



AUTHORISED  
AGENT



CD NUMANCIA  
ACADEMY PORTFOLIO

# INDEX

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**SORIA CITY & HISTORY**



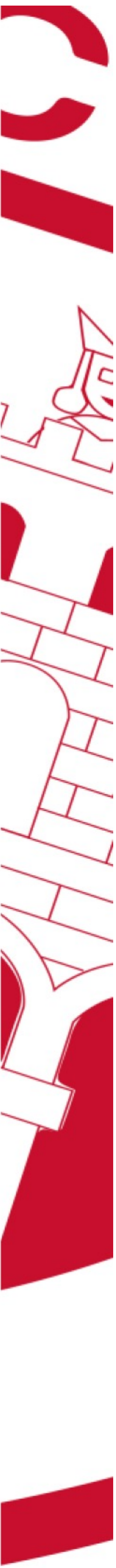
**THE CLUB & ACADEMY**



**OUR SERVICES**



**PROGRAMS**



# SORIA CITY

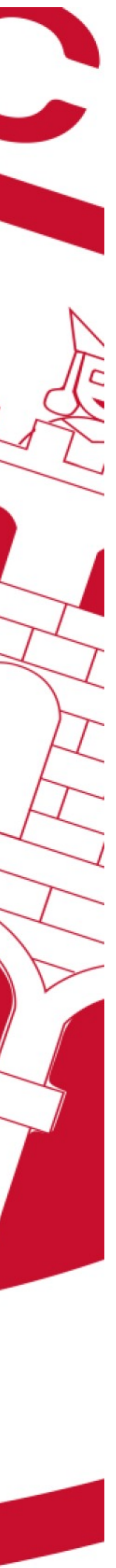


- Soria, an UNESCO recognized archaeological site, almost central and strategic position in the national map places itself close to important Spanish cities such as Madrid, Valladolid and Barcelona; and only 274 Km away from the Spanish border with France in San Sebastian.
- The high altitude of the province of Soria, at 1100 meters has a positive influence on different health factors and is known to have the best conditions for high performance and recovery due to the high purity of air than other regions.
- Soria holds the status as the safest province of Spain.
- It is one of the cheapest cities of Spain with prices almost a third less than average across Spain.
- With almost every Soria citizen involved with sport in some form, it is also one of the healthiest cities of Spain.



## SORIA CITY

Open your senses to visit this city and to a different experience: To the reddish colors of its palaces and roofs, the browns of its autumn, the green of its parks, the blue of the sky. To the smell of the surrounding mountains, of its pleasant summer nights. To the taste of its stoves, its butter, its torrenillo (crunchy bacon) and its mycology. To the sounds of its festivities, its terraces, its Collado Main Street.



**2150 YEARS OF RESILIENCE**



# NUMANTIA

**OUR RESILIENCE SPIRIT COMES FROM OUR ANCESTORS, THE NUMANTINES, THE CELTIBERIAN TRIBE THAT HEROICALLY RESISTED THE ROMAN EMPIRE FOR OVER 20 YEARS**

2500 brave celtiberians resisted for 20 years against the 60,000 soldiers of the Roman general Scipio Aemilianus. Following 15 months of siege, our brave ancestors decided to burn the city and die free rather than live and be slaves.

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SORIA CITY & HISTORY



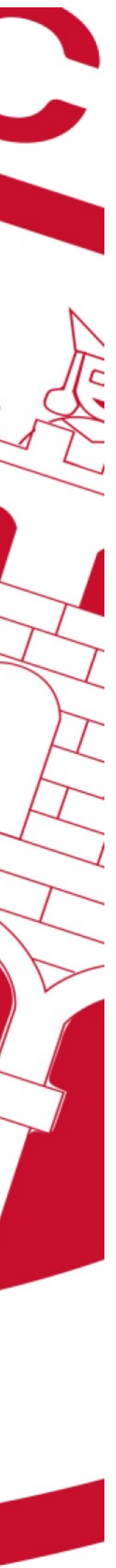
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# CD NUMANCIA

23 seasons in a row for CD Numancia in the Spanish Football League. Its institutional stability and its economic & sporting model are a national reference. Currently in 2 RFEF but with the aim of returning to professional football in the short term.



