LA MANGA CLUB
sport & leisure

# HPFC HIGH PERFORMANCE FOOTBALL CENTRE

# HPFC

La Manga Club is a world renowned sports resort that has played host to the biggest sports individuals and teams for more than 40 years.

We understand exactly what sport professionals need to succeed at the highest level and have been helping teams and individuals reach their goals through the use of our world class facilities.

Football is imbedded in La Manga Clubs history and will play a major role in the future in the continued success of the resort.

The best teams and Federations from around the world keep choosing La Manga Club as their preferred overseas base as we have a very unique resort where everything you need is on one site.

We have a dedicated team to the football at La Manga Club which looks after your every need 24hrs a day. This service optimizes what the company stands for.

The High Performance Football Centre is a first of its kind in world football and is specifically designed to showcase and develop the players either into better players for their current team or allow the player to be seen and signed by another club. We have a fully qualified UEFA coaching team that will train the team on a full time basis but MOST importantly they will spend time individually and work with them to improve the weaknesses and technique of the player.

At the La Manga Club WE SPEAK SPORT and allow the players an opportunity to reach their full potential through our never seen before product.

We look forward to welcoming you and helping you become the player you have always strived to be.

Chad Harpur
Director of Sports
La Manga Club

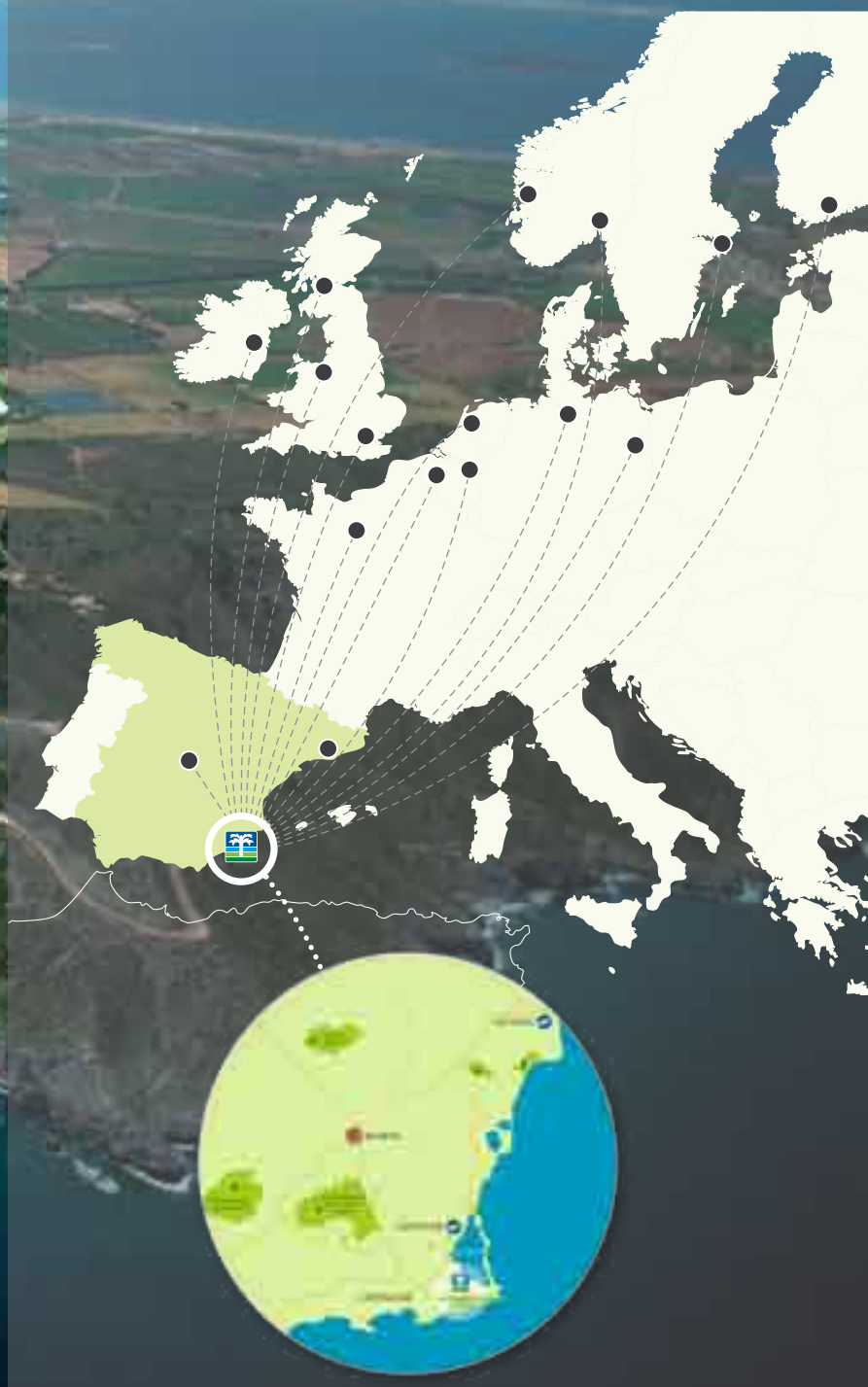
# ABOUT LA MANGA CLUB

La Manga Club is one of Europe's most famous sport and leisure resorts and is located in the Murcia region on south-east Spain's "Costa Cálida" or "Warm Coast".

The area enjoys over 300 days of sun and mild temperatures all year round, making it ideal for training at any time of year.

Less than 3 hours' flight from most European cities, La Manga Club is just 20 minutes from Murcia San Javier Airport (MJV) and 1 hour from Alicante Airport (ALC). Road access from Madrid, Valencia and Andalusia is also excellent.

More than 300 days of sunshine per year
Average temperature of 19˚C



DIRECT FLIGHTS

| From | h | From | h |
|---|---|---|---|
| Amsterdam | 2:40 | Hamburg | 2:55 |
| Barcelona | 1:10 | Helsinki | 4:10 |
| Bergen | 3:30 | London | 2:35 |
| Berlin | 2:55 | Madrid | 1:05 |
| Brussels | 2:40 | Manchester | 2:45 |
| Dublin | 2:50 | Oslo | 2:55 |
| Eindhoven | 2:50 | Paris | 2:15 |
| Glasgow | 3:00 | Stockholm | 3:50 |

# REALISE YOUR POTENTIAL

According to FIFA, only 1% of footballers around the world are ever seen by clubs, scouts or agents.

