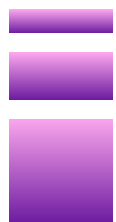


# SUMMER PRESEASON

2024



**MALE TEAMS**

**AND**

**FEMALE TEAMS**



SUMMER 2024

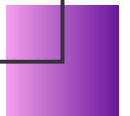
[WWW.SCNACADEMY.ES](http://WWW.SCNACADEMY.ES)

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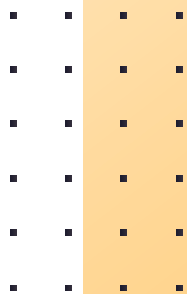








**SPORT COACH NORTE** is a comprehensive sports training center where we offer different academic, sports performance, psychological counseling, leisure and recreation services.



# 01. Who WE ARE?

With the **MISSION** of achieving a differential service based on excellence, individualization and professionalism of our services with the aim of optimizing all resources in order to achieve the highest performance.

Our **VISION** is to offer a professional activity based on the quality of our services through innovation and new technologies, always with a close and familiar treatment that helps bring out the best in each user.



02. SCN

# Academy

**SCN ACADEMY** is an international football academy that was created with the aim of offering a comprehensive training service, to promote processes of improvement and adaptation to professional football, through the best professionals in all the areas involved in our sport using all the resources, facilities and new technologies that the football industry offers us.



# 03. This is our **TEAM**



SPORT COACH NORTE IS FORMED BY PERSONNEL WITH A WIDE BACKGROUND IN THE SPORTS AND PROFESSIONAL FIELD, FROM PROFESSIONAL ATHLETES TO BUSINESS MANAGERS, TO DOCTORS AND GRADUATES IN PHYSICAL ACTIVITY AND SPORTS SCIENCES

“Our main objective is to get the best performance from all athletes and professionals in the sports and business field as well as obtain the maximum potential in the emotional and leadership area through coaching.”





# 04. S. D.

## Ponferradina

"In the city of Ponferrada on June 7, 1922..." This is how the history of S. D. Ponferradina officially begins, on paper... A long journey through the different categories of Spanish football that has left the Club installed today in professional football, being on several occasions just one step away from competing in the highest category.





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The stadium, "El Toralín", municipal ownership, was inaugurated on September 5, 2000, with the friendly match between the local team of Ponferradina and the Galician team of Celta de Vigo, with a result of 0-2, while The first official match was a 1-0 Ponferradina Universidad de Oviedo, on the third league matchday of the 2000/01 Second Division B championship. With the construction of this stadium, the aim was to give Ponferradina a sports space closer to the city center and locate it next to a large part of the municipal sports facilities.



# 05. What is **SUMMER PRESEASON?**

SCN Summer Preseason is a training program for the preparatory period of the season, **DESIGNED FOR MEN'S AND FEMALE TEAMS**, at the facilities of **SCN ACADEMY** and **S. D. PONFERRADINA**, with a duration, to be chosen, between one or two weeks and which will serve to your team gets ready for the competition.





# 06. Our **OBJECTIVES**

. . . . .  
. . . . .

1. Know the methodology and training dynamics of a professional club in Spain.
2. Analyze and evaluate each player at a technical-tactical, conditional and behavioral level.
3. Implement an individual improvement plan to be carried out upon returning from the preseason stage.
4. Use the facilities and work with staff of a professional club in Spain.
5. Get the team ready in the physical section, to start the season in optimal conditions.
6. Improve the different tactical concepts designed by the coaching staff, both individual and group.
7. Experience coexistence with your team, reinforcing friendship and unity between all members.
8. Enjoy a quality active leisure program and an international biosphere heritage natural environment, as well as a unique cultural and gastronomic program.





# 07. TECHNOLOGY AND PERFORMANCE

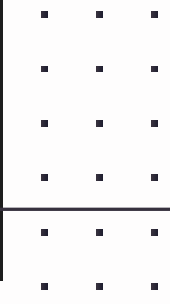


At **SCN Academy** we strive to provide our players with the latest technologies in the sport.

**GPS** will offer very valuable data for analysis such as:

- The workload of each player per match and training
- Number of actions and distance traveled in high intensity actions
- Comparison between players
- Playing positions and strategies, etc.

The **VIDEO ANALYSIS**, A tool increasingly used every day in all areas of sport. With the recording you can access a large amount of statistical data that will allow the player to improve both their collective and individual performance.



# 08. Stay

Attendees stay in the facilities that the SCN Academy has in Molinaseca, a town near the city of Ponferrada, where they have all the comforts to make their stay unforgettable. Recently acquired they have:

- Natural grass soccer field.
- Gym.
- Reading and study area.
- Conference hall.
- Wi-Fi/internet zone
- Game's zone.
- Gardened area.
- Multisports court.
- MTB.