CD Numancia foundation as a federated club

1945



Loyal fans around the world



Second Division Champions!



Playing with the best!

..Present

1996 - Ascent to Second Division, fifty years later, in an unforgettable season for the Sorianos!

# ACADEMY

18 teams

300 children every year

40 coaches



“

C.D. Numancia are one of those rare phenomena that allow you to dream in a world like that of football, in which it seems that nothing other than big money counts. Careful management, and an awareness of their own limits, have meant Numancia have become something of an exceptional case within Spanish football.



# COMPETITIVENESS

		Pts	PJ	GF	GC
1	 Real Valladolid C.F. S.A.D. 'B'	67	30	81	29
2	 C.D. Numancia de Soria S.A.D.	62	30	68	35
3	 U.D. Santa Marta de Tormes	53	30	66	52
4	 U.D. Sur	52	30	47	32
5	 Puente Castro F.C.	49	30	47	35
6	 Unionistas de Salamanca C.F.	48	30	57	42
7	 C.D. Parquesol	45	30	43	54
8	 Burgos C.F. S.A.D.	43	30	48	41
9	 S.D. Ponferradina S.A.D.	41	30	49	42

We are **2nd** in Juvenile Nacional so we will play in top division in 23/24. Real Madrid and Atletico will be our Rivals.

## Showcase for Young players

- In the 23/24 season we will have 5 players in the first team trained in our academy.
- In recent years more than 10 players from our academy have been signed by higher category clubs.



CONSTANT EXPOSURE WITH THE BEST TALENTS IN THE WORLD

# TRAINING PHILOSOPHY

The first and main objective of the Academy is to search for the **INTEGRAL TRAINING** of the player (as a person and a soccer player), trying to get them well prepared as a person and a player, educated through this sport with a series of values from his first years until his last day in the club. This training process is divided into 3 stages:

- ✓ 1<sup>st</sup> stage: Initiation (6-11 years)
  - perceptual-motor capacities (coordination, balance and agility).
  - Individual technical concepts (conductions, dribbles, passes, controls).
  - Collective technical concepts (combinatorial actions).
- ✓ 2<sup>nd</sup> stage: Development (12-16 years)
  - focused on working on the tactical aspects (offensive and defensive actions).
  - continue working on the technique, both individually and collectively. Specialization by positions.
  - training of physical capacities, such as strength, speed, endurance and flexibility.
- ✓ 3<sup>rd</sup> stage: Performance (17-24 years)
  - training players who are capable to reach the 1st squad.
  - compete with a game model that goes with the philosophy of the club. Results are important to maintain national categories.



# TRAINING METHODOLOGY

## METHODOLOGICAL LINE TO BE FOLLOWED BY THE COACHES OF ALL FOOTBALL TEAMS OF NUMANCIA ACADEMY IN THEIR SESSIONS

- ✓ To create a pleasant effective climate of work at the level of the coaching staff and with the players.
- ✓ Always explain the objectives before the start of the training, so that the player focuses on them.
- ✓ From the warm up, the tasks must have a high cognitive content (in order to encourage attention from the beginning).
- ✓ Work on offensive and defensive technical-tactical aspects, creating a broad base in the learning of the players.
- ✓ Use an integrated approach in practice, always prevailing tactical objectives and consistency with the model of game.
- ✓ Sessions in which players train: principles, sub-principles and sub-subprinciples of the game.



