



# ELEVEN ACADEMY

BUILDING ELITE  
FOOTBALL  
PLAYERS



INTERNATIONAL  
FOOTBALL  
PROGRAM

BARCELONA · SPAIN



# WELCOME TO ELEVEN ACADEMY

At Eleven Academy, we develop the talent, mindset, and discipline required to build players ready to compete at the highest level.

Our goal is to maximize each player's growth both on and off the field, creating a strong foundation for their sporting and personal future.



**ELEVEN**  
ACADEMY

# INTRODUCTION

Eleven Academy is a high-performance environment where young players from all over the world develop their maximum potential both on and off the field. Our method combines technical training, tactics, game analysis, physical preparation, nutrition, and mental development to form complete football players.



Personalized approach according to age, position, and level.



Goal planning and continuous monitoring.



Values training: teamwork, discipline, respect, and effort.

# ABOUT OUR ACADEMY



## HIGH-LEVEL TRAINING

At Eleven Academy, players work alongside highly qualified coaches who support their technical, tactical, and competitive development on a continuous basis. Through modern methodologies and structured training sessions, each player receives training adapted to their needs. The objective is to maximize each player's individual abilities, improve their decision-making on the field, and prepare them to successfully face the challenges of high-performance football.

## COMPETITIVE MINDSET

Football requires much more than talent: it demands mental strength, discipline, and the ability to overcome challenges. At Eleven Academy, we understand that player development goes beyond the technical and physical aspects, which is why we integrate mental training into the entire development process. Through our methodology, we promote values such as resilience, frustration management, confidence, and concentration, supporting players in their personal and sporting growth. We believe that this preparation is key to performing in decisive moments and facing challenges both on and off the field with a competitive mindset.

## INTERNATIONAL EXPERIENCE AND EXPOSURE

At Eleven Academy, players live an international experience that goes beyond daily training. Through matches, tournaments, and competitive dynamics, they are exposed to different styles of play and real contexts that enrich their development. This environment promotes both personal and sporting growth, helping players adapt, compete, and stand out in demanding scenarios, preparing them for future opportunities within professional football.

## PERSONAL DEVELOPMENT AND COMPREHENSIVE TRAINING

Our commitment goes beyond performance on the field. We work on the personal development of each player, promoting values such as discipline, responsibility, teamwork, and consistency. Through a comprehensive training approach, we help players build a strong mindset, manage their daily routine, and prepare not only as athletes but also as individuals both inside and outside the competitive environment.



# BOX TRAINING AND ATHLETIC DEVELOPMENT

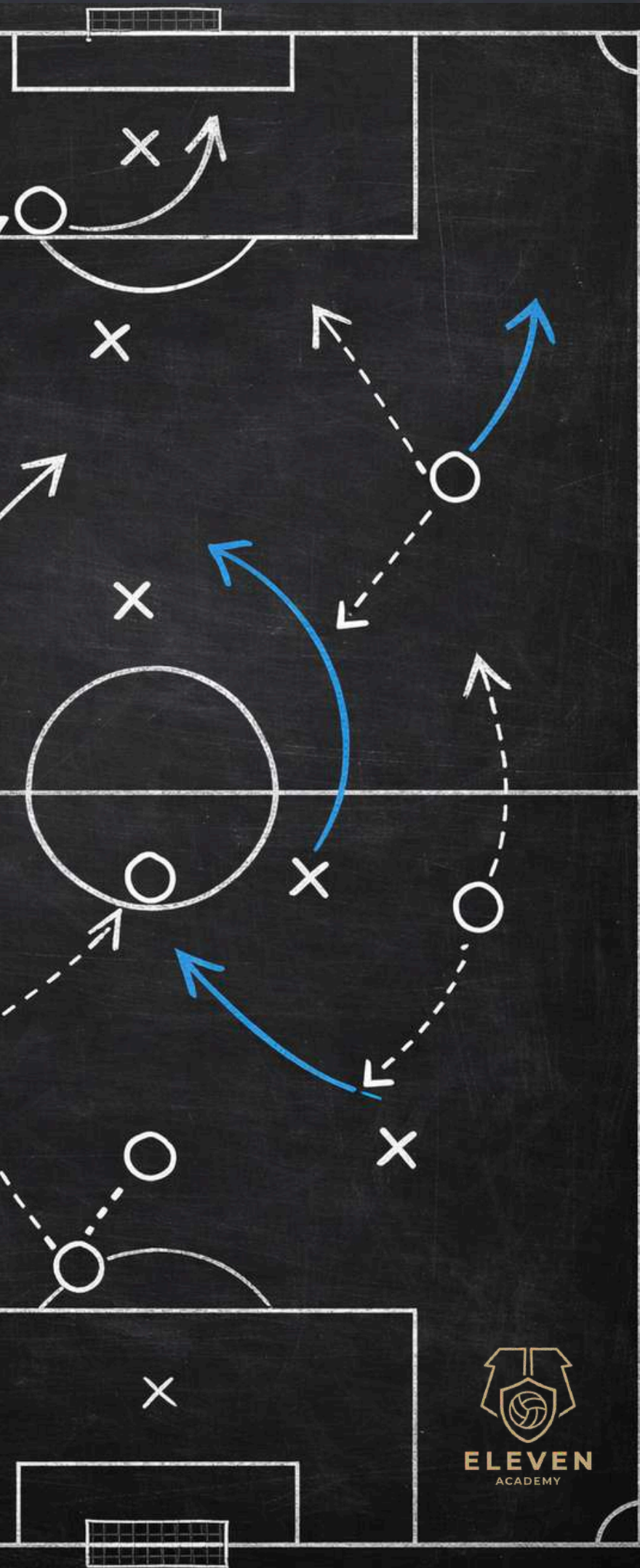
At Eleven Academy, we have our own Box Training facility, designed to complement the physical development of the modern football player.

