



A.T. Centro de Tecnificación  
Dribling S.L.



***DRIBLING SPAIN***

*International Programme of technical training of soccer players*

## WHAT IS THE PURPOSE OF THE ACADEMY?

Academy of Technification Dribling S.L. is a Spanish company dedicated to the development of high performance in football through the formation of players by means of its innovative teaching method.

Since 2007 we offer the possibility of spending periods from two weeks to a whole season in Spain training following a revolutionary method that makes it possible to acquire the technical skills relevant for competition in modern football.

Thanks to the best professionals of Spanish football, a high-performance methodology and some magnificent facilities in our Academy, the player has all the necessary means to live and train in an environment of elitism where they can assimilate the so well-known worldwide technical concepts of the Spanish football.

Thus, the Academy facilitates players accommodation, transportation, facilities, staff (coaches, doctors, interpreters...), health insurance and all the needs required for a long term professional technical work. In this way, an educational and competitive stay can be experienced in a country pioneer in the achievement of football results.

## DO ABOUT THE FORM?

The Dribling Academy consists of following makers:



### COACHING PROFESIONAL

#### Armando de la Morena

- Entrenador Nacional de Fútbol, Técnico Superior Deportivo, Máster en dirección de equipos de alto rendimiento (R.F.E.F.), Máster en Psicología de Entrenamiento Deportivo (UNED), Colaborador como profesor de la F.F.M., Entrenador del Club Atlético de Madrid S.A.D. durante 13 temporadas, actual entrenador del Juvenil Club Atlético de Madrid S.A.D....



### PROYECTOS INTERNACIONALES

#### Yanko Ordóñez

- Entrenador Nacional de fútbol (R.F.E.F.), Máster en Dirección Deportiva (R.F.E.F.), Licenciado en CC de la actividad física y del deporte, Diplomado en magisterio de Ed. Física, Técnico Superior Deportivo (R.F.E.F.), Especialista Universitario en Dirección Deportiva, Entrenador del Club Atlético de Madrid S.A.D. durante 4 temporadas, Ingeniero Superior Agrónomo...



### SEDES DE LA ACADEMIA

#### Jose Luis Jiménez

- Entrenador regional de fútbol, entrenador del Club Atlético de Madrid durante 13 temporadas...



### CAMPUS DE TECNIFICACIÓN

#### Juan Antonio Ramos

- Auxiliar técnico-Monitor de fútbol base, 2º Entrenador fútbol base Atlético de Madrid S.A.D. durante 7 temporadas, actual delegado fútbol base del Club Atlético de Madrid S.A.D.



### EVENTOS

#### Alberto Fernández-Pinilla

- Entrenador Nacional de Fútbol, Entrenador del Club Atlético de Madrid durante 8 temporadas, Licenciado en Ciencias Matemáticas, Profesor de Enseñanza Secundaria...



### JUGADORES

#### Lorenzo Guijarro

- Entrenador regional de fútbol, entrenador del Club Atlético de Madrid durante 5 temporadas...

The above mentioned staff dedicate to daily technical training of the players, management and also coordination of events that the company develops (Technical football Camp, tournaments, training courses, etc.).

Moreover, the best professional sport coaches belonging to 1st division clubs (Real Madrid CF, FC Barcelona,...) are part of our staff:

**Francisco Lobato**

Training: National Coach

Experience: Coach Infantil Atlético de Madrid

**Federico Bahón**

Training: National Coach

Experience: Coach Alevín A Atlético de Madrid

**Andrés Muñoz**

Training: Goalkeepers Coach

Experience: Goalkeeper Atlético de Madrid 2ª  
División B

**Ignacio Mateo**

Training: National Coach

Experience: Coach Cadete A Rayo Vallecano

**Jesús Nova**

Training: National Coach

Experience: Coach Alevín B Atlético de Madrid.

**José Alfredo Fernández**

Training: National Coach

Experience: Coach Juvenil C Real Madrid C.F

**Javier Castilla**

Training: National Coach

Experience: Second Coach Juvenil C Real Madrid C.F

**Daniel Poyatos**

Training: National Coach

Experience: Coach Juvenil A R.C.D. Espanyol

**Andoni Bombín**

Training: National Coach

Experience: Coach Athletic Club de Bilbao

**César Camaño**

Training: National Coach

Experience: Goalkeepers Coach R.C.D. de La Coruña

**Roberto Rodríguez**

Training: National Coach

Experience: Coach Juvenil A Getafe C.F.