For Federations and Clubs who want their players to gain international experiences and be able to reach their full potential, La Manga Club High Performance Football Centre is the ideal opportunity.

If you have what it takes to become a top professional footballer but have not yet had the chance to prove it and take your game to the next level, La Manga Club High Performance Football Centre is the right place.

Only the best players will make it through our demanding admission process. Those who do will take part in a unique and comprehensive residential football programme led by professional, qualified and experienced coaches along with their fully qualified backroom staff.

# TRAIN, PLAY AND BE SEEN

La Manga Club High Performance Football Centre provides three options for the player:

- For young talented players who have not had the opportunity to play professional football and to be coached by professionals
- For professional players that are looking to play in the best teams in Europe
- The opportunity to be seen by over 150 clubs and 500 scouts

At La Manga Club High Performance Football Centre, players will receive world-class professional training on a daily basis; improve their technical, tactical, psychological and physical skills. The players will also gain competitive experience playing in friendly matches and against professional clubs from around the world.

Not only this: players will also have the opportunity to showcase their skills to professional clubs who are training or playing in friendlies at La Manga Club and to all the visiting scouts and FIFA agents.

This unique opportunity means potential exposure to professional coaches from more than 150 clubs, 500 scouts, FIFA licensed agencies and the La Manga Club international network.

# SCOUTING

La Manga Club High Performance Football Centre offers an unrivalled opportunity for clubs to discover and sign the most talented football players from around the world which are all in one place and available for contracting.

Players' agents will be able to train and showcase their players to clubs, coaches and scouts visiting during winter and pre-season training camps and international friendly competitions such as the Copa del Sol. It is also the ideal venue for preparing players to play at a higher level, helping them develop professional skills and instinct, ready for top level competition.

In the past year alone, La Manga Club played host to more than 150 professional teams and 500 scouts.

# FACILITIES AND SERVICES

## ELITE FACILITIES

Located in a privileged setting on the Mediterranean coast, La Manga Club High Performance Football Centre plays host to around 150 leading professional teams for training, pre-season tournaments and matches every year.

