



UNIÓN DEPORTIVA
LAS PALMAS

FOOTBALL STAGE

CIUDAD DEPORTIVA
BARRANCO SECO

FROM JULY 3 TO 14

FEDERATED PLAYERS
BORN IN 2008, 2009 AND 2010



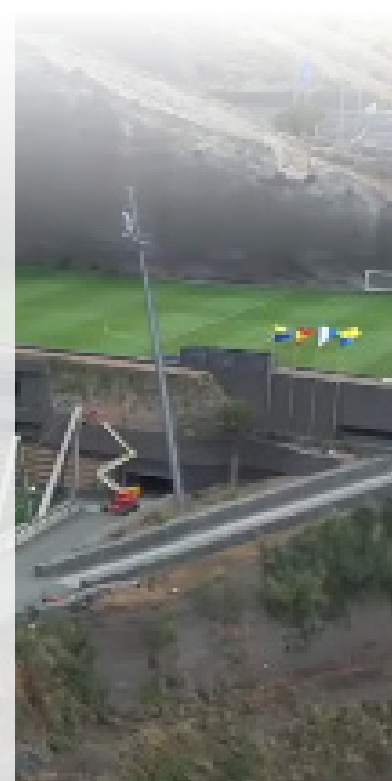
ENGLISH VERSION

INTRODUCTION

The UD Las Palmas Academy is offering this summer a **FOOTBALL STAGE** for registered players between the ages of 13 and 15 (born between 2008 and 2010), which will be held at the Ciudad Deportiva Barranco Seco.

The objective of the **FOOTBALL STAGE** is to transmit concepts of collective technique and for students to assimilate the tactical movements of the game, being capable of processing and automating elements of individual technique in order to improve their vision of the game, think quickly, and make accurate decisions.

The main technical learning objectives of this stage are the improvement in the following aspects of the game: control, dribbling, passing, driving, and shooting (also with the non-dominant foot), in addition to heading, offensive techniques, defensive techniques, and intelligence in football.



FEATURES

LOCATION AND HOURS

CIUDAD DEPORTIVA
BARRANCO SECO

from july 3 to 14
from monday to friday

from 08:15h. to 13:30h.

AGES

LIMITED PLACES

maximum of 36 players
limit of registrations per position
by strict order of registration

from 13 to 15 years old
(born between 01/01/2008
and 31/12/2010)

students must belong to
federated teams in the
22/23 season

CONTENT AND SERVICES

SPECIFIC IMPROVEMENT SESSIONS (FOOTBALL)

ANTHROPOMETRIC EVALUATION REPORT

INDIVIDUAL TECHNICAL REPORT DEVELOPMENT

REAL-TIME VIDEO ANALYSIS SESSIONS



DAILY SESSIONS OF SPECIFIC LANGUAGE



HEALTHY BREAKFAST

2 OFFICIAL UDLP (TRAINING) KITS

SPORTS FACILITIES

The Barranco Seco Sports City, where the first team carries out their daily work, will be the venue for the Improvement Stage. Specifically, it will take place on field number 3.

The students will also have access to UD Las Palmas' sports and specific training equipment.



CIUDAD DEPORTIVA BARRANCO SECO

TECHNICAL STAFF



SANTI LEMUS
FOOTBALL COACH
(level III)

UDLP School ex-coordinator in Tenerife. Previously Methodology and Development Manager, coach, and UDG Tenerife Academy Director. Training and professional development in Spain, Canada, Germany, and the Netherlands.



DANIEL SÁNCHEZ
FITNESS COACH /
FOOTBALL COACH
(level II)

Fitness coach and coordinator at UD Villa de Santa Brígida. Previously worked in the Physical Preparation Area of the Training and Scout Department at UD Las Palmas.



HÉCTOR DUMPIÉRREZ
VIDEO ANALYST /
FOOTBALL COACH
(level III)

UD Villa de Santa Brígida Tactical Analyst. Expert in Big Data Applied to Football by the University of Valladolid - UEFA PRO Football Coach.