# SESSION EXAMPLE

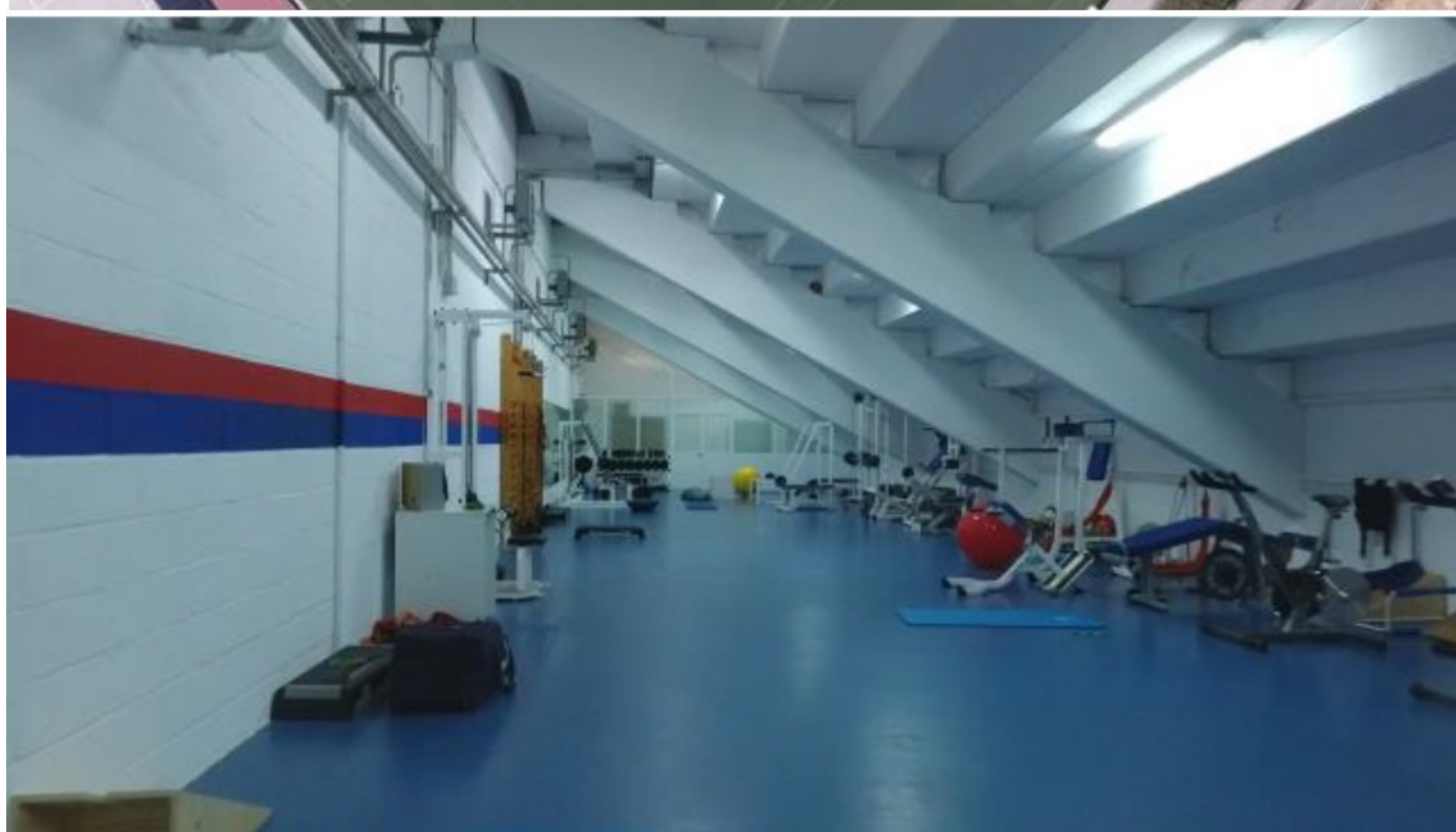
✓ The coaches will use tools that will help them to carry out the tasks and achieve the objectives of their sessions :

- **Training Session Planning File:** Where the Coach will have the description of the tasks, their duration, the players who will participate in them, the material to carry them out, and all that he considers useful for the success of the session.
- **File of principles to train in the session:** Where the coach will have the objectives to work in the session and the offensive and defensive sub-principles and sub-sub-principles using which he will achieve those objectives.