This training environment allows us to specifically work on key aspects of athletic performance such as strength, power, speed, coordination, and body stability. We use specialized machinery and equipment to adapt the training to each player's needs, adjusting loads, intensities, and progressions in an individualized way.



In this way, we aim to improve the player's physical performance, optimize their movement capacity on the field, and strengthen their preparation for the demands of the game. In addition, this work helps to strengthen muscles, improve physical endurance, and reduce the risk of injury, allowing the player to train and compete with greater safety, efficiency, and consistency throughout the season.





## POSITIONAL MASTERY AND APPLIED GAME

At a tactical level, at Eleven Academy we work specifically according to each player's position on the field.

We design training sessions aimed at improving their functions within the game, helping them better understand their role, occupy the right spaces, and make effective decisions in real match situations.

The work focuses on understanding the responsibilities of each position, the relationship with teammates within the game system, and the ability to adapt to different tactical contexts during competition. In this way, the player not only executes technical actions, but also understands when and why to perform them. Our objective is for each player to develop a more complete understanding of the game and increase their impact within the team, mastering their position and responding effectively to the demands of modern football.



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# INVISIBLE TRAINING

## PLAYER'S PSYCHOLOGICAL PROFILE

We work on the mental development of the football player to improve performance both on and off the field. Aspects such as stress control, self-confidence, motivation, and concentration are enhanced, helping the player manage competitive pressure.

## ENVIRONMENT

The player's environment is key to their development. We promote healthy habits, discipline, and proper time management, helping the player balance training, rest, and personal responsibilities to support their sporting development.

## NUTRITION

Nutrition directly influences performance and recovery. We guide players in proper nutritional habits, providing monitoring and control to optimize energy, improve recovery, and support consistent sporting performance.



# IMAGE, PERSONAL BRAND AND PLAYER PROJECTION

We support each player in building a personal image consistent with their values, attitude, and sporting profile, helping them project a serious, well-maintained, and professional identity.

In addition, we guide the use of their social media so that it becomes a positive tool for their development, taking care of what they communicate, how they present themselves, and the message they project.

We work on aspects such as digital presence, public image, personal communication, and the development of a brand aligned with effort, discipline, and a competitive mindset.

The objective is for the player not only to grow in their sporting performance, but also in their ability to represent their profile correctly both on and off the field.



IMAGE - DIGITAL ENVIRONMENT - REPRESENTATION - STYLE - MINDSET - DISCIPLINE  
LEADERSHIP - IDENTITY - PROJECTION - COMMITMENT - PERSONAL BRAND

# PLAYER PROCESS

# ELEVEN

## ASSIGNMENT OF A PERSONAL TUTOR

Direct reference for the player and responsible for continuous monitoring.