PAQUITO ORTIZ
EDUCATION /
FOOTBALL COACH
(level III)

Former UD Las Palmas player and coach. Degree in Physical Activity and Sports Science. Master's in Sports Nutrition. Responsible for Innovation and Projects at the UDLP Foundation.

OBJECTIVES

To optimize and increase sports performance by developing technical and tactical elements of the game, following the principles of structured training.

WEEKLY PROGRAMMING:

- COADJUVANT WORK SESSIONS
- OPTIMIZER WORK SESSIONS
- INDIVIDUAL DEVELOPMENT TECHNICAL-TACTICAL SESSIONS
- TRAINING-INVISIBLE FORMATIVE SESSIONS



**FOOTBALL
STAGE**





**FOOTBALL
STAGE**



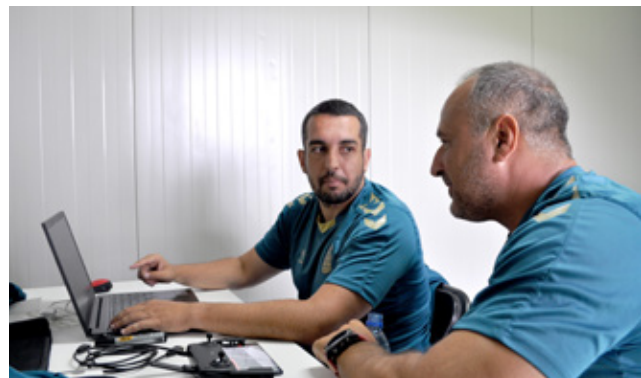
Through recording with devices such as drones and fixed cameras and with the help of the number one application in professional video analysis (Nacsport), different technical and tactical concepts of the game are transferred to the students in real-time with immediate feedback.

The goal is to correct and improve positioning on the field and space occupation, both as a team and in specific positions, as well as the player's profile when receiving, controlling, passing, and shooting techniques.

REAL DRONE FOOTAGE IN 2022 FOOTBALL STAGE SESSIONS



FOOTBALL STAGE



REAL DRONE FOOTAGE IN 2022 FOOTBALL STAGE SESSIONS

METHODOLOGY



FOOTBALL
STAGE



Coadjuvant Training: prepares the player to be able to train.

- A) Preventive Coadjuvant Training
- B) Restoration Coadjuvant Training
- C) Structural Coadjuvant Training
- D) Specific Qualities Coadjuvant Training (movement, jumping, fighting, ball action, etc.).

Optimizer Training: prepares for competition.

Based on the design of technical-tactical tasks, match preparation, planning and development of structured microcycles.



