

# LaLiga Talents

*“The journey to the  
elite level starts here”*



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“Dreaming  
of LaLiga”





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 Grassroots

*“By nurturing the present,  
we create the future”*





# 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.

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.

## LaLiga Grassroots in the world

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.





# Philosophy and Values

*“Firmly committed to the  
common good of society”*





# Philosophy and Values

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## 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.



# ESC LaLiga&NBA



**esc**  
EDUCATION SPORTS  
COLIVING



**LaLiga**



**LaLiga**  
Talents





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.

# 3

All you could need, in one place

# ESC LaLiga&NBA

## A unique complex around the world

ESC LaLiga&NBA, 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.

ESC LaLiga&NBA is much more than football and basketball, every corner of the complex has been carefully thought out and designed to respond to the individual needs of each sportsperson, each student and each individual.



**FOOTBALL  
FIELDS**



**INTERNATIONAL  
SCHOOL**



**RESIDENCE  
ACCOMMODATION**



**NBA  
PAVILION**



**SWIMMING  
POOL**



**GYM**



**HALL**



**GAME  
ROOM**



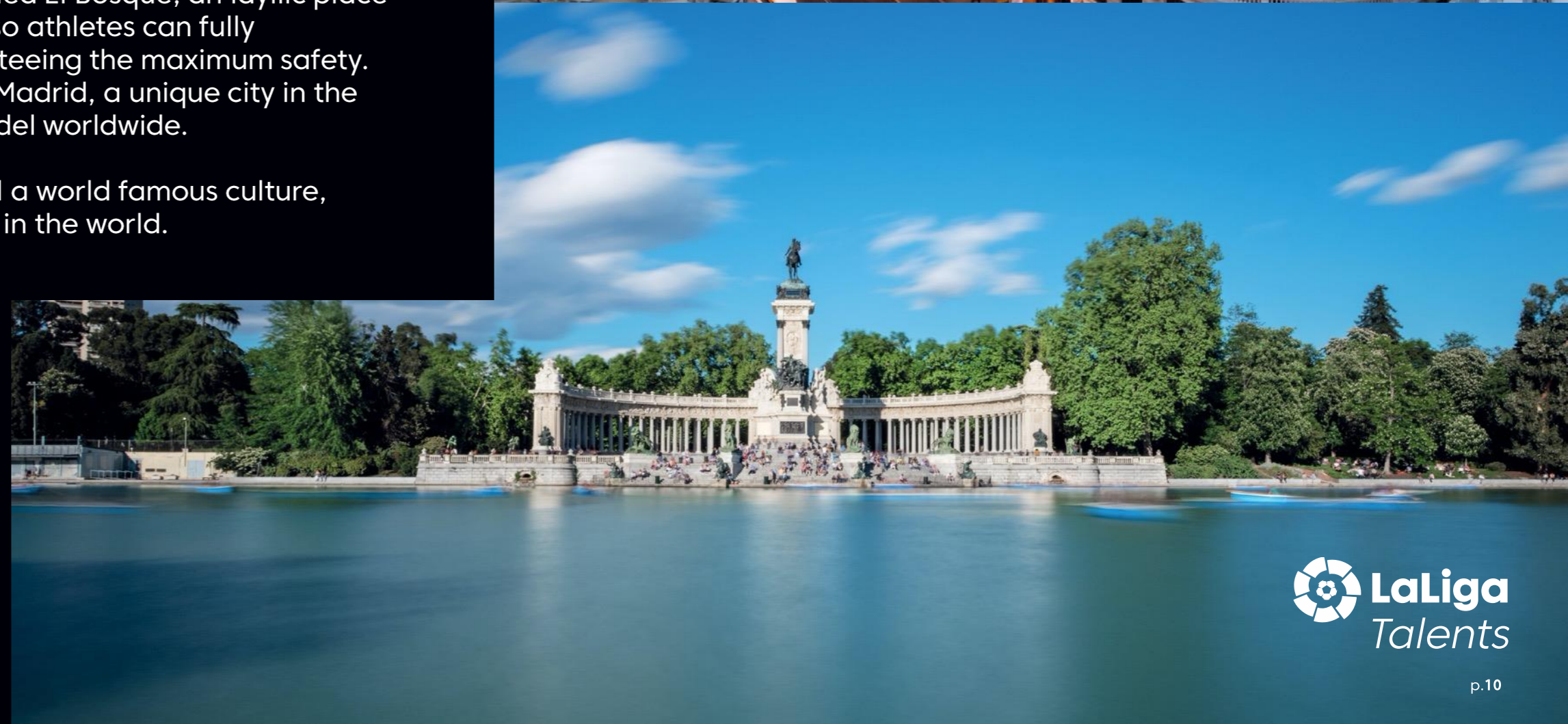
# ESC LaLiga&NBA

## Location & Environment

The ESC LaLiga&NBA 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 guaranteeing the maximum safety. ESC LaLiga&NBA 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 LaLiga&NBA