BOCETO		08-08-19	17:00	C. Deportiva	H. Artificial 2	Juvenil B 2019	EQUIPO	3	19
SESION		NUMANCIA							
OBJETIVOS PRINCIPALES		CONDICIONAL TACT TECNICO-TACTICOS TAREA DIRIGIDA A:							
CONDICIONAL		TACT		TECNICO-TACTICOS		ANOTACION DEL TIPO DE TAREA A REALIZAR		EQUIPO SESION RECUP	
CONDICIONAL		TACT		TECNICO-TACTICOS		ANOTACION DEL TIPO DE TAREA A REALIZAR		EQUIPO SESION RECUP	
28	22			CHARLA		PRESENTACION		97 51	
1	1	CALENTAMIENTO GRAL		TECNICA COLECTIVA		CONTROL PEDAJE		15	
1	1	CALENTAMIENTO GRAL		ATAQUE		ATAQUE J. Interior		10	
1	1	FZA RESISTENCIA P.GF		POSICION/Previa		MOVILIDAD ARTICULAR		1	
1	1	FZA RESISTENCIA P.GF		POSICION/Previa		ATAQUE J. Int + J. ext		3	
1	1	FZA COMPETICION P.GF		FINALIZACION		ATAQUE J. Interior		6	
1	1	ESTIRAMIENTOS GRAL				ATAQUE		6	
1	1			VUELTA A LA CALMA		ESTIRAMIENTOS Y RELAJACION		10	
TAREA 1: Técnica colectiva con Victor. Movilidad articular.									
TAREA 2: Posesión 3vs3+4c (Dist y 2int). (2 toques). J. interior y J. exterior. Equipo1: Mahama, rodr, samu de Pedro, Hector rubio. Equipo2: aaron, adrian ayllon, alex ramon, diego rubio, palacios. Equipo3: Rodrigo, Mencia, Villaral, Alex Rubio y Alvaro.									
TAREA 3: Posesión 3vs3+4c (Dist y 2int). (2 toques). J. interior y J. exterior. Equipo 1: Mahama, Mencia, aaron, rodr, alvaro, samu de Pedro, Alvaro, Juan. Equipo 2: alex ramon, rodrigo, adrian ayllon, diego ubio, palacios, Alex Rubio, Hector Rubio, Luis. EQUI: GUACENTA, ABRADANO CATALINA, COLLIGA Y ROMERA E INT Y CARLOS MIGUEL.									
TAREA 4: Partido Reducido 3 equipos. Equipo1: Mahama, rodr, samu de Pedro, Hector rubio, Colliga. Equipo2: aaron, adrian ayllon, alex ramon, diego rubio, palacios, Juan. Equipo3: Rodrigo, Mencia, Villaral, Alex Rubio y Alvaro, Luis.									
PORTEROS: No tienen entrenamiento específico.		MATERIAL: Chinos Pelos Balones Pisos(2) Cones(2) Tacas(2) Steps (2) Porteros(2) Miniporteros(2)		PISO: Asf.		INCIDENCIAS:			

FECHA DE PLANIFICACION DE SESION			
SESION	1	FECHA	8/8/19
		EQUIPO:	JUVENIL B
PRINCIPAL		PRINCIPIOS DEL JUEGO A TRABAJAR	
SECUNDARIO		CONSERVACION DE BALON	
SUBPRINCIPIO OFENSIVO		FINALIZACION	
CREAR LINEA DE PASE		SUBPRINCIPIO DEFENSIVO	
SUBPRINCIPIOS SECUNDARIOS Y COMPLEMENTARIOS		CERRAR LINEAS DE PASE	
CONSERVACION DE BALON		SUBPRINCIPIO A TRABAJAR	
AREA	TIPO DE TAREA	TIPO DE ACT.	TIPO DE FUERZA
AREA 1	ACTIVACION	DIRIGIDA	FUERZA COORDINATIVA
AREA 2	TECNICA COLECTIVA	ESPECIFICA	FUERZA COORDINATIVA
AREA 3	JUEGO AMPLIO SIN FINALIZACION	ESPECIFICA	FUERZA RESISTENCIA
AREA 4	JUEGO REDUCIDO SIN FINALIZACION	ESPECIFICA	FUERZA RESISTENCIA
AREA 5	JUEGO REDUCIDO CON FINALIZACION	COMPETITIVA	FUERZA VELOCIDAD
AREA 6			GOLPEO DE BALON
MOTIVOS POR LOS QUE DECIDES TRABAJAR DIFERENTES SUBPRINCIPIOS DEL JUEGO			
Primera Sesión de la temporada. En estas dos primeras sesiones objetivo conocer al grupo y que vayan cogiendo sensaciones con el balón.			
OBSERVACIONES			
Participarán jugadores que están haciendo pretemporada con el división de honor y que vienen de carga. Lo tendremos en cuenta.			

