



in partnership with  
**CE SABADELL FC**

**MAY 11<sup>th</sup> to MAY 18<sup>th</sup> 2020**



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# 01 Educational Coaches Course



“ The experience soccer coaches worldwide were waiting for”.

May 11th to May 18th 2020





# Tour Content

**CE Sabadell Educational Coaches Course** offers coaches worldwide the chance to live a one week unique experience in Barcelona (Sabadell) where they will learn:

- Key principles of associative game model and positional play through workshops delivered by top professionals from spanish football/soccer industry.
- Key insights on conditional training and emotional leadership both at youth and elite levels.
- Key insights to design a training session for youth athletes, both at initiation and competitive level.
- Key facts and the know-how of FC Barcelona youth system (La Masia) as well as FC Girona youth setup by visiting both clubs on a private tour exclusively designed for you coaches.

**Attendees will also have the opportunity to:**

- Observe CE Sabadell youth academy training sessions as well as 1st team sessions.
- Watch TOP division youth matches.
- Watch FC Barcelona vs Osasuna LA LIGA match.



# Confirmed Guest speakers



**Albert Altarriba** is a UEFA Pro Coach who possesses experience in coaching & conditioning at TOP level clubs such as NY Red Bulls, Birmingham City FC or FC Barcelona.

Topic *“Key considerations on conditional aspects in youth athletes and professional players.”*



**Jofre Mateu** is a former FC Barcelona player who has also played in several LA LIGA teams. He has developed a huge expertise in the field of emotional leadership and soft skills in coaching.

Topic *“Emotional leadership and key tools to efficiently manage coaching challenges.”*



# Confirmed Guest speakers



**APFC (Albert Puig Football Code)** is private venture which operates in California, USA. APFC has developed an unrivalled methodology to improve the talent of young athletes, partnering top elite youth academies in United States. Albert Puig, former technical director of FC Barcelona, is the master mind behind this method. We are glad to get you his co-founder, Bernat Franquesa, who will talk about the key foundations of positional play.

Topic *“Key foundations of positional play and associative style.”*



**Jaume Milà** is the current technical director of CE Sabadell youth academy. He had a vast experience in coaching, having developed a very attractive playing style for all the teams in the club.

Topic *“Main considerations of CE Sabadell playing model. An insight into our 1-4-2-3-1.”*





# CES Training & Course Facilities

You will observe training sessions at CE Sabadell, the 1st team, U19's and U14's. You will also be given the opportunity to watch CE Sabadell youth teams play matches.

Facilities include:

- ✓ Two full fledged 11 a side astroturf football grounds
- ✓ 7 a side astroturf football ground
- ✓ Dressing rooms and lockers
- ✓ Physiotherapist room
- ✓ Gym
- ✓ Auditorium (TV room / video analysis room)
- ✓ Swimming pool





## LA MASIA

You will visit La Masia, the famous FC Barcelona Youth Academy where you will observe a training session and a private tour of the facilities.





## CAMP NOU

You will visit the world famous FC Barcelona Camp Nou Stadium to watch a La Liga match against Osasuna



# Program (tentative)



May 2020	Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15	Saturday 16	Sunday 17	Monday 18
<b>Activity 1 (Morning)</b>	Arrive in Sabadell	Conference 1 (Albert Altarriba)	Conference 2 (Albert Puig – Bernat Franquesa)	Observe Training Session CE Sabadell 1st Team	Conference 6 (Jofre Mateu)	Conference 7 (TBC)	Watch CE Sabadell Youth Match (Age TBC)	Depart for Airport
<b>Activity 2 (Afternoon)</b>	Observe Training Session CE Sabadell U19	Observe Training Session Girona FC U19 (Youth Academy)	Observe Training Session CE Sabadell U19	Conference 4 (Miquel Lladó)	Observe Training Session FC Barcelona U19 (at La Masia)	Watch CE Sabadell Youth Match (Age TBC)	Watch FC Barcelona v Osasuna La Liga Match	
<b>Activity 3 (Evening)</b>	Observe Training Session CE Sabadell U14	Visit to Girona FC	Conference 3 (Jaume Milà)	Conference 5 (Juvenal Edjogo)	Visit to Barcelona	Free Time in Sabadell	Closing Ceremony	





## Accommodation: Hotel Urpi

Accommodation will be at the **Hotel URPI**, conveniently located in the city centre of Sabadell within walking distance of the Club, training grounds and conference room. The hotel features:

- ❖ Rooftop pool.
- ❖ Cafeteria open 18 hours a day.
- ❖ Air conditioning.
- ❖ Internet.
- ❖ Restaurant.

