

**PLAYMENTOR**



**FOOTBALL  
EXPERIENCES**



## OUR COACHING STRATEGY

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"Inspired by those who (re) value sporting lives, I have dedicated years to understanding everything surrounding the performance of my players. I strive to delve into their world, capturing their characteristics, emotions, thoughts, and feelings, both on and off the field.

An extensive experience working with high-performance children and adolescents has allowed me to define a Method that streamlines the Teaching-Learning Process and leads to Success. I do not limit myself to a standard approach; on the contrary, I explore and adapt to the different characteristics of each individual, understanding that each player possesses a unique formula for their optimal development.

With a methodical approach, I know that the most in(significant) details make the difference between good and exceptional."

-Sebas Palou

# PLAYMENTOR METHOD

Our commitment will focus on building habits both on and off the field that enhance your abilities and consistently multiply your performance.

## This innovative T-L Process integrates 5 fundamental pillars:

- ◆ **Roles of Interaction:** We will show you how to reduce the complexity of the game, no matter your position. Thanks to this pillar, you will become a versatile footballer capable of performing in various positions while staying true to the style that defines your game.
- ◆ **Spatiotemporal Variables:** These aspects are the perfect complement to the roles of interaction. Thanks to this pillar, you will become a footballer capable of giving intention to every action in the game and taking the initiative both with and without the ball.
- ◆ **Sensory Stimulation:** We will implement tasks that sharpen your senses and perfect your control over your instincts. Can you imagine one day mastering your body in extreme situations?
- ◆ **Discomfort Scenarios:** We will consciously expose you to uncomfortable and adverse situations. By overcoming these challenges, you will increase your confidence, develop the ability to stay calm under pressure, and enhance your resilience in crucial moments.
- ◆ **Game Challenges:** Finally, none of this would be possible without the fifth pillar. We will define general and specific challenges that keep you motivated to improve every day until you find your best version. Remember, the game is our main ally.

# CALENDAR 2024-2025

## PLAYMENTOR SERVICES

- Playmentor International Experiences
- Playmentor Clinic
- Playmentor Stage Experience
- Playmentor Training Experience
- Playmentor Elite Experience

### August '24

M	T	W	T	F	S	S
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

### September '24

M	T	W	T	F	S	S
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6

COURSE START

### October '24

M	T	W	T	F	S	S
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

### November '24

M	T	W	T	F	S	S
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1

### December '24

M	T	W	T	F	S	S
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

WINTER STAGE

### January '25

M	T	W	T	F	S	S
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

WINTER STAGE

### February '25

M	T	W	T	F	S	S
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	1	2

### March '25

M	T	W	T	F	S	S
24	25	26	27	28	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

SPRING BREAK CAMPS & CLINICS

### April '25

M	T	W	T	F	S	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4

EASTER WEEK STAGE

### May '25

M	T	W	T	F	S	S
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

ELITE EXPERIENCE (CAT)