# WORLD CLASS FACILITIES



- ✓ FIFA Licensed stadium with a capacity of 10,000
- ✓ Sport city with two stands capacity of 1,000 seats
- ✓ 2 natural grass pitches
- ✓ Service Centre with gym
- ✓ Cafeteria
- ✓ 2 artificial grass pitch
- ✓ Football 7 a side field
- ✓ Goalkeeper training
- ✓ 8 changing rooms
- ✓ Offices
- ✓ Parking for 400 vehicles

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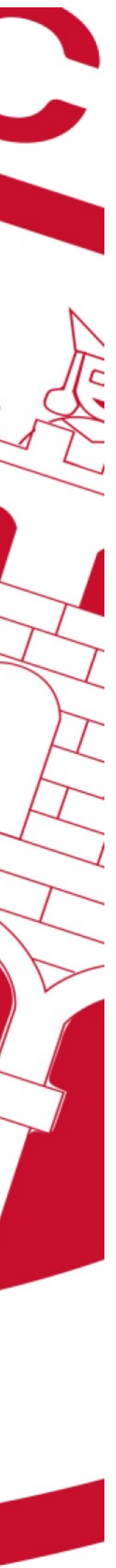
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# YOUR EXPERIENCE INCLUDES



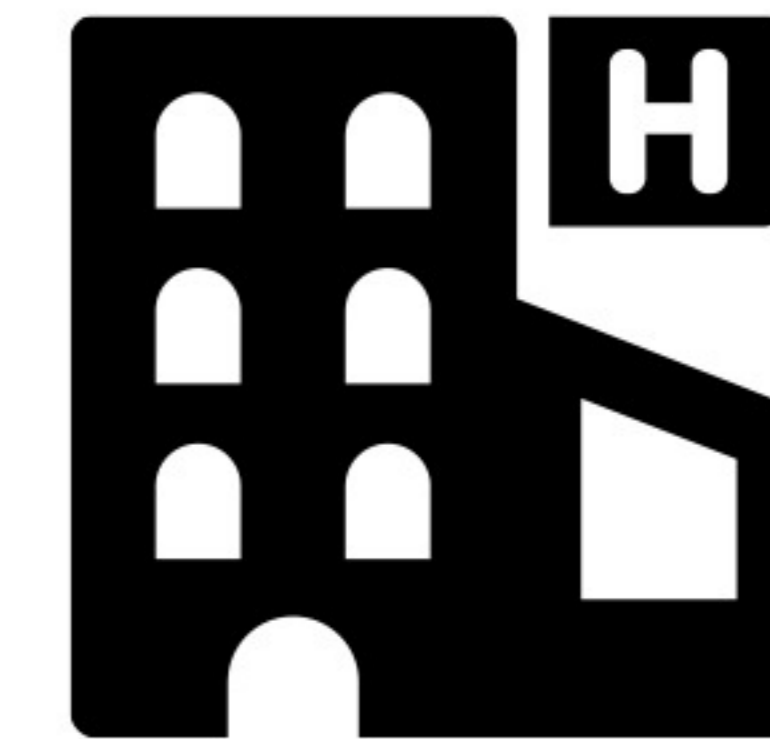
Access to our world class facilities & La Liga matches



Sightseeing\* (All over Soria & Spain) with transportation



Football training sessions with our licensed coaches & Friendlies



Residence accommodation (all included) in Soria



Complete Education in a first class school



Video analysis and feedback reports



Spanish/English speaking team delegate at all times



Full Player Insurance\*\*

# TRILEMA SCHOOL CURRICULUM

CD Numancia has partnered with Trilema School, Soria for a personalized education program for all ages.

Trilema is an associated school of Infant, Primary and Secondary education, lead and managed by Trilema Foundation. It is located in the heart of the city of Soria.