**Pedro Sánchez**

Training: National Coach

Experience: Coach Cadete A Real Madrid C.F.

**Carles Martínez**

Training: National Coach

Experience: Coach Alevín A R.C.D. Espanyol

**Rubén Cabrera**

Training: National Coach

Experience: Coach Prebenjamín Atlético de Madrid

**Samuel Gallego**

Training: National Coach

Experience: Coach Prebenjamín Atlético de Madrid

All of them form a heterogeneous group of professionals trained by national coaches, goalkeeper coaches, fitness coaches and professional trainers.

Thanks to this work, the four levels of performance (technical, tactical, physical and psychological) are used to maximize the qualitative conditions of the player using complex systems of training aimed at the competition.

## WORK METHODOLOGY

Once defined the group where he/she is going to be included in the Academy in Spain and the period when he/she is going to do the course, the proposed planning applies to the is needs taking into account their age and competitive level.

The level of the group and also the stage of the season which they have chosen (preseason, winter rest...) and their particularities, that will be previously evaluated, will determine the volume of work, the dynamics of training and also their friendly matches.

The training will take place in our sports facilities **in morning and afternoon sessions**, interspersed with recovery in pool sessions, technical training sessions of muscle work in gym and leisure sessions to be chosen by the group among the range of leisure activities available.

These facilities belong to a sports private centre without access to the public so that the sessions are conducted in an atmosphere of calm and concentration.

All workouts will be conducted by qualified coaches of the best clubs in Spain a minimum of **10 weekly sessions following the guaranteed DRIBLING METHOD.**

**Friendly matches** against the top teams in Spain (Real Madrid CF, Atlético de Madrid SAD...) will be carried out.

The group will wear a complete Adidas equipment.

**Technical reports** of each player performed carried out will be by the project director and the coaches. The first, in mid-term, will asses the adaptation of the player to Spanish training techniques. The second, at the end of the stay, will evaluate the progression of the player.

Each player will be given a diploma of technical training once they have passed the criteria and **METHOD DRIBLING SPAIN** dynamics.

In terms of coexistence, the group will be hosted in a magnificent hotel next to the sports facilities in an urban centre that meets all their needs. They will be at a walking distance of shopping centers and entertainment. In addition players will be provided with:

- Bus for all their trips.
- Interpreters who accompany them continuously at sporting, educational and cultural activities.
- Individual health insurance which guarantees the player the best medical resources in case they need them throughout their stay.
- Security service.
- Full boarding.
- 24 hours tutor.
- Director of the Academy at your request.
- Etc.

**ESTIMATED TIME PROGRAMMING**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-8:30	BREAKFAST						
8:30-9:00	BREAKFAST						
9:00-9:30						BREAKFAST	
9:30-10:00							
10:00-10:30	TRAINING	TRAINING	TRAINING	TRAINING			
10:30-11:00	TRAINING	TRAINING	TRAINING	TRAINING	TRAINING		
11:00-11:30					TRAINING		
11:30-12:00	TRAINING	POOL	TRAINING	POOL			
12:00-12:30							
12:30-13:00	LUNCH						
13:00-13:30	LUNCH						
13:30-14:00	LUNCH					MATCH	GUIDED VISITS
14:00-14:30	LUNCH						
14:30-15:00	LUNCH						
15:00-15:30	LUNCH						
15:30-16:00							
16:00-16:30	TRAINING	TRAINING	TRAINING	TRAINING			
16:30-17:00	TRAINING	TRAINING	TRAINING	TRAINING	FREE TIME / LEISURE		
17:00-17:30					FREE TIME / LEISURE		
17:30-18:00					FREE TIME / LEISURE		
18:00-18:30					FREE TIME / LEISURE		
18:30-19:00	FREE TIME / LEISURE		FREE TIME / LEISURE			RECREATIONAL	
19:00-19:30	LEARNING SPANISH		LEARNING SPANISH				
19:30-20:00	LEARNING SPANISH		LEARNING SPANISH				
20:00-20:30							
20:30-21:00							
21:00-21:30	DINNER						DINNER
21:30-22:00	DINNER						
22:00-22:30	DINNER						