## Elite center

ESC LaLiga&NBA 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 LaLiga&NBA

# 3

## RESIDENCY

- Capacity for 450 residents
- 23m<sup>2</sup> rooms (single and double) with bathroom and air conditioner included.
- Laundry and cleaning service.
- 24h private security equipment, cameras, accreditation and video surveillance systems

## 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.

## FOOTBALL FIELDS

- 2 FIFA dimensioned soccer fields with natural grass and last generation artificial grass.
- 2 areas of 200m<sup>2</sup> for warmups, goalkeeper training, physical workout, and individual training.
- 2 stands with capacity for 300 people.
- 2 towers for recording and broadcasting matches.

## SCHOOL

- School center with 16 fully equipped classrooms.
- Hall.
- Library.
- Laboratory

## GYM & SWIMMING POOL

- 300m<sup>2</sup> gym equipped with the best machines and technology.
- Fitness and spinning area.
- Pool of 20m.

## NBA PAVILION

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





# ESC LaLiga&NBA



## 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





# Football program

*“Live, train and play as a  
LaLiga professional player”*



# Football program



A high performance program for players with a high proficiency level and a good record at academies and/or professional or semi-professional club youth teams.

The program is composed of 2 teams in both male and female categories.



**U16**  
25 places

**U18**  
25 places



**OUR OBJECTIVE:**  
To train players to a professional level.



## FIRST-CLASS TRAINING AND COMPETITION

- +20 hours of individual and group football training per week.
- Weekly games and participation in both national and international not federated tournaments.
- Between 5 and 12 weekly training sessions run by LaLiga's top professionals, fitness coaches and physios.
- Specific programmes for goalkeepers.

## FIRST-CLASS TRAINING AND COMPETITION

- Education and high-performance training with UEFA Pro coaches under the LaLiga methodology and with the most innovative technology in nowadays football
- 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.



# Football program

## Games and Competition

- Weekly matches against LaLiga club academies and other teams from the Madrid region and high-performance academies, as well as participation in prestigious not federated national and international tournaments.
- Trips throughout Spain to meet and compete against the academies of LaLiga clubs and some of the top academies in the world with unique opportunities to get noticed by coaches and scouts.
- Between 5 and 12 weekly training sessions run by LaLiga's top coaches, fitness coaches and physios.

*“Experience LaLiga from within”*

With the aim of helping and favoring their football development process, the players of LaLiga Talents will train using the most innovative methods and resources in modern football, competing against the best academies of LaLiga clubs and with individual performance optimization programs adapted to the personal needs and areas for improvement.





# Football program

## 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.



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.



# Football program



# Staff LaLiga



UEFA Pro (Level III).



Graduates in Physical Education and Sports Sciences.



Experience in LaLiga academies and Spanish teams (minimum 5 years).



International experience and specialisation in a range of areas of football (fitness coaching, analysis, scouting...).



English language.



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**



**TÉCNICOS ASISTENTES**



**PHYSICAL - MEDICAL TRAINERS**



**FITNESS COACHES**

**MEDICAL STAFF**



**PHYSIOTHERAPISTS**



**NUTRITIONIST**

**SPORTS PSYCHOLOGISTS**





# Academics

*“The education, a firm commitment of LaLiga”*





# 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 the american academic program 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 will 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 (9-12 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 Diploma Program (IBDP)

- IB adapted program in english.
- Preparation for american and european universities.
- Academic psychology and pedagogy service.

## Language academy

- English level preparation for TOEFL and IELTS.
- Spanish language and culture at the ESC International School.
- Intensive English tutoring courses.
- Spanish, english and other languages.