The application of the Rubik Model in Trilema Soria School means the development of our educational offer into the following:

- ✓ APB (Project-based learning)
- ✓ Vertical Mentorship
- ✓ Reading Plan
- ✓ Entrepreneurship
  
- ✓ Pensaurus (thinking strategies)
- ✓ ITC & Digital environments
- ✓ Subjects
- ✓ Teaching team
  
- ✓ External alliances
- ✓ Facilities
- ✓ Services
- ✓ Educational proposition

CORE SUBJECTS SEM WISE	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>
Sociolinguistic Field	7h	7h		
Spanish Language & Literature			4h	4h
Geography & History	7h	7h	3h	3h
Scientific & Technical Field				
Mathematics			4h	4h
Biology & Geology			2h	
Foreign language - English	4h	4h	3h	3h
Physics & Chemistry			2h	
SPECIFIC SUBJECTS				
PE	2h	2h	2h	2h
Religion	1h	2h	2h	1h
Arts & Crafts	3h	3h	3h	2h
Technology	3h	3h	3h	
ICTs				2h
Classic Culture (bilingual)				2h
ELECTIVE SUBJECTS				
Second foreign language - French	2h	2h	2h	
Spanish Math Knowledge	2h	2h	2h	
ELECTIVE CORE SUBJECTS				
Entrepreneurship Initiation				4h
Technology (bilingual)				4h



# SPORT & EDUCATION



CD Numancia and Trilema School works in sync to create the perfect harmony for best learning.

- ✓ Flexibility of timetables
- ✓ Curriculum Adjustment
- ✓ Creation of specific working groups
- ✓ Personalized tutoring of students' academic progress



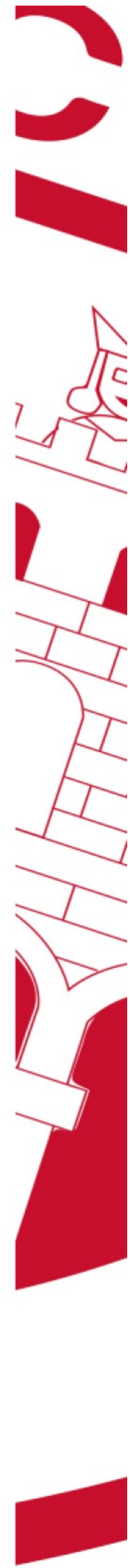
Option 1:



# HOTEL ACCOMMODATION\*



\* only applies to programs for a month or less.



## Option 2:



# HIGH QUALITY RESIDENCE

- ✓ Completely refurbished residence
- ✓ Facilities in the same building as the school
- ✓ Single rooms with wardrobe, study table and bathroom every two bedrooms
- ✓ Living area, kitchen on the same floor, large multipurpose room and a terrace with views
- ✓ Luminous, pleasant and with beautiful views to the historical city center
- ✓ Concierge service & Lift
- ✓ Cleaning services
- ✓ Dining room with kitchen
- ✓ Laundry
- ✓ Open on weekends, holidays and summer

