# IDA VALENCIA

U-23 Program

2020 - 2021

International Academy Program

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# IDA MISSION

The mission of International Development Academy is to become the global leader in youth player development and student-athlete player placement.

IDA will develop Clubs, Players and Coaches who have the ambition to maximize their player development potential.

# IDA Core Values

**Integrity** — **IDA** understand the enormous responsibility we have in placing a young adult in a safe, secure and educational environment.

**Development** — we have true commitment to not just the ongoing development of the student-athletes in our care but also all the coaches and staff associated with **IDA**.

**Accountability** — We hold both our student-athletes and staff to world-class standards.
Everyone within the **IDA** is expected to bring their best every day.

# IDA Background

## Who we are:

Elite North American College graduates, with collegiate soccer playing background – eg Harvard University, Academic All American.

Educational Experts with vast experience in international student placement.

High Level Sport Management Executives with experience in both North America and Europe.

Licensed European coaches and Technical Directors.
UEFA Pro, A & B License holders.

## Years of experience:

Developing 150+ players from all over the world.

Working with professional clubs, Valencia CF, Villarreal, and others.

Arranging sports & tournament trips .

Organizing short and long term player experiences in Spain.

# IDA Football Methodology

Game Related

Use of Technology

Player Centric

Pedagogy Specific

Holistic

Progressive & Periodized

# Valencia

Valencia is a port city in the eastern half of Spain that has a lot to offer student/athletes abroad.

While it is, indeed, Spain's third-largest city (its metropolitan area has a population of more than a million people), it nonetheless manages to perfectly combine the hustle and bustle of a major city with the kind of quiet plazas and gorgeous parks that people often associate with the Iberian world. And these squares and gardens do much more than simply provide pleasing views for the tourists and locals: They are used on a daily basis, and are as integral a part of life in Valencia as its office buildings, cafés, and restaurants.

Most importantly Valencia is one of the main Spanish sports centers, with multiple avenues for high level sport athletes. On the football side, the city host in its metropolitan area three major clubs participating in **La Liga**: **Valencia CF, Villarreal CF, Levante UD**.

# Valencia

At the **IDA Valencia** U-23 program (19-23 years old) from all around the world receive a professional Academy football experience coupled with a specific, personalized academic program.

Intensive training and competitive schedule, with a minimum of 12 hours per week on the field.

Accommodation in apartments 5 minutes away from downtown Valencia.

Highly qualified coaching staff with years of experience in dealing with international students.

Trial opportunities with professional and semi-professional clubs.

Spanish lessons with a native Spanish speaking teacher are provided to the players.

Official training course that allows the player to leave the academy with a training badge.

# The Football

The football provision is designed to maximize players talent and increase steadily their knowledge of the game and abilities.

The methodology will be delivered on 6-week plans, where the game is getting broken down in specific technical/tactical principles. The structure of the week is made upon the competitive calendar and specific physical demands are met to ensure the highest performance in games.

**Professional Training**

**High Level Matches**

**Video Analysis**

**S&C Adapted Program**

**Individual Reviews**

**Nutritional Plan**

# The Football

## Professional Training

6 to 8 sessions per week with our UEFA Licensed coaches and with their Spanish La Liga Regional Clubs.

## High Level Matches

More than 30 games in the Spanish league system plus weekly meetings against professionals and semi-professionals.

## S&C Adapted Program

Individual Strength and Conditioning plan to match their physical needs with their football development.

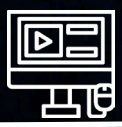
## Nutritional Plan

Our Nutritionist gives a personalized diet to every player depending on their needs so they are always with the necessary energy to achieve their training objectives.

## Individual Reviews

Our coaching staff analyzes with the entire team the weekly games in order to reinforce the positives and improve the mistakes.

## Video Analysis



The players have their individual weekly slots of time with the coaching staff to go through their games and trainings actions in order to find the ways for improvement.

# Competitive Calendar

**MORE THAN**

# 40

**GAMES**

Upon arrival in Valencia, players will attend tryouts with Spanish clubs in the area, such as Club La Vall, Paterna CF or UD Puzol. Will train and compete in the Spanish youth leagues, alongside their training at the **IDA**

**IDA** will have a separate competitive schedule, made of weekly matches against different type of rivals depending on the period of the season, from professional La Liga academies to semi-professional academies and top teams from the area.

# The Academics

escuelas CENETED

Student Athletes will be enrolled November to April to a **Spanish Coaching course**, where they can deepen their knowledge of the game and have a taste for a potential future career in coaching.

## Spanish Lessons and Cultural Visits

Players will be immersed in the Spanish culture.
Spanish classes will be available during the course of the year.
On bimonthly excursions, players will visit historical and characteristic Valencia sites.

# Exit Opportunities

Players will receive guidance throughout the year on what would be their best pathway after IDA.
**IDA** will support players in their desire to pursue:

LaLiga

**A professional career in football**. A professional career either in Spain, other European countries or North America through our agents and collaborators.

# Weekly Schedule

| | Morning | Afternoon | Evening | Night |
|---|---|---|---|---|
| Monday | | | | |
| Tuesday | | | | |
| Wednesday | | | | |
| Thursday | | | | |
| Friday | | | | |
| Saturday | | | | |
| Sunday | | | | |

# Dates & Pricing

| | |
|---|---|
| **Season Dates** | August 1st to June 1st. |
| **Vacations** | 2 weeks during Christmas & New Year Holidays. |
| **Cost of the Program** | $25,000.00 |
| **Inclusions** | Football Training.<br>IDA kit (training and competitive items).<br>Full board accommodation in apartments.<br>Coaching Course.<br>Bimonthly cultural visits. |
| **Payment Plan** | Down-payment upon roster confirmation: $10,000.00<br>Rest of the amount due in three installment (July 1st, October 1st and January 1st).<br>Financing and payment plan available upon demonstrated need. |
| **Future Development** | Additional support with college placement available:<br>Profile Creation.<br>Connection with college coaches.<br>Showcases/camps.<br>Camps tours/visits.<br>Guidance until graduation (not signing)<br>$2,000 for the service (optional) |

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