The centre's elite facilities include 8 FIFA-approved natural grass football pitches, including a match pitch with a stand accommodating 800 spectators. The pitches are complemented by a wide range of soccer training equipment, changing rooms, professional fitness facilities, a biomechanics lab, physio and massage facilities, meeting rooms with AV equipment, spa with hydromassage baths, hot and cold recovery pools, sauna and steam rooms, as well as an extensive choice of restaurants and leisure facilities for your free time.

# FACILITIES AND SERVICES

UCAM
UNIVERSIDAD CATÓLICA DE MURCIA

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CENTRO DE INVESTIGACIÓN Y ALTO RENDIMIENTO DEPORTIVO

HIGH PERFORMANCE SPORT CENTER

Created in collaboration with one of Spain's leading universities in the field of sport science and performance, The High Performance Sport Center (HPSC) offers a comprehensive range of services designed to enable players to optimise and monitor their sporting performance, prevent injuries and boost their health and fitness.

The HPSC provides a complete physiological testing lab for all sports. Amongst others, services include biomechanical analysis, stress tests with cardiac monitoring and respiratory analysis, cardiac function and disease detection, footstrike / gait analysis and clinical analyses.

# FACILITIES AND SERVICES

## FITNESS

La Manga Club's fitness facilities have been designed specifically to meet the training needs of professional sports people.

Our main gym features an extensive selection of cardio equipment, resistance machines, fixed and free weights.

There are saunas, steam rooms, hydromassage baths, hot and cold recovery pools, as well as a 25-metre 6-lane indoor swimming pool and four outdoor pools.

# THE BEST PROFESSIONALS AT YOUR SERVICES

Players training at La Manga Club High Performance Football Centre will be coached, mentored and looked after by a team of professionals whose sole aim is to ensure that each and every player realises their full potential.

# TRAINING PROGRAMMES

La Manga Club High Performance Football Centre offers comprehensive, fully residential programmes ranging from one month to ten months in duration.

Through our programmes, players will receive first-class professional coaching that will transform their technical, tactical, psychological and physical abilities into those required of a professional footballer.

# TRAINING PROGRAMMES

## PSYCHOLOGY

The emphasis will be on theoretical and practical player development, including emotional training, developing and maintaining a winning mentality, motivation and self-esteem.

## PHYSICAL PREPARATION AND FITNESS

Players will undergo comprehensive testing to assess and monitor their physical condition, fitness, flexibility, strength, coordination, speed etc. Professionally tailored personal and group fitness training programmes will ensure optimum fitness and reduce risk of injury.

## NUTRITION

Personal nutritional plans will be prepared by our expert sports nutritionists in accordance with individual physical condition, level of work and training.

## TECHNICAL SKILLS

Players will improve their personal playing technique and reinforce technical skills at individual and collective level through daily training, video analysis and theory sessions.

## TACTICS AND STRATEGY

Practical and theory sessions will cover offensive and defensive principles, tactical variations, goalkeeping, systems of play and set play pieces amongst other topics.

## MATCH GAME

Friendly matches will enable players to put into practice what they have learned and then review their performance, highlighting areas to improve or develop. They will also have the opportunity to play against visiting professional teams, providing highly valuable experience in playing against teams with different styles of play.

# A TYPICAL WEEK'S PROGRAMME

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|---|---|---|
| 7:30 | Wake up | Wake up | Wake up | Wake up | Wake up | Wake up | F |
| 8:00 | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | R |
| 9:00 | Analysis | Systems | Nutrition | Training drills | Physical training | - | E |
| 10:00 | Tactics | Individual physical training | Tactics | Pressing | Defensive techniques | Friendly match | E |
| 13:00 | Lunch and rest | Lunch and rest | Lunch and rest | Lunch and rest | Lunch and rest | Lunch and rest | |
| 15:30 | Psychology | Languages | Strategy | Match preparation | Match analysis | - | D |
| 16:30 | Physical training | Individual physical training | Video analysis by position | Practice match | Specific drills | Recovery | A |
| 18:00 | Recovery | Recovery | Recovery | Recovery | Recovery | - | Y |
| 20:30 | Dinner and leisure time | Dinner and leisure time | Dinner and leisure time | Dinner and leisure time | Dinner and leisure time | Dinner and leisure time | |

# WHAT´S INCLUDED

Our programmes include everything that is needed to take your game to the next level.