**Possibility of accommodation and tourist package for companions**



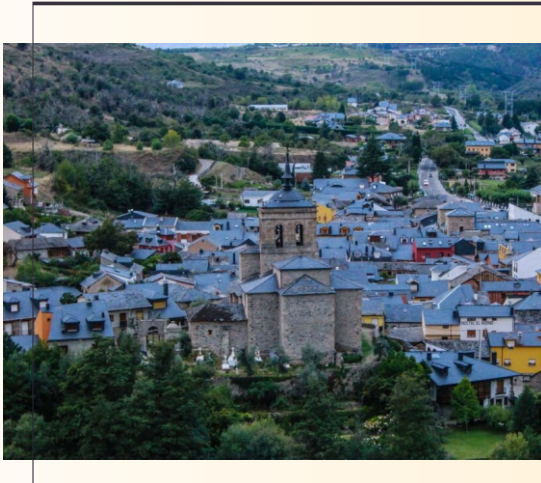


# 09. Location

In 2020 Molinaseca enters the list of "Most Beautiful Towns in Spain" thanks to its history, landscapes and entertainment.

Molinaseca is a suggestive town with a medieval flavor and a traveling path, which occupies a fertile valley full of fruit trees, meadows and orchards, crossed by the Meruelo River with crystal-clear waters and magnificent trout.

This small town currently has almost 10 centuries of history and is an obligatory stop on the Camino de Santiago for pilgrims traveling to Galicia.









# 10. SPORTS ACTIVITIES

SCN ACADEMY has a wide catalog of sports activities to offer its athletes. From visits to sports museums of the great La Liga teams to water activities, including training in the modern facilities of the S. D. Ponferradina and those of the SCN Academy.

- Museum of the Spanish football team (RFEF)
- Bernabéu Tour (Real Madrid)
- Atleti Territory (Atletico de Madrid)
- Canoes
- Rafting
- Canyoning
- Hiking
- Gym





# 11. CULTURAL ACTIVITIES



The cities of Ponferrada and León offer their visitors endless cultural activities with which to enjoy their leisure time.

**The Templar castle** of Ponferrada.

**Las Médulas**, former gold mine from Roman times.

The **cathedral of León**, a jewel of Gothic architecture.

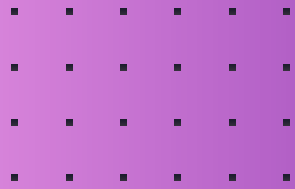
The **MUSAC**, museum of contemporary art.

**Gastronomy**, with an infinite number of dishes to taste.

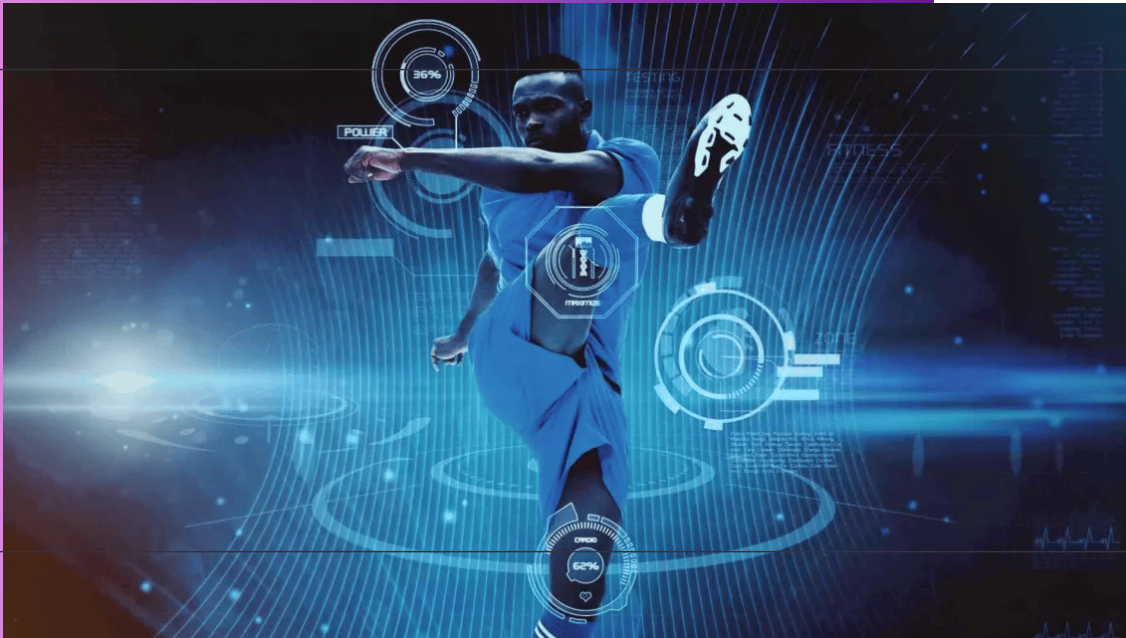
These are just some of the many cultural visits that can be made.