INTERNATIONAL EXPERIENCE & CLINIC

### July '25

M	T	W	T	F	S	S
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

### June '25

M	T	W	T	F	S	S
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6

2025-2026 SEASON PLANNING

STATE OF THE ART FACILITIES

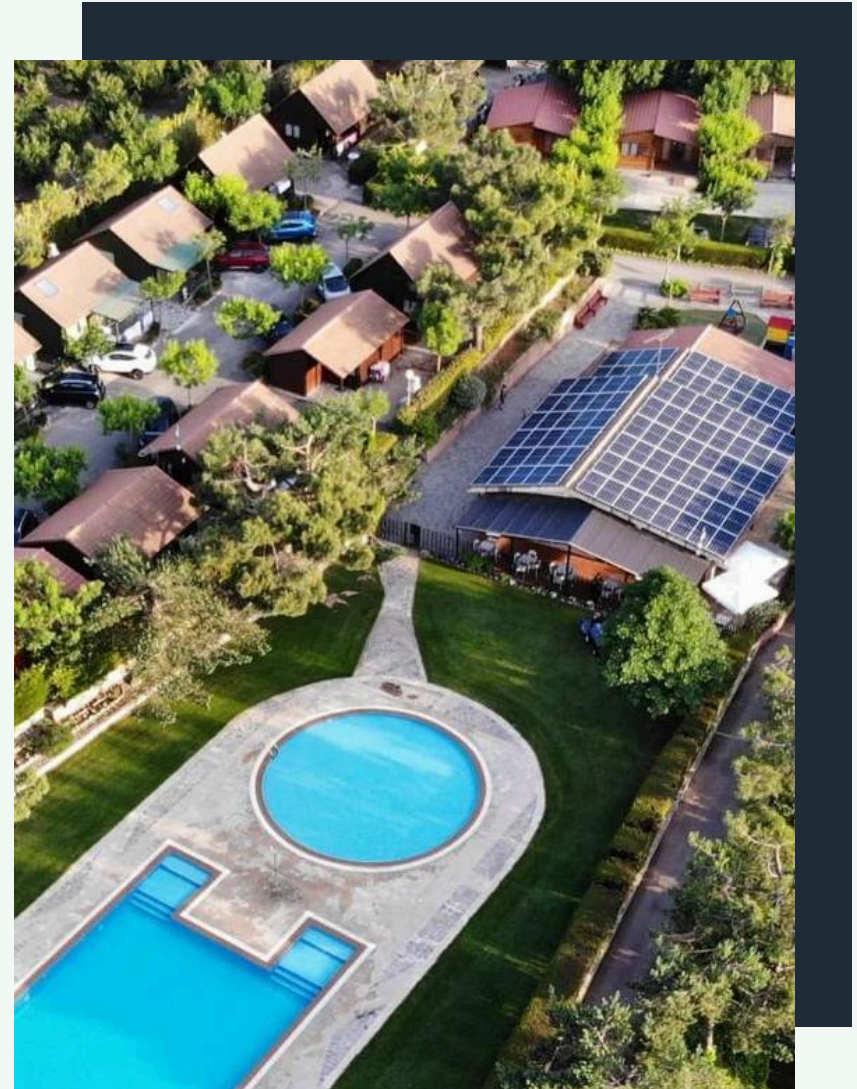
# PLAYMENTOR ELITE EXPERIENCE BARCELONA

For a week, we will live in a first-class family campsite located in an iconic town of Catalonia.

Situated at the heart of Catalonia it gives us the opportunity to enjoy different experiences in a natural setting ideal for the development of the Playmentor experience.

**Within the facilities of the complex,  
we will be able to enjoy:**

- ◆ Wooden bungalows for our athletes.
- ◆ Natural grass F11 and F7 fields.
- ◆ Basketball courts, futsal, etc.
- ◆ Meeting and projection room.
- ◆ Swimming pool.



STATE OF THE ART FACILITIES

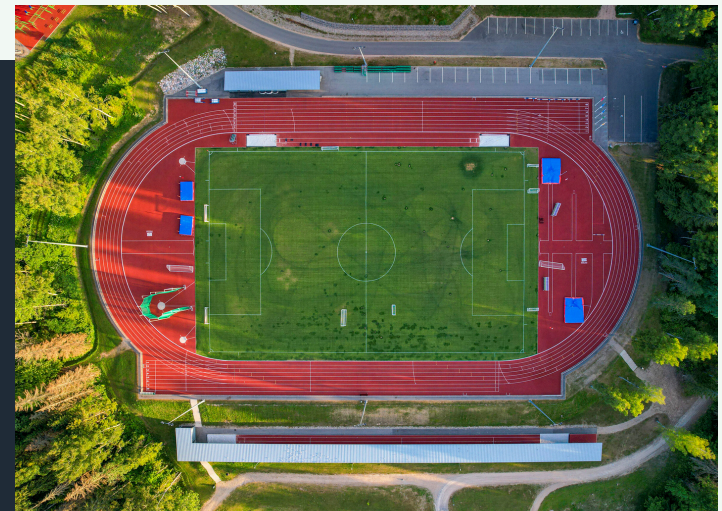
# INTERNATIONAL CAMP ESTONIA

Nestled in the picturesque landscape of South Estonia, just 213 km from Tallinn and 195 km from Riga, **Playmentor** offers an unparalleled experience for kids and teenagers.

The camp is set in a stunning natural environment, surrounded by serene lakes and lush forests, making it the perfect backdrop for both athletic development and unforgettable memories.

**Within the facilities of the complex,  
we will be able to enjoy:**

- ◆ 2 Football fields (1 artificial grass and one natural grass)
- ◆ Fitness rooms
- ◆ Sports Hall
- ◆ Restaurant
- ◆ Accommodation (Hotel, Cabins, Hostel)



# FOOTBALL CAMPS

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## Playmentor Camps in Spain

- ◆ Stage Experience
  - ◆ Winter stage
  - ◆ Easter stage
- ◆ Training Experience
- ◆ Elite Experience

## Playmentor International Camps

- ◆ Clinic Experience
- ◆ International Camps
  - ◆ Spring Break stage
- ◆ Training Experience



From 12 years old

## WINTER STAGE

### Boarding

Designed for a short-term experience of 3-4 days, fully immersive.  
Maximum group size of 16 people.

**When:** Last week of december and first week of january  
Full day from day 1 to 3 and half day day 4

### Meals Included

**Playmentor training experience** if required

**Where:** Catalonia and Andorra

We help young footballers aged 12 and up recover from competitive stress and prepare for the next phase physically, technically, tactically, and mentally.

We unwind in a unique environment, away from their daily routine, with the goal of boosting their performance in a healthy and sustainable way.



### Training Volume:

- ◆ Football
- ◆ Recovery
- ◆ Mental
- ◆ Other activities

From 12 years old

## EASTER STAGE

### Boarding

Designed for a short-term experience of 3-4 days, fully immersive. Maximum group size of 16 people.

**When:** April 14 - 17

Full day from day 1 to 3 and half day day 4

### Meals Included

**Playmentor training experience** if required

**Where:** Catalonia and Andorra

We help young footballers aged 12 and up recover from competitive stress and prepare for the next phase physically, technically, tactically, and mentally.