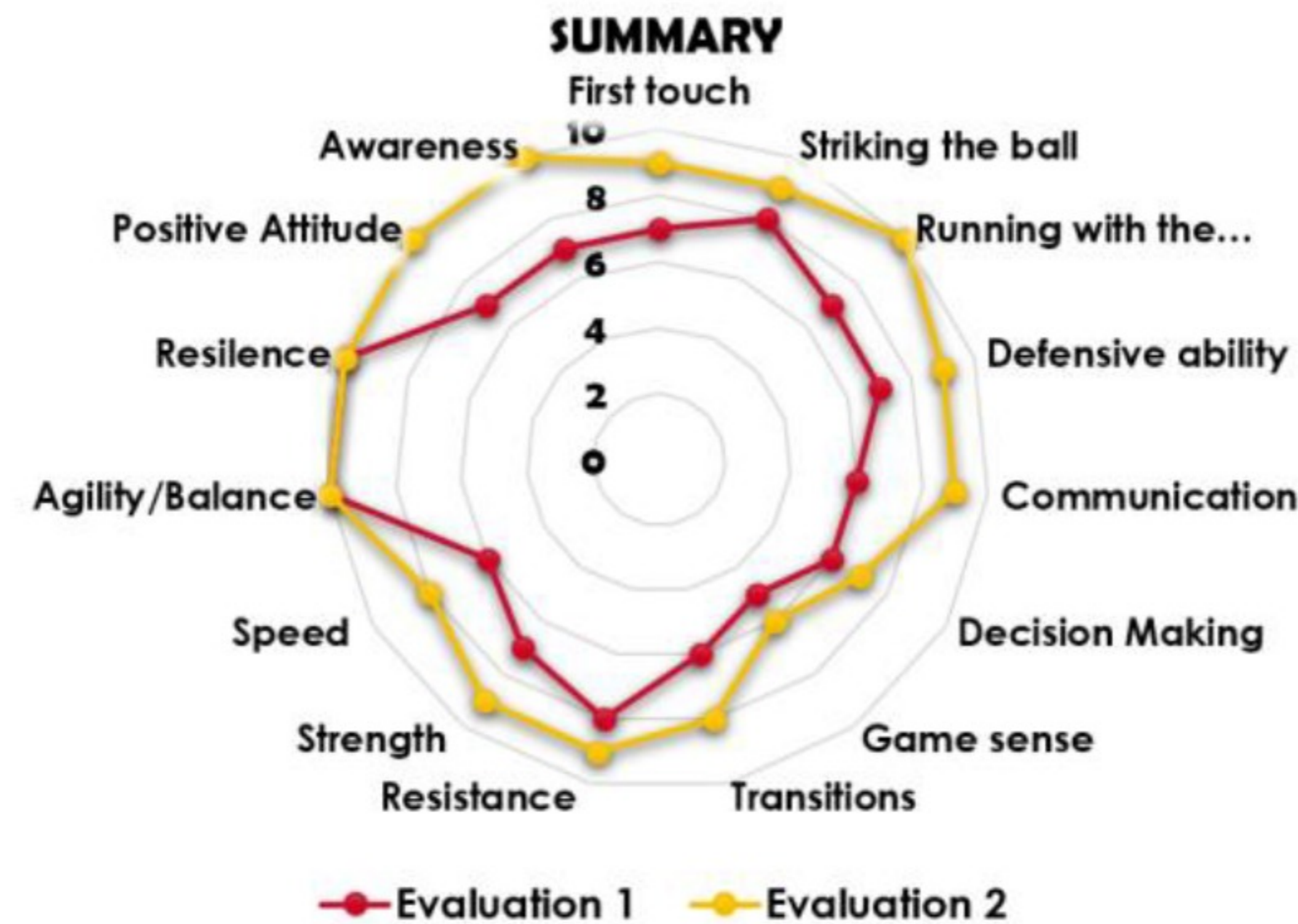
# QUALITY FOOTBALL FOR ALL AGES



# VIDEO ANALYSIS AND FEEDBACK REPORTS

CD Numancia will video record all the professional & friendly matches of players in order to analyze and give a deep report of the strengths and improvement points of individual players. These reports will evaluate the player's potential based on the key performance indicators like technical, tactical, physical and psychological aspects to give a comprehensive look of the player. The reports will be made before and the after the player joins the academy to show the growth chart.

Players on a long term duration will have mandatory monthly reports and video analysis sessions (each 3 months) whereas players on a short term duration (less than a month) will be provided the report but the video analysis will be optional for an extra cost and should be requested beforehand.



**C.D. NUMANCIA INTERNATIONAL ACADEMY**

**PLAYER EVALUATION**

PHYSICAL EVALUATION		V 1	V 2
RESISTANCE		8	9
STRENGTH		7	9
SPEED		6	8
AGILITY/BALANCE		10	10

TECHNICAL EVALUATION		V 1	V 2
FIRST TOUCH		7	9
RUNNING WITH THE BALL/1V1		8	9
STRIKING THE BALL		7	10
DEFENSIVE ABILITY		7	9

TACTICAL EVALUATION		V 1	V 2
GAME SENSE		6	7
DECISION MAKING		5	6
TRANSITIONS		6	8
COMMUNICATION		6	9

PSYCHOLOGICAL EVALUATION		V 1	V 2
POSITIVE ATTITUDE		7	10
COACHABILITY		7	10
AWARENESS		7	8
RESILIENCE		10	10

# CULTURAL IMMERSION



This experience is much more than just the sport. The players will be able to know the Los Pajaritos stadium through a guided tour, the cultural town of Garray with activities in the city, where participants will be able to discover the fascinating history of Numancia, and finally the gastronomic experience through which both participants and companions will be able to taste the best delicacies of the province of Soria, such as the Torrezno de Soria, the Garijo Baigorri French fries, Foie Malvasia and Pastisoria.