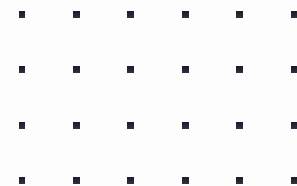
# 12. PRESEASON STAGE



Now Sport Coach Norte offers you the possibility that you and your team can carry out a preseason in our facilities.



Prepare like the best and with the best. Sport Coach Norte puts at your disposal a wide range of new technologies that will make your work and effort rewarded.





Enjoy our facilities with your team, in a unique environment.

Plan your preseason, we make it easier for you:

- Stay on a full board basis.
- Football field.
- Gym.
- GPS.
- Video recording.
- Playing friendly matches.



Add activities to your stay to enjoy a better experience





# 13. PROGRAMMING

## SUMMER PRESEASON 2024



The program on the next pages can be modified, depending on the training days and activities chosen.



**THIS PROGRAM IS FOR GUIDANCE AND ONLY SERVING AS INFORMATION AND EXAMPLE**

# 13. PROGRAMMING

## SUMMER PRESEASON 2024

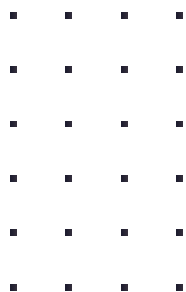


### OPTION 1 1 WEEK

From  
August 12  
to  
August 18

WEEK	DAY	MORNING	AFTERNOON
1	MON 12	Transfer from the airport to the facilities and planning with SCN Academy	
	TUE 13	Technique / Gym	Cultural activities
	WED 14	Technique / Gym	Sports activities
	THU 15	Technique / Gym	Friendly match
	FRI 16	Cultural visit to the city of Ponferrada	Video analysis / Psychologist
	SAT 17	Technique / Gym	Friendly match
	SUN 18	Departure from the facilities and transfer to the airport	

EVERY DAY IN SCN ACADEMY: 9:00 a.m. Breakfast / 2:00 p.m. Lunch / 9:00 p.m. Dinner / 10:00 p.m. Night activity / 0:00 h. Rest





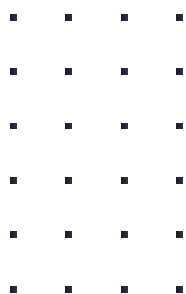
# 13. PROGRAMMING

## SUMMER PRESEASON 2024



### OPTION 2 2 WEEKS

From  
August 19  
to  
September 1



WEEK	DAY	MORNING	AFTERNOON
1	MON 19	Transfer from the airport to the facilities and planning with SCN Academy	
	TUE 20	Technique / Gym	Video analysis / Psychologist
	WED 21	Technique / Gym	Sports activities
	THU 22	Technique / Gym	Friendly match
	FRI 23	Typical food from the Bierzo region	Cultural activities
	SAT 24	Technique / Gym	Friendly match
	SUN 25	Cultural visit to the city of Ponferrada	Free
2	MON 26	Video analysis / Psychologist	Technique / Gym
	TUE 27	Technique / Gym	Sports activities
	WED 28	Technique / Gym	Cultural activities
	THU 29	Video analysis / Psychologist	Friendly match
	FRI 30	Technique / Gym	Sports activities
	SAT 31	Cultural visit to the city of León	
	SUN 1	Departure from the facilities and transfer to the airport	

EVERY DAY IN SCN ACADEMY: 9:00 a.m. Breakfast / 2:00 p.m. Lunch / 9:00 p.m. Dinner / 10:00 p.m. Night activity / 0:00 h. Rest

# 14. DATES OF

## SUMMER PRESEASON 2024

MONTHS

AUGUST

SEPTEMBER

PERIODS

1 OR 2 WEEKS

CHECK ANY OTHER DIFFERENT PERIOD OF TIME



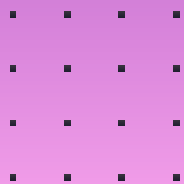


# 15. PRICES

You can enjoy your **PRESEASON STAGE** with your team from...

...**1795 €**

Free stay for 2 members of the coaching staff



# AND INCLUDED

- Transfer from airport to SCN Academy (round trip).
- Accommodation on a full board basis.
- Use of SCN Academy facilities.
- Adidas equipment (pants and t-shirt).
- Management of friendly matches.
- Transportation in cultural, sports activities and matches.
- Video recording of friendly matches.
- Use of sports training material.
- Laundry service.
- Free bioimpedance analysis for each player.



# 16. OUR PARTNERS





# 17. CONTACT



JOSE MARÍA BARRIL AGUADO  
(Inglés)

TELEPHONE: +34 647 183 217

Soccer player:

- 1999–2013 Real Madrid C. F.
- 2013–2014 Ontinyent C. F.
- 2014–2016 Harrisburg City Islanders
- 2017–2018 Oklahoma City Energy
- 2019–2020 Coruxo F. C.
- 2020– U. D. Sanse



CEO Sport Coach Norte

UEFA PRO Soccer Coach

DOCTOR in Physical Activity and Sports  
Sciences

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