- **TRAINING:** Minimum of 10 weekly sessions of technical work. These exercises are designed by **Dribling method** and consist of:
  - analytical technical work.
  - Integrated technical work.
  - Technique integrated with game systems.
  - Tactical training and matches error correction.
  - Improvement of technical gestures.
  - Etc.
- **FREE TIME/LEISURE:** Each group can design their stay choosing a series of sporting activities to practice in technical training in football-free periods. A monitor that instruct the group can enroll them in each activity. These activities include: golf, paddle, tennis, basketball, ice hockey, fencing, swimming, chess, etc.
- **LEARNING SPANISH:** Spanish language lessons will be provided by qualified teachers if required.
- **RECREATIONAL:** There will be trips and activities leisure activities to theatres, recreational centers and other places of tourist interest.
- **MATCH:** Friendly matches against the top teams in Spain.
- **GUIDED VISITS:**
  - Visit to the stages of first division Real Madrid CF and Atlético de Madrid SAD with their respective tourist tours.
  - Visit football Spanish football teams.
  - Visit Guide to most tourist attractions of Madrid (Gran Vía, Madrid de los Austrias, Aranjuez...)
  - Etc.

## FACILITIES

Dribling Academy operates in one of the most important clubs of the community of Madrid with an area of over 45.000 m<sup>2</sup> dedicated to the training of high performance. Our sports facilities include dozens of activities such as:

- 11 Of artificial turf football field
- Fitness room
- 18 tennis courts
- 12 tracks of paddle
- Boating lake
- 8 swimming pools (3 of them air-conditioned)
- Golf course of 9 holes
- Ice rink
- Equestrian Center with more than 50 boxes
- Etc.



### FACILITIES FOR MUSCLE REGENERATION AND ORGANIC EMPOWERMENT:

The work to include done would be muscle strengthening, aerobic work of swimming, recovery from injury, muscle regeneration, cryotherapy and leisure. The pool has lifeguards that are responsible for the safety of the players when it comes to pool sessions. Since it is heated, the temperature is always ideal for bathing, even though it is in the winter season.



**INDIVIDUAL AND COLLECTIVE TECHNICAL WORKING FACILITIES:**



**OTHER FACILITIES:**



**WHAT OTHER PROGRAMS DO WE HAVE IN OUR ACADEMY?**

- a) Academy of technical performance of football during the season.
- b) Professional coaching for amateurs and professional players.
- c) Events (Tournament 3x3).
- d) Celebration of days of training for players and coaches.
- e) Organization of Campus modernization during holiday periods.
- f) Pre-season work out.

**COSTS**

		COST FOR PLAYER (€)	TOTAL COST (€)
<b>RESIDENCE</b>	Hotel (full Board)		
<b>HEALTH INSURANCE</b>	Individualized health care		
<b>STAFF</b>	Project Director		
	Responsible residence		
	Interpreters (3)		
	Coaches (8)		
	Monitors of recreational activities		
<b>TRANSPORT</b>	Cost coach to travel to and from training, airport, parties and cultural and sports activities at the end of the week.		
<b>SPORTSWEAR</b>	Clothing of the Academy (brand Adidas): 2 tracksuit, 3 shirts, 3 pants, 3 pairs of socks, 1 coat, 1 bag and 1 jacket.		
<b>ACTIVITIES</b>	Visit to the Santiago Bernabeu Stadium and tour for the same.		
	Visit to the Vicente Calderón Stadium and tour for the same.		
	Visit to the city of the Spanish Royal Federation of football		
	Leisure activities (theaters, recreational centers...).		
<b>SEVERAL</b>	Costs of the activity.		
<b>TOTAL</b>			

The budget will be made according to the customer requests, such as:

- The number of Members forming the group.
- The period and length of stay.
- The quality of the hotel chosen (3\*, 4\*,...).
- The type of playful activity chosen (golf, paddle tennis, tennis, basketball, ice hockey, fencing, swimming, chess, candle, etc.).
- Monitors needed for such activities.
- Etc.

## CONCLUSIONS

- Dribling Academy responds to the sporting needs of current sport's showpiece.
- Held out a hand to teams, clubs and federations when it comes to their elite thanks to the stage of concentration athletes train in Spain.
- Is an innovative fool that ensures the integral development of the soccer player with the purpose of becoming elite sport player.
- The residence for a long period in an environment of football at the highest level ensures the assimilation of technical concepts involved in achieving results in the short term.
- The Dribling Method allows players to improve the effectiveness and efficiency of the game thanks to trainings and international coaches.
- It offers a unique, personalized and innovative training to any football team with the methodology, media and most successful teaching methods.



**OUTSTANDING PARTNERS**



Sports brand that saw the Academy



Insurance partner



Insurance company official Academy



Sponsor company

**CONTACT**

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