**FOOTBALL
STAGE**



REAL GYM FOOTAGE FROM FOOTBALL STAGE 2022



FOOTBALL
STAGE

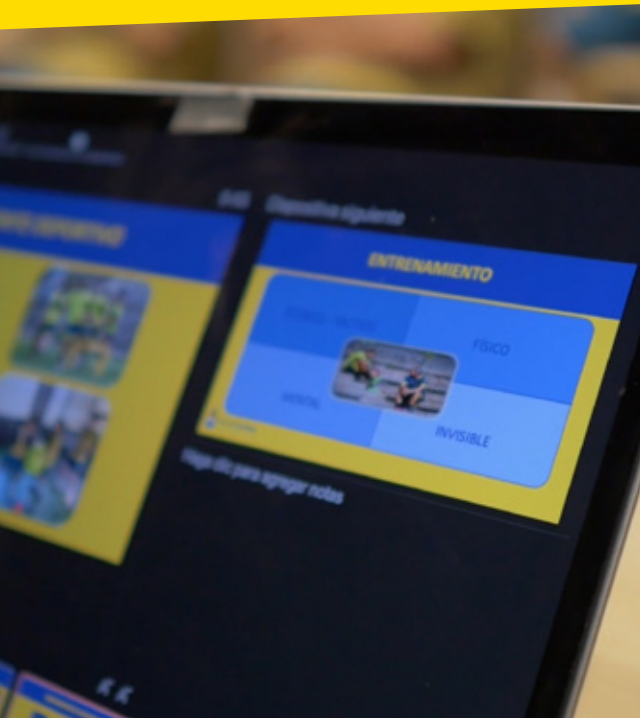
WORK PLAN

SCHEDULE TYPE

08:15h.	Student Welcome
08:30h.	 SPECIFIC LANGUAGE SESSION 
09:30h.	ACTIVATION + SESSION GOALS
10:15h.	Session 1: SPECIFIC WORK
11:15h.	Break + Snack
11:45h.	Session 2: SPECIFIC WORK
12:45h.	COOL DOWN + SESSION REVIEW
13:00h.	VIDEO ANALYSIS / TALKS
13:30h.	Student Departure



EDUCATION



FOOTBALL
STAGE



The talk on Sports Nutrition and Healthy Habits serves to emphasize these aspects through education, knowledge acquisition, habit formation, and ultimately, athletic performance. It gives importance to these pillars of Sports Performance and Invisible Training.

The talk highlights the significance of learning and valuing these habits early on, providing specific guidelines on a good hydration strategy, dietary habits with the intake of proteins, carbohydrates, healthy fats, and micronutrients (vegetables and minerals), as well as the relevance of good rest.

SPECIFIC LANGUAGE

Specific Language Sessions in Football and Sports

For 45 minutes each day, English (or Spanish for English speakers) sessions will be taught with specific content on sports language and more specifically in football.

The aim of these sessions is to awaken interest, promote, and teach football concepts in another language (tactics, technique, business, etc.), thus complementing the integral formation of the future professional player.





REGULATIONS

Students must attend daily with one of the two **complete kits** that will be given to them on the first day. They must also carry a backpack with a **shower set** and **spare clothing**, **football boots**, **shin guards**, and **sneakers**.

The use of **sunscreen** is recommended.

The use of **electronic devices** such as **mobile phones**, **tablets**, **portable consoles**, etc. is **strictly prohibited**.

Access by relatives is **restricted** to the places indicated by the organization.

Students will receive a healthy snack mid-morning, but they must attend the Stage **having had breakfast early**.

SCHEDULE

	ENTRY	EXIT
CIUDAD DEPORTIVA BARRANCO SECO	from 08:15h. to 08:30h.	from 13:30h. to 13:45h.

NOTE: Relatives are kindly asked to respect the entry and exit times at the Football Stage, as well as the security protocols and access rules that may be established.

RATES / REGISTRATION

(ONLY BANK TRANSFER + eMAIL)

The FOOTBALL STAGE has a unique rate of **€580,00** per student (no applicable discounts).

The registration will be considered formalized after sending the following documentation by email to **escuelafutbol@udlaspalmas.es**:

- 1) **REGISTRATION FORM** duly completed,
- 2) **copy of the SOCIAL SECURITY CARD** (or equivalent private insurance) showing the participant of the Campus,
- 3) **proof of BANK TRANSFER or DEPOSIT** (IMPORTANT: with the full name of the student).

All documentation must be scanned, legible, and sent in the same email.



HOW TO GET THERE

The location of the Campus will be the CIUDAD DEPORTIVA BARRANCO SECO, next to the Heidelberg school (Las Palmas de Gran Canaria). The address is Barranco Seco, ZIP code: 35015.

To get there, you access by car from the GC-31 or GC-5 road, taking the exit of EL SECADERO. At the roundabout, take the BARRANCO SECO access. Follow the road until you reach the Heidelberg school, at whose height, on the left-hand side of the road, is the access to the Ciudad Deportiva Barranco Seco.

CONTACT INFORMATION

e-mail:

escuelafutbol@udlaspalmas.es

Phone Numbers for STAGE FÚTBOL Customer Service:

+34 627837025

(Monday to Friday from 09:00h. to 13:00h. and from 16:00h. to 19:00h.)

+34 928415524

(Monday to Friday from 09:00h. to 13:00h.)