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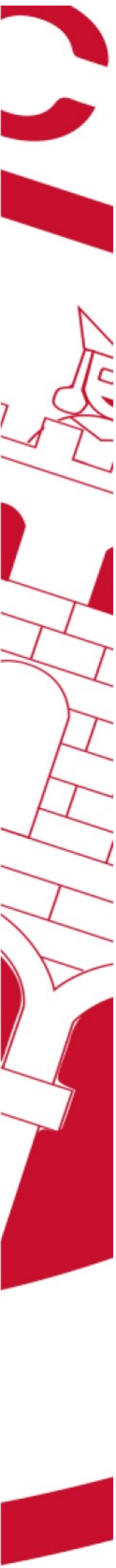
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# TIMELY PROGRAMS

## Individuals

### Player Trials

Test your skills from the eyes of our licensed coaches and get to know your real potential. The duration can be from a week, two weeks, or a month.

- ✓ Train at Sports city
- ✓ Residence / 4 star Hotel
- ✓ Play friendlies
- ✓ Watch official La Liga match
- ✓ Stadium Tour
- ✓ Performance report

## Groups

### 1, 2 & 4 weeks

A deeper personalized activity based program to test yourself and explore the Spanish culture. The duration can be from a week, two weeks, or a month.

- ✓ Train at Sports city
- ✓ Residence / 4 star Hotel
- ✓ Madrid Tour
- ✓ Play friendlies
- ✓ Watch official La Liga match
- ✓ City & stadium Tour
- ✓ Cultural activities
- ✓ Performance report

## Individual/Groups

### 3, 6 & 10 Months

Live life like a professional player and a chance to play competitive leagues week in week out. Both groups and individuals can apply for this program.

- ✓ Train with the club teams
- ✓ Permanent Residence
- ✓ Madrid/Barcelona Tours
- ✓ Watch La Liga matches
- ✓ Cultural activities
- ✓ Official Educational program
- ✓ Full covered insurance
- ✓ Nutrition & health tracking



For the growth and expansion of the International Academy of CD Numancia, we consider this program fundamental to attract high-potential talent from around the world.

This program will have as its main part and first objective the improvement of each player, in all facets, focusing on the physical, technical, tactical and psychological evolution of the footballer. With individualized work in the mornings with physical, technical and position sessions and in the afternoons with training sessions with the club team or the agreed clubs depending on the player's level and age. Only players over the age of 18 may compete in official matches.

# ANNUAL PROGRAM

The program for the entire 2023/2024 season (September 1st to May 30th) will include accommodation, food, training, insurance, transport and education (the club will provide them with Spanish courses and any specific subject they are interested in). If the player continues to show promise during the season, the coaches can promote the player to our Juvenile team, Numancia B or First team, thus signing a professional contract with the club in the future.



Numancia with its collaboration with an education institute will be able to host a group of students for a long term in Spain where the sports side as well as the educational side will be taken care of for children aged between 12-18 years.

This program focuses on international schools, football academies or any institute whose goal is to teach their children the Spanish way of football at an earlier stage without losing the education in order to assure a bright future.

## SPECIAL PROGRAMS

- ✓ Train at Sports city with Spanish players of same category
- ✓ Permanent residence in Soria
- ✓ Complete education online/on-site
- ✓ Cultural immersion and language learning
- ✓ Watch official La Liga matches of Numancia in the stadium every week
- ✓ Full covered insurance
- ✓ Monthly leisure activities
- ✓ Nutrition & health tracking of the player





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**BULWARK**  
SPORTS LTD.

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