## INITIAL ASSESSMENT

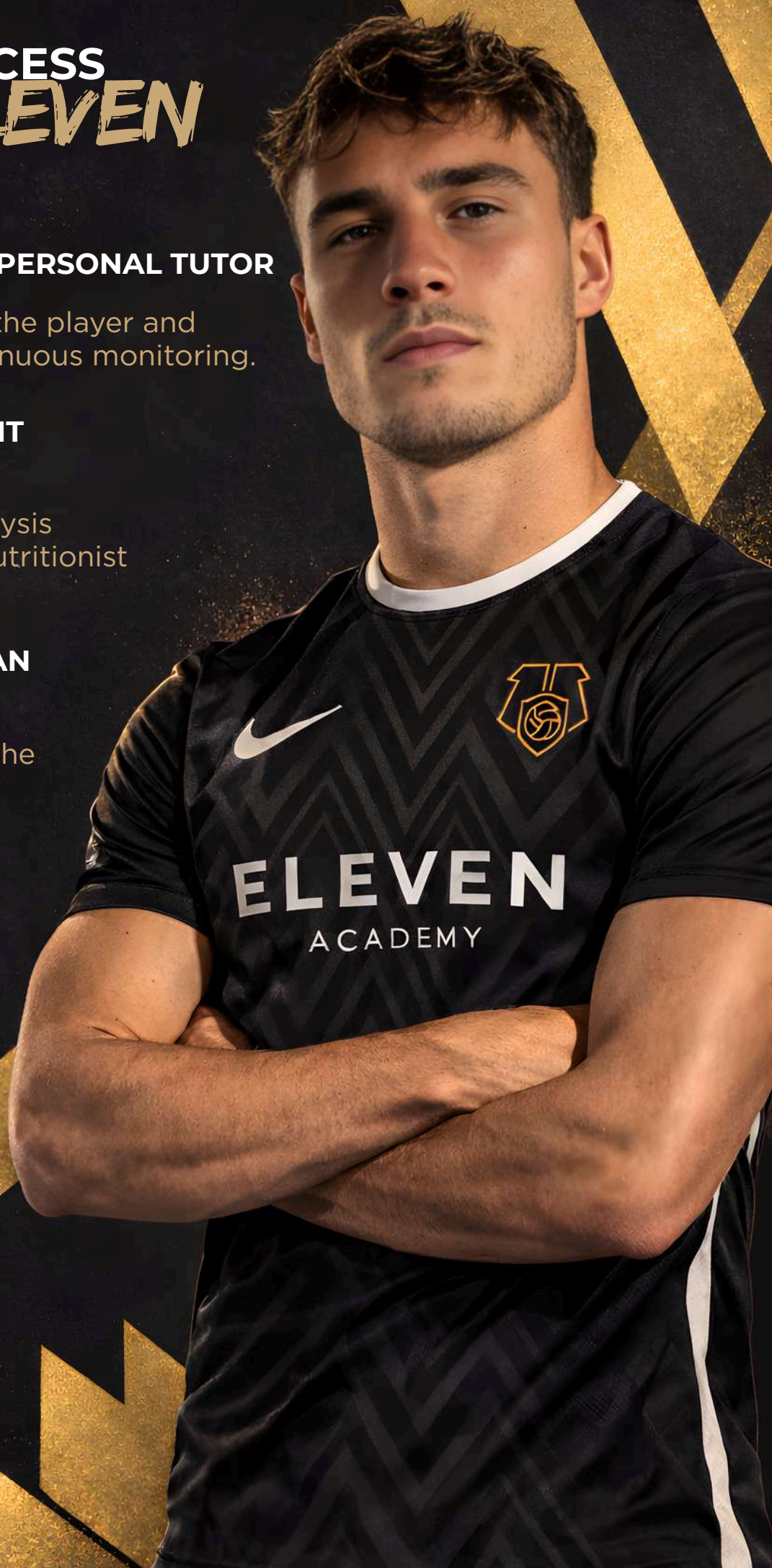
- Physical tests
- Tactical video analysis
- Interview with a nutritionist

## INDIVIDUAL DEVELOPMENT PLAN

Start of the training process adapted to the player.

