



U23  U23



**YOUR PATHWAY TO  
GENUINE OPPORTUNITIES  
FOR EUROPEAN  
FOOTBALL TRIALS**

MONTHLY AND CLUB-SPECIFIC PATHWAYS

# FOOTBALL CONTENTS

## GUIDE TO YOUR PATHWAY

<b>WELCOME TO THE ULTIMATE FOOTBALL EXPERIENCE</b>	<b>1</b>
Program Overview	3
What's Included	4
What to Expect	6
Provisional Schedule	8
Accommodation & Training Facilities	9
Next Steps: Get Ready For Benidorm, Spain	10
 <b>DISCOVER WHO WE ARE</b>	 <b>11</b>
Our City	12
About Our Club - Where Football Dreams Take Shape	13
Primary Principals	14
Partners & Affiliations	15

# WELCOME

## TO THE ULTIMATE 28-DAY FOOTBALL IMMERSION IN BENIDORM, SPAIN

This limited program is designed for dedicated players aged 16-23 who are ready to embrace the world of professional football training and opportunities in Europe.

Your monthly (4 week) program at our club in Benidorm, Spain, will be packed with intense training sessions, targeted fitness routines, technical drills, and immersive experiences designed to shape you into a stronger and more skilled player.

Players will undergo comprehensive individual assessments designed to evaluate their technical skills, tactical understanding, and physical performance. These assessments are followed by organized trials where players can showcase their development and abilities in a competitive setting. Our expert coaches will provide in-depth feedback and customized improvement plans, focusing on each player's strengths and areas for growth.



Every participant leaves with a clearer understanding of their current level and an opportunity with a road-map for their future football journey.



INTERNATIONAL  
PLAYER PATHWAYS

PROFESSIONAL  
PLAYER  
DEVELOPMENT  
TRAINING

PROFESSIONAL  
HIGH-LEVEL  
COACHING

PLAYER-ORIENTED  
ACCOMMODATION

VIDEO RECORDING  
OF SESSIONS



PROFESSIONALLY  
PREPARED  
NUTRITION  
PROGRAM

ACCREDITED  
SPANISH  
LANGUAGE  
CLASSES

PLAYER FITNESS  
FACILITIES &  
TRAINING

NETWORK  
ALLIANCE OF  
SCOUTS AND  
AGENCIES

FRIENDLY  
COMPETITIONS  
AND GAMES

PLAYER  
TECHNOLOGY  
PLATFORM

PLAYER  
EXCURSION



ZERO TOLERANCE  
PLAYER  
ENVIRONMENT

CLUB  
AFFILIATIONS

# PROGRAM OVERVIEW

CF Benidorm has a history of developing exceptional talent through our comprehensive training methodology and a state-of-the-art environment. Located on the beautiful Mediterranean coast, CF Benidorm is the perfect destination for international players to sharpen their skills.

This program is a condensed version of our prestigious U23 full-season scholarship opportunity, focusing on the training, lifestyle, and discipline needed to excel. Additionally, it provides participants with the opportunity to take part in trials and assessments within our club, opening doors for further advancement.

**Limited Spots:** To provide personalized attention and maximize each player's development, we limit this program to only a few players each month (4 weeks).





# WHAT'S INCLUDED

## TRAINING PROGRAM DETAILS

Experience high-quality coaching with daily training sessions focused on technique, game intelligence, and physical preparation. Our experienced coaches will guide you through structured drills and tactical insights to elevate your game.

## ACCOMMODATION AND DINING:

Players will stay at our exclusive Hotel Moli in Alfàs del Pi, offering comfortable accommodations and chef-prepared, football-specific meals designed for optimal athletic performance.

## PERSONAL FITNESS AND DEVELOPMENT SESSIONS

Tailored fitness coaching will help you reach your goals through specialized strength, conditioning, and recovery sessions. Our focus is on building both your physical and mental resilience.

## MENTORSHIP AND SKILL ENHANCEMENT

Gain valuable insights into the life of a professional player with personalized mentorship from our coaches, who are dedicated to honing your individual skills and guiding you through the professional pathway.

## SPANISH LANGUAGE CLASSES

Take part in Spanish language classes to enhance your cultural experience and communication on and off the pitch.

## TRANSPORTATION

Provision of transportation to training sessions, matches, and all program-related activities, ensuring you focus solely on your development.

## ACCESS TO SPANISH COACHING CLASSES

Gain access to exclusive Spanish coaching classes, where you can learn from local experts and deepen your understanding of different coaching methodologies.

## LAUNDRY FACILITIES

Players have access to laundry facilities, allowing them to independently manage and maintain their training gear during their stay.