Players will be accommodated at 4* Las Lomas Village on a full board basis, with all meals provided throughout their stay.

- In addition to the full training programme, the player will receive the following:
- Training and match kits
- Matches against local and international opposition
- 24-hour technical and medical assistance
- Player evaluation and representation by a La Manga Club FIFA agent are all also included.

# LA MANGA CLUB FOOTBALL HALL OF FAME

Imagine playing against or being signed for teams such as these. At La Manga Club High Performance Football Centre, your dream could become a reality.

## CLUBS

- Austria: Austria Wien
- Belgium: RSC Anderlecht, FC Brügge, SK Lokeren, Royal Excelsior Mouscron
- Croatia: Dynamo Zagreb
- Denmark: FC Nordsjaelland, Brondby
- England: **Liverpool FC, Chelsea,** Newcastle United, Leeds United, Coventry City, Derby County, Leicester City, Southampton FC, Wolverhampton Wanderers, Tottenham Hotspur, Sheffield United FC, Gillingham FC, Watford FC
- Finland: MyPa
- France: Olympique de Marseille
- Germany: **Borussia Dortmund, Bayern Munich,** VfB Stuttgart, Hamburger SV, VfL Wolfsburg, 1. FC Koln, FC Kaiserslautern, SSV Reutlingen, FC St. Pauli
- Israel: Maccabi Tel Aviv
- Netherlands: **PSV Eindhoven, AFC Ajax,** Sparta Rotterdam, Feyenoord
- Norway: SK Brann, Rosenborg BK, Lillestroem SK, Molde FC, Stabaek, Viking FK Tromso IL, Bryne FK, Bodo / Glimt, Oster, Odd Grenland, Stromsgodset, IF, Moss FK, FC Lyn Oslo, FK Haugesund, Start, Sogndal Fotball, Valerenga
- Peru: Club Alianza Lima
- Poland: Polonia Warszawa
- Russia: **CSKA Moscow,** Lokomotiv Moscow, FC Rubin Kazan, Dynamo Moscow, Torpedo Moscow, Angy, Spartak Nalchik
- Scotland: **Celtic FC**
- Spain: **Real Madrid, FC Barcelona,** Deportivo de La Coruña, Granada FC, Real Sociedad, RCD Espanyol, Deportivo Alavés, Real Murcia, Real Betis, CD Tenerife, UD Almería
- Sweden: IFK Gotebörg, Helsingborg, Malmö FF, Orebro SK, HalmstadBK, AIK, Elfsborg, OrgryteIS, Trelleborg FF, Kalmar FF, IFK Norrköping, GIF Sundsvall, GAIS, Landskrona, Hammarby IF
- Switzerland: FC Basel, FC Grasshoppers, FC Wil
- Turkey: Galatasaray SK
- Ukraine: **FC Shakhtar Donetsk, Dynamo Kiev**
- United States: **LA Galaxy, New York Red Bulls,** Seattle Sounders FC, FC Dallas, Columbus Crew, San José Earthquakes
- Wales: Cardiff City FC

## NATIONAL SQUADS

- Denmark Senior Team
- Denmark Ladies Team
- **England Senior Team**
- England Women A Team
- England under-16, under-17, under-18, under-20
- Faroe Islands
- Finland Senior Team and under-21
- French Ladies under-19 and under-21
- Iceland National Team
- Korea National Team
- Norway Senior Team and under-21
- Norwegian Ladies Team
- Scotland National Team
- **Spain National Team and under-21**
- South Africa National Team
- Sweden National Team
- Swedish Ladies Team
- Switzerland Women's Team
- Welsh National Team
- USA Women's Team

# YOUR FUTURE STARTS HERE

If you are excited by the opportunities that La Manga Club High Performance Football Centre offers you as a player and think you have what it takes to become a professional, please contact us for more details about the application process.

We welcome enquiries from individual players, clubs, associations, agents, University sides and federations, as well as from scouts and coaches interested in talent spotting at La Manga Club.

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