# 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 Schedules

### 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





# Academics



## Opportunities and Scholarships

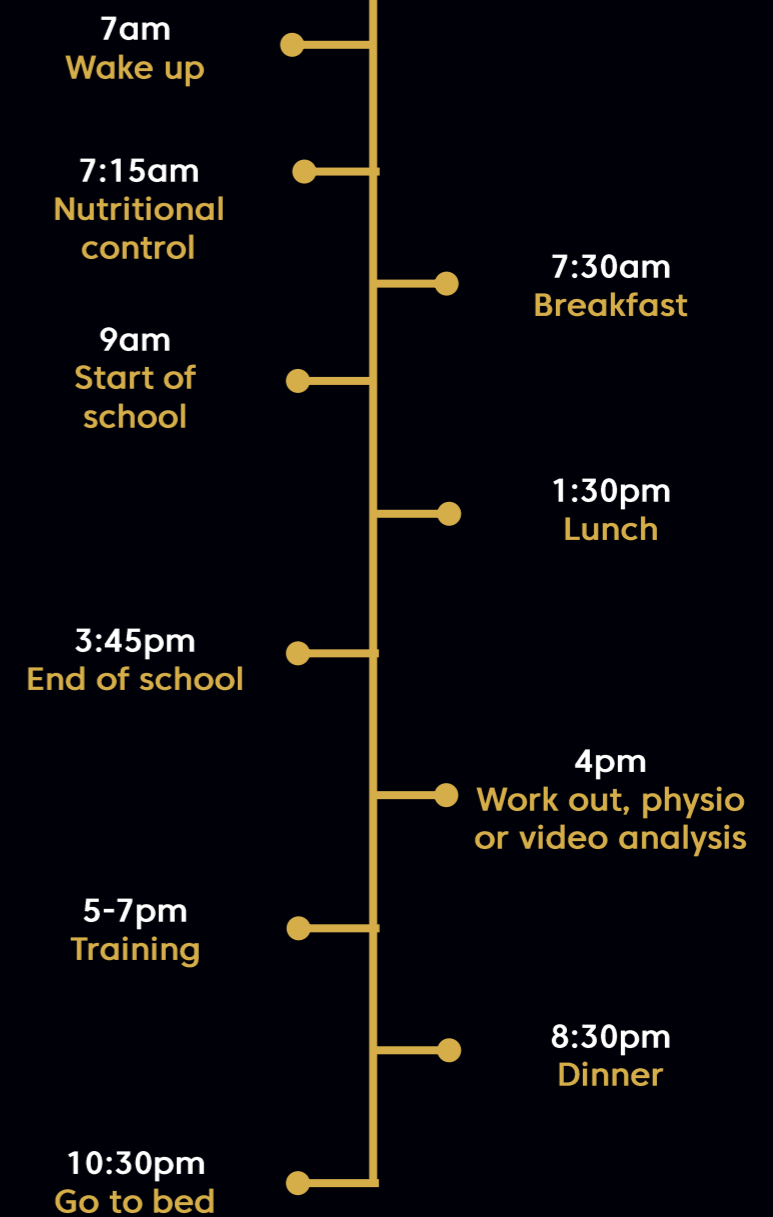
As a culmination of the comprehensive training process for LaLiga Programs athletes, they will be able to apply for university scholarships at some of the best universities in Europe and the United States, being able to continue fulfilling their dream and combining their university studies with playing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

## Daily Schedule



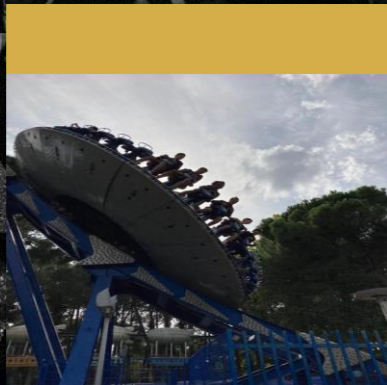


# Activities, leisure and services

“Experience LaLiga”



