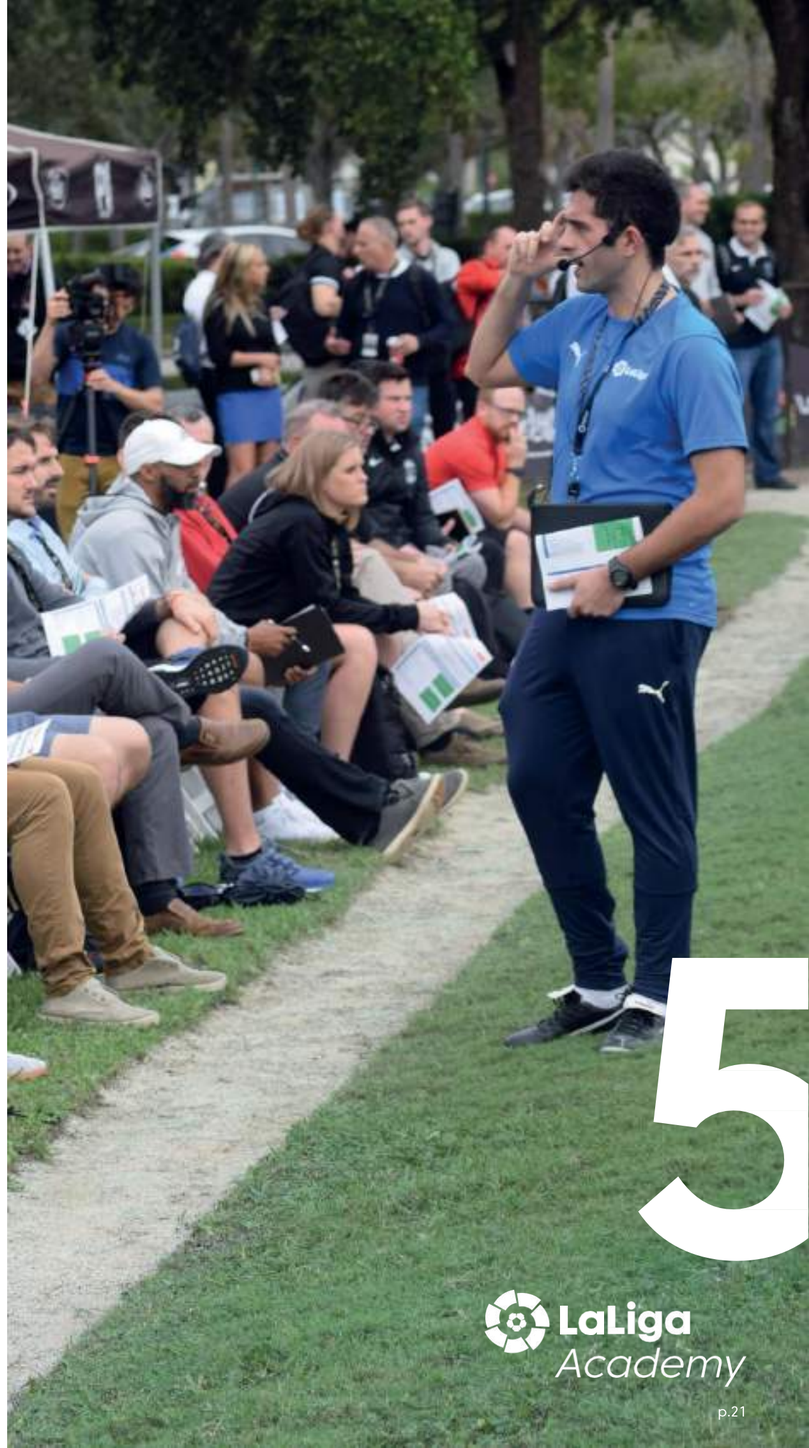
Schedule

- 30 teaching hours per week.
- Intensive model with morning or evening classes.
- Perfect balance between classes and training.

Teachers

National and American native teachers, all of them bilingual and with years of previous experience.

A whole human group available to nurture and guide all our students to achieve their personal, academic and sports goals



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LaLiga Academy

Academics

Opportunities and Scholarships

As a culmination of the comprehensive training process for LaLiga Programs athletes, they will be able to apply for university **scholarships** at some of the best **universities in Europe and the United States**, being able to continue fulfilling their dream and combining their university studies with playing football.

Dual Career

The dual career of the young athlete sets the guidelines for our intervention, seeking a constant **balance** between studies and sports.

It is essential that throughout their training process, we **support** our young athletes in everything necessary when combining both.