The accommodation package includes:

- ❖ Three meals a day (packed lunch as required).
- ❖ Accommodation based on twin-share in newly renovated rooms.
- ❖ Daily laundry service for kit.







## 02 The Club & Facts

“ CE Sabadell FC was founded in 1903 and is one of the oldest clubs in Spain. Not only history but success have placed CE Sabadell among the most acknowledged football clubs in Catalunya, behind FC Barcelona or RCD Espanyol”.





**1903** The year of foundation of CE Sabadell



Minutes drive from Barcelona to Sabadell **25**

**12k** Nova Creu Alta stadium capacity

Years in LA LIGA, 3rd best in Catalunya **14**

**3000+** Number of members in 2019/20

Rank in social media followers among 2B sides **03**

**2B** Division in 2019/20

The number of players in club academy, including female **600+**

CE Sabadell FC key facts







Rk	Team	LaLiga	LaLiga2	Index
1	Real Madrid	86		860
2	FC Barcelona	86		860
3	Athletic Club	86		860
4	Valencia	82	04	840
5	Espanyol	82	04	840
6	At. Madrid	80	06	830
7	Sevilla FC	73	13	795
8	Real Sociedad	70	16	780
9	Real Zaragoza	58	20	680
10	Celta de Vigo	51	32	670
11	Real Betis	51	28	650
12	RC Deportivo	45	39	645
13	Sporting de Gijón	42	44	640
14	Racing de Santander	44	34	610
15	Real Valladolid	42	34	590
16	Oviedo	38	34	550
17	Osasuna	37	35	545
18	Las Palmas	33	28	470
19	Granada	23	36	410
20	Real Murcia	18	53	445
21	Hércules	20	43	415
22	Mallorca	27	35	445
23	Elche	21	39	405
24	Sabadell FC	14	43	355

## CE Sabadell FC belongs to Spanish football elite

CE Sabadell is 3<sup>rd</sup> club in Catalunya thanks to its 14 seasons in LA LIGA, only behind FC Barcelona and RCD Espanyol.

Source: idescat 2016





## 03 Our Stadium

“ When people recalls the name of your stadium, you have identity”.

LA NOVA CREU ALTA



Jorge Valdano



Bernd Schuster



Andoni Zubizarreta





## CES Stadium - Nova Creu Alta

11,981 capacity (all seating).  
Located in Sabadell downtown.

La Nova Creu Alta has hosted  
football matches of 1992 Olympics.







## 04 The City

“A wonderful place to visit, a peaceful town to live in”.





# Sabadell City



- ❖ Strategically located 27km from Barcelona and with good communications by road and public transportation (train).
- ❖ 208,000 inhabitants, 5th biggest population in Catalunya and 26th in Spain.
- ❖ Sabadell pioneered Catalunya industrial revolution and is so called *"the Catalan Manchester"*.
- ❖ Home of Banc Sabadell, 5th biggest in Spain.
- ❖ Well known as a sports hub with state of art facilities.







## Club Natació Sabadell

- 25,000+ members
- 11 Olympic medalists (swimming, waterpolo and synchro)
- 4 European cups (waterpolo)



Mireia Belmonte



Gemma Mengual

# Sabadell, a Sports City

## Sabadell, Olympic venue Barcelona 92



Nova Creu Alta stadium, home of CES, hosted 5 Olympic tournament matches



## FC BARCELONA players born in Sabadell.



Oleguer Presas



Oscar Garcia



Roger Garcia

Maradona historically wore CE Sabadell shirt for a magazine article in 1982







**Total Football Experience is looking forward to meeting you all in Barcelona**  
(Monday May 11<sup>th</sup> to Monday May 18<sup>th</sup> 2020)

**The price for your 'Soccer Coaches Educational Tour' to Sabadell, Barcelona is**  
**\$2150USD**

(\*this price does not include flights or airport transfers – taxi is around \$50 each way)

A **\$500** deposit is due as soon as possible to secure your place

The balance of **\$1650** is due on or before April 3rd 2020

Please visit

<https://www.totalfootballexperience.com/coach-educational-tour-barcelona>

for more detailed information and Terms & Conditions





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1st Team



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