## MONITORING AND FEEDBACK

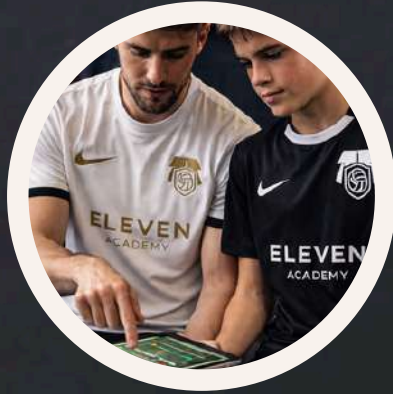
- Continuous feedback from the tutor
- Sport and personal support





# TACTICAL DEVELOPMENT

## GAME ANALYSIS AND COMPETITIVE DEVELOPMENT



### PRE AND POST MATCH ADVISORY

We help players prepare for each match and analyze their performance afterwards.



### IMPROVEMENT OF DECISION-MAKING

We define processes so that each player knows how to act in every game situation.



### GAME IMPACT ANALYSIS

We analyze how the player influences their team and how they can better use space against their opponents.



### MENTAL AND COMPETITIVE DEVELOPMENT

We work on the player's mindset to handle pressure, maintain concentration, and compete with confidence at every moment of the match.

# TRAINING



## INITIAL MEETING

Analysis and communication of aspects to improve

- Match analysis
- Coaching "Player circle"

## PROFILE DEFINITION

Understanding of the position and its possibilities

- Goal setting



Training sessions and match analysis

- Restructuring of objectives

Improvement of positional functions

- Virtual training
- Physical optimization

## RE-EVALUATION

## TRAINING

# HIGH PERFORMANCE PROGRAMS

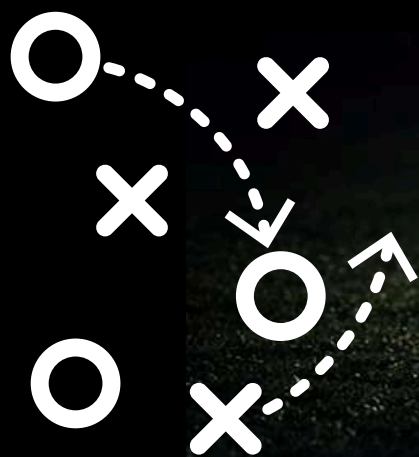
## 1 MONTH | 3 MONTHS | 6 MONTHS | 1 YEAR

At Eleven Players, we offer different programs throughout the season with the aim of creating unique experiences that promote football development and personal growth during the players' stay with us.

Our essence is to provide players with experiences across different areas, offering them the opportunity to explore new horizons and reach their maximum potential both on and off the field.

### INCLUDES:

- 4 training days per week
- Friendly match
- Position-specific training
- Player progress reports
- Video analysis sessions
- Physiotherapy sessions
- Individual follow-up sessions (one-to-one)
- Physical training sessions (gym)
- Stress test and medical assessment upon arrival
- Sports psychology sessions
- Sports nutrition guidance
- Full training kit



# TRAINING

## WEEKLY SCHEDULE

<b>MONDAY</b>	<b>BOX TRAINING</b>
<b>MONDAY</b>	<b>TACTICAL DEVELOPMENT</b>
<b>TUESDAY</b>	<b>BOX TRAINING</b>
<b>TUESDAY</b>	<b>TEAM TRAINING</b>
<b>WEDNESDAY</b>	<b>TACTICAL DEVELOPMENT</b>
<b>WEDNESDAY</b>	<b>TEAM TRAINING</b>
<b>THURSDAY</b>	<b>BOX TRAINING</b>
<b>THURSDAY</b>	<b>TACTICAL DEVELOPMENT</b>
<b>FRIDAY</b>	<b>TEAM TRAINING</b>
<b>SATURDAY</b>	<b>BOX TRAINING</b>

**EVERY DAY COUNTS  
EVERY SESSION BRINGS YOU  
CLOSER TO YOUR BEST VERSION**



# UNIQUE *experiences*

As part of the annual program at Eleven Academy, students will have the opportunity to experience professional football from the inside by attending matches at some of the most iconic stadiums in the world.

Once a month, they will be able to attend top-level matches at the Estadi Olímpic de Montjuïc, the current home of FC Barcelona, enjoying the unique atmosphere of elite football. The program also includes a visit to Spotify Camp Nou, the historic stadium of FC Barcelona and one of the great temples of world football.

In addition, every quarter, students will attend a match at the Santiago Bernabéu Stadium, home of Real Madrid CF, where they will experience the atmosphere of one of the most iconic stadiums in international football.

These experiences allow players to get closer to professional football and experience the highest level of competition first-hand.