We unwind in a unique environment, away from their daily routine, with the goal of boosting their performance in a healthy and sustainable way.

### Training Volume:

- ◆ Football
- ◆ Recovery
- ◆ Mental
- ◆ Other activities





From 8 years old

# TRAINING EXPERIENCE BARCELONA

## Non Boarding

Specific training sessions from Monday to Thursday for 60 minutes, allowing us to complement the development of young footballers and coaches through:

- ◆ Specific Improvement Training by Stage  
for ages 8 to 12 (maximum 6 players)
- ◆ Specific Improvement Training by Position  
for ages 12 + (maximum 3 players)
- ◆ Specific Personalized Improvement Training  
for ages 12 + (maximum 1 player)
- ◆ Reflection Spaces on the different management  
processes (social, training, competition)  
aimed at young coaches

**When:** During the year

**Sessions of 60' per day**

**Where:** Barcelona and Barcelona surroundings



From 10 years old

## ELITE EXPERIENCE

### Boarding

A 24/6 retreat format where we help young footballers disconnect during the transition period, with the goal of ensuring their recovery after the season.

We unwind in a unique environment, away from their daily routine, with the aim of boosting their performance in a healthy and sustainable way.

**When:** First fortnight of July

Full day from day 1 to day 6

**Meals Included**

**Playmentor training experience** if required

**Where:** Catalonia and Andorra

### Training Volume:

- ◆ Football
- ◆ Recovery
- ◆ Mental
- ◆ Other activities



From 8 years old

# PLAYMENTOR INTERNATIONAL CAMPS

A 5-hour/6-day Campus format where we can expand our brand/knowledge over 1 or 2 weeks while providing personal, athletic, and football development to children aged 8 to 16

**Playmentor training experience** if required:

- ◆ Stage-Specific Improvement Training for ages 8 to 12
- ◆ Position-Specific Improvement Training for ages 12+

## LOCATIONS

### ◆ INTERNATIONAL CAMP MIAMI 2025

Spring Break Marzo 2025  
Non Boarding

### ◆ INTERNATIONAL CAMP Estonia 2025 (TBC)

Boarding  
Meals Included

#### Training Volume:

- ◆ Football
- ◆ Recovery
- ◆ Mental
- ◆ Other activities



From 12 years old

# PLAYMENTOR INTERNATIONAL CLINICS

A 4-hour/5-day Masterclass format where we can expand our brand and expertise over 5 days while providing personal, athletic, and football development to children and coaches aged 12+

**Playmentor training experience** if required:

- ◆ Position-Specific Improvement Training for ages 12+

## LOCATIONS

- ◆ **INTERNATIONAL Clinic Kenya 2025 (TBC)**  
Non Boarding
- ◆ **INTERNATIONAL Clinic OTTAWA (TBC)**  
Non Boarding

### Training Volume:

- ◆ Football
- ◆ Recovery
- ◆ Mental
- ◆ Other activities



### SORT OF ACTIVITIES

- ◆ Training for the spatial-temporal development of the player in the game
- ◆ Specific daily training for goalkeepers
- ◆ Competition dynamics
- ◆ Environmental recognition activities
- ◆ Personal recognition activities
- ◆ Expression activities
- ◆ Resource management activities
- ◆ Emotional management activities
- ◆ Spanish lessons (depending on the program)

### WHAT IS INCLUDED?

- ◆ Accommodation with full board (Depending on the program)
- ◆ Civil Liability Insurance and Accident Policy

Bonus 1: **PlayMentor training gear**  
Bonus 2: **Physiotherapy service**  
Bonus 3: **Personalized report of the player**

### WHAT DOES A DAY LOOK LIKE IN A FULL BOARD PROGRAM?

Time	Daily Dynamics	Educational Intent
8:15 – 9:00	Confronting the Crucial Morning Moment	Acquire healthy habits to face the day with positive energy
9:00 – 9:15	Breakfast	Promote good eating habits
9:15 – 09:45	Travel to field	Encourage responsibility
09:45 – 11:15	Morning session	Promote technical-tactical improvement
11:15 – 11:45	Travel back to accommodation	Encourage responsibility
11:45 – 12:30	Pool + outdoor play	Stimulate joy
12:30 – 13:00	Getting ready for lunch	Encourage punctuality
13:00 – 14:15	Lunch	Promote good eating habits
14:15 – 16:00	Free time	Promote socialization
16:00 – 18:00	Self-awareness space	Stimulate critical thinking and creativity
18:00 – 18:30	Travel to field	Encourage responsibility
18:30 – 20:15	Evening session: Various competition dynamics	Stimulate joy and resilience
20:30 – 20:45	Locker room coexistence space and travel to lodging	Promote good hygiene habits
21:00 – 21:45	Dinner	Promote good eating habits
21:45 – 22:30	Confronting the Crucial Night Moment	Acquire healthy rest habits
22:30 – 8:15	Rest (Invisible training)	Socialize, encourage responsibility