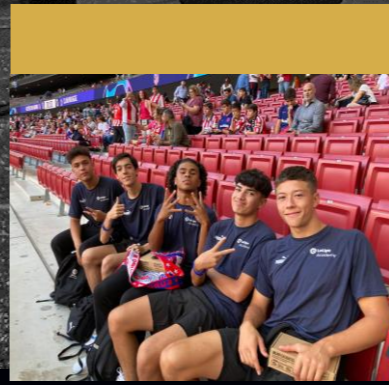
# Experience LaLiga like never before



**EXCURSIONS  
AND TOURISM**



**CULTURAL  
ACTIVITIES**



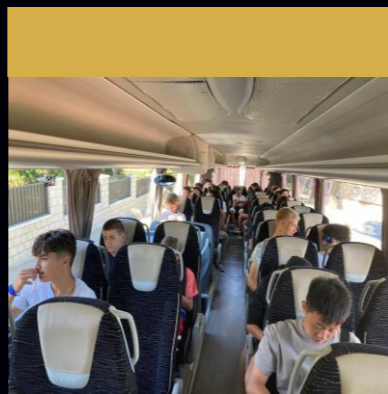
**ATTENDING LALIGA  
MATCHES**



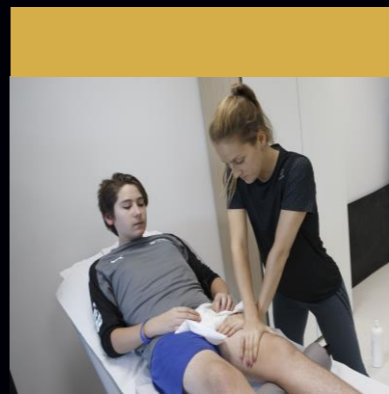
**ACTIVITIES WITH  
LALIGA  
AMBASSADORS**



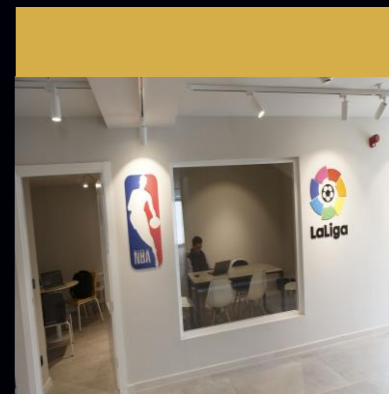
**LALIGA  
STADIUM  
TOURS**



**AIRPORT  
TRANSFERS AND  
DAILY  
TRANSPORT**



**PRIVATE  
MEDICAL  
INSURANCE**



**ASSISTANCE AND  
ADVICE DURING  
THE PROCESS OF  
OBTAINING A VISA**



# Why LaLiga Talents

*“The best league in the world is waiting for you”*



# Why LaLiga Talents



## THE BEST OPPORTUNITIES

Travel all over Spain, play against elite academies in the best sports cities in the world, and enjoy unique opportunities to be watched by professional scouts.

## 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 super 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.



# What is included

“Chasing a dream means working to do your best”



# What is included

# 8



## Football program

- ✓ **+20 hours of football training** per week between 5 and 12 weekly training sessions.
- ✓ Education and high-performance training with **UEFA Pro coaches** under **LaLiga methodology**.
- ✓ **Matches against LaLiga club academies**, high-performance academies & not federated national and international tournaments.
- ✓ **Travel throughout Spain** to meet and compete against the quarries of LaLiga clubs and some of the best academies in the world.
- ✓ **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 9-12) at the ESC International school within the same centre.
- ✓ **International Baccalaurate Diploma Program (IBDP)** in English at Ágora International 500m from the ESC.
- ✓ Preparation courses for American university with **SAT exams**.
- ✓ Academic psychology, pedagogy and tutoring service.
- ✓ **Spanish language** and culture at the ESC International School.
- ✓ **Intensive English** tutoring courses.
- ✓ **Language Academy**.
- ✓ English level preparation for **TOEFL** and **IELTS**.



## Services

- ✓ Annual **residence** and **full board**.
- ✓ **Single or 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 LaLiga 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.





# Application and admissions

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



# Application and admissions



## STEP 1. Contact with 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](mailto:grassroots@laliga.es)

or call us at:

680 652 173



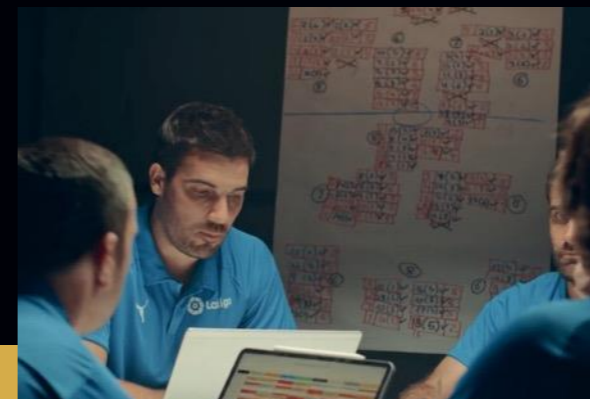
## STEP 2. Interview

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 and selection

Evaluation and specific 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.





*“This is just the beginning of a long, hard and exciting journey.”*





Contact:

+34 680 652 173

[grassroots@laliga.es](mailto:grassroots@laliga.es)

[www.laligagrassroots.com](http://www.laligagrassroots.com)



It's not football. It's LaLiga.