Sample Schedule

- **7am** Wake up
- **7:30am** Breakfast
- **9am** Start of school
- **2pm** End of school
- **2-3:30pm** Lunch
- **4pm** Leisure time
- **6-8pm** Training
- **8:30pm** Dinner
- **10:30pm** Go to bed

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Activities, leisure and services

6

“Experience LaLiga”

LaLiga Academy

Experience LaLiga like never before

6

EXCURSIONS AND TOURISM

CULTURAL ACTIVITIES

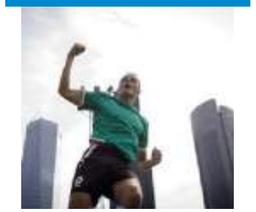
ATTENDING LALIGA MATCHES

ACTIVITIES WITH LALIGA AMBASSADORS

LALIGA STADIUM TOURS

AIRPORT TRANSFERS AND DAILY TRANSPORT

PRIVATE MEDICAL INSURANCE



ASSISTANCE AND ADVICE DURING THE PROCESS OF OBTAINING A VISA

LaLiga Academy

Why LaLiga Academy

"The best league in the world is waiting for you!"

LaLiga Academy

Why LaLiga Academy?

A POTENTIAL GROWTH

Develop and enhance your skills by playing against the best academies of LaLiga, competing at the highest level and being watched by professional scouters.

INTERNATIONAL EXPERIENCE

The incredible experience of living in Madrid, one of the best cities in the world, in a highly diverse and multicultural environment.

LIVE IN A UNIQUE CENTER

Live, study and train in a state-of-the-art very exclusive complex, inaugurated in 2022, which offers the best spaces, facilities, services and comforts.

PROFESSIONAL TRAINING

Train at the highest level with the most innovative methods and resources in modern football and experience the ultimate progression and leap. Feel every day like a true LaLiga professional.

TRAIN WITH THE BEST

LaLiga provides the best coaches and professionals in the world of football to make a highly competitive team.

INTERNATIONAL SCHOOL

Study within the American or Spanish program at a first level international school, grow both academically and personally, and open the doors of your future to the best American and European universities.

LaLiga Academy

What is included

8

“Chasing a dream means working to do your best”

LaLiga Academy

What is included

FOOTBALL PROGRAM

- **15 hours of football training** per week between 4 and 7 weekly training sessions.
- Education and high-performance training with **UEFA Pro coaches** under **LaLiga methodology.**
- **Individual development programs.**
- **Matches against LaLiga club academies,** high-performance academies academies & not federated national and international tournaments.
- **Fitness training** for football and individual performance optimisation, **video analysis, nutrition,** and **sports psychology** sessions.
- Monthly and quarterly individual **physical assessment, physiotherapy, medical service** and injury recovery.

ACADEMICS

- **American Middle & High School program** (grades 7-12).
- **International Baccalaurate (IB)** program.
- Both at the **international school ESC Madrid** within the same centre.
- Preparation courses for American university with **SAT exams.**
- Academic **psychology, pedagogy and tutoring service.**
- **Spanish language and culture** at the Cervantes Institute.
- Intensive **English** tutoring courses.
- **Language** Academy.
- English level exams **TOEFL** and **IELTS**.

OTHER SERVICES

- Annual **residence** and full board.
- Single and double **bedroom** with cleaning service.
- **5 meals**, with adapted menus to the personal needs of each player.
- Private **medical insurance.**
- **Excursions**, cultural activities, LaLiga stadium tours, **attending matches,** events, and activities with **LaLiga Ambassadors.**
- Training and competition **kits**.
  Laundry service.
- **Gym**, swimming pool, games room...
- Airport **transfers**, **daily transport** and constant personal assistance.

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9

Application and admissions

“This is just the beginning, we want so much more”

LaLiga Academy

Application and admissions

STEP 1.
Contact the admission department

Fill in the online form, or send an email showing your interest in being part of the process to:

grassroots@laliga.es

or call us at:

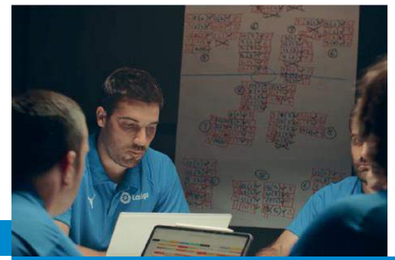
680 652 173

STEP 2.
Interview

A telematic interview will be arranged with the candidates and their families to get to know them better, and hear about their experience, expectations and their interest. In the interview, information about his sports and academic CV will be requested.

STEP 3.
Technical questionnaire

A technical form will be sent to the candidate, who must fill it out and send it along with videos of their highlights and references from coaches and clubs or academies.



STEP 4.
Candidates' assessment

Analysis of the candidate's sporting profile by LaLiga technical directors, and academical and personal by the pedagogical team of the ESC International School.

STEP 5.
Admission

An acceptance letter will be sent to the candidate, informing about the next steps and the payments.

LaLiga Academy

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It’s not football. It’s LaLiga.