## **ENVIRONMENT AND QUALITY OF LIFE**

# **VILANOVA I LA GELTRU**

**BARCELONA**

Living a season in Vilanova i la Geltrú is much more than being part of an academy; it is immersing yourself in a unique Mediterranean lifestyle. Its surroundings combine the tranquility of a coastal town with the charm of its beaches, its architecture, and a rich gastronomic tradition that turns each day into an experience.



Players enjoy a safe, pleasant, and balanced environment, ideal for rest, concentration, and personal development. The climate, the light, and the proximity to the sea provide added value that positively influences well-being and daily performance.

In addition, its privileged location, just 30 minutes from Barcelona, allows easy access to one of the most dynamic and renowned cities in Europe, enhancing the player's cultural and sporting experience.

This balance between training, quality of life, and environment makes the stay a complete experience, where sporting growth is combined with an unforgettable personal experience.



## EXCLUSIVE HIGH-LEVEL ACCOMMODATION

Enjoy luxury, privacy, and comfort in our academy's exclusive villa, designed to offer players a unique experience both on and off the field.

Our students will stay in an exceptional environment, with spacious and fully equipped areas that combine contemporary design, comfort, and functionality. The villa features high-level rooms, elegant common areas, and all the necessary amenities to ensure an optimal stay during their development.

In addition, the environment is designed to promote rest, concentration, and coexistence among players, creating a professional atmosphere similar to that of high-performance teams.

The villa also offers well-maintained outdoor spaces, relaxation areas, and facilities designed to complement the daily life of the football player, ensuring a balance between training, recovery, and well-being.

To guarantee maximum comfort, players have access to a daily private transport service connecting the residence with the training facilities, optimizing time and enabling an organized and efficient routine.

All of this makes the residential experience a key part of the player's development, always maintaining the highest standards of quality, comfort, and exclusivity.





## NUTRITION AND PERFORMANCE

Nutrition is a fundamental pillar in the development of a high-level football player. At Eleven Academy, each player follows a nutritional program designed and supervised by specialized professionals, focused on optimizing sporting performance and supporting proper recovery.

Our approach combines balanced meal plans with nutritional education, helping players understand what, how, and when they should eat to perform at their best in every training session and competition.

Diets are adapted to the individual needs of each athlete, taking into account their workload, physical goals, and stage of development. High-quality foods, proper hydration, and a nutritional structure that enhances energy, endurance, and injury prevention are prioritized.

In addition, we promote healthy and sustainable eating habits over time, with the aim that each player not only improves their current performance but also builds a solid foundation for their future professional career in sport.



# OPTIONAL INTERNATIONAL ACADEMIC EDUCATION



The  
OliveTree  
School

At Eleven Academy, we offer the possibility to complement the sports program with a high-quality international academic education for those families who wish to combine football development with studies.

As a recommended option, we propose The Olive Tree School, an international school located in Sant Pere de Ribes, very close to Vilanova i la Geltrú, which follows the British curriculum and stands out for its personalized approach, small class sizes, and student-centered methodology.

Its educational proposal combines academic excellence, an international environment, and close support, making it a very attractive option for those who wish to continue their studies alongside training.

This option would have an approximate cost of €1,400 per month and is presented as a fully optional additional service, as it is not part of the core Eleven Academy program.

In addition to this option, we offer other academic alternatives in the area, with the aim of guiding each family towards the educational solution that best fits the player's needs, age, and objectives.



# HIGH PERFORMANCE PROGRAMS

1

**2 WEEKS**

Villa  
Accommodation

Daily Training

Academic  
Program

Player  
Monitoring

**€1,900**

2

**1 MONTH**

Villa  
Accommodation

Daily Training

Academic  
Program

Player  
Monitoring

**€3,200**

3

**3 MONTHS**

Villa  
Accommodation

Daily Training

Academic  
Program

Player  
Monitoring

**€9,900**

4

**6 MONTHS**

Villa  
Accommodation

Daily Training

Academic  
Program

Player  
Monitoring

**€19,000**

5

**1 YEAR**

Villa  
Accommodation

Daily Training

Academic  
Program

Player  
Monitoring

**€29,000**



**ELEVEN**  
ACADEMY



# HERE IS WHERE THE PATH TO PROFESSIONAL FOOTBALL BEGINS

Contact us to receive more  
information and reserve your place

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