## PLAYER EVALUATION AND TRACKING

Your progress will be continuously tracked and assessed with detailed feedback to help you understand your strengths and areas for improvement.



# WHAT'S INCLUDED

THE PROGRAM WILL FACILITATE	MONTHLY MAX. 3 MONTHS
1 Unparalleled accommodation & living facilities in Spain	
2 House-keeping and laundry access	
3 Nutritional guidance & daily certified chef prepared meals	
4 Transportation and travel to facilities	
5 Spanish language course	
6 Elite development focused coaching staff	
7 Multiple exclusive professional training facilities	
8 Advanced fitness and conditioning programs	
9 Injury prevention programs and clinics	
10 Mental and psychological conditioning training	
11 Player evaluation and progress tracking	
12 Video recording and footage for players	
13 Exposure to friendly club and international games	
14 Internal scouting sessions during training	
15 Access to club's extensive scouting network	
16 Additional trial opportunities	
17 Pathway and support to international football	
18 Social media exposure & branding opportunities	
19 Season access to CF Benidorm first team games	
20 Development training	
21 Appropriate team kits and training gear	
22 Sit-ins for Spanish licenced coaching classes	
23 Opportunity to sign for CF Benidorm U23 team 2025-2026	

# WHAT TO EXPECT

The program plan presented below offers an illustrative outline of what players can expect during their time with us. Please note that this schedule is subject to adjustments as our coaching team continually evaluates and adapts the program to meet the evolving needs of the participants. The program is designed to provide players with a comprehensive and immersive football experience, focusing on developing their technical, tactical, physical, and mental skills in addition to trial opportunities with our club.

## WEEK 1



## ORIENTATION & ASSESSMENTS

The first week of the program focuses on getting players acclimated to their new environment while establishing a solid foundation for the journey ahead. During this week, players undergo comprehensive assessments and are introduced to the program's structure, expectations, and coaching philosophy. The coaching staff will be:

- Establishing a baseline
- Fostering a professional environment
- Setting individual goals
- Building team dynamics

## WEEK 2



## INTEGRATION & INTENSIVE DEVELOPMENT

In the second week of the program, the focus shifts towards intensive skill development and integrating players into a cohesive environment. During this critical phase, players begin working closely with coaches to refine their technical skills, deepen their tactical understanding, and adapt to a more demanding training schedule. The objective is to prepare each player for higher levels of performance and synergy which will include:

- Technical and tactical refinement
- Integration into the training sessions
- Personalized development
- Mental and physical conditioning

# WHAT TO EXPECT

## WEEK 3



## TACTICAL DEVELOPMENT & TRIAL ASSESSMENT

Week 3 of the U23 monthly program is crucial as players prepare to demonstrate their growth and skills during a trial or showcase. The primary focus of this week is refining tactical understanding, boosting cohesion, and mentally and physically preparing players for our trial assessments.

- Tactical and football IQ refinement
- Role definition & cohesion
- Trial evaluations and readiness
- Evaluation & development planning

## WEEK 4



## ASSESSMENT, FEEDBACK & DEPARTURE

In the final week of the U23 monthly program, the focus shifts toward comprehensive evaluations, personalized feedback, and final preparations for departure. This critical phase is designed to ensure that each player receives insights into their development, strengths, and areas of improvement, while also providing guidance on their next steps. The aim is to leave players with a sense of accomplishment, direction for their future, and a clear understanding of their football journey.

- Player evaluation
- Personalized feedback & development plan
- Planning for the future
- Fostering networks and connections

note: The weekly activities and training schedules mentioned are subject to change based on the evolving needs and development progress of the players and club. Our coaching team may adjust sessions, drills, and assessments to better align with the individual and collective growth of the participants, ensuring an optimal and personalized experience throughout the program.

# PROVISIONAL SCHEDULE



As a monthly program participant, you'll follow a similar schedule as our U23 full-season players, ensuring a seamless integration into their training routines and lifestyle. Players will have tailored training sessions designed to enhance technical, tactical, physical, and mental skills, with added trial opportunities within our club, while still being integrated into the overall schedule.



	MONDAY LUNES	TUESDAY MARTES	WEDNESDAY MIÉRCOLES	THURSDAY JUEVES	FRIDAY VIERNES	SATURDAY SÁBADO	SUNDAY DOMINGO
WEEK 1				Bolognese, Spaghetti, Garlic Bread, Cheese	Mexican Pulled Chicken, Rice, Tortilla, Guacamole, Cheese	Nachos Cottage Pie, Mixed Veggies, Extra Gravy	Bruschetta Chicken, Pasta, Cheese, Garlic Bread
WEEK 2	Beef Stew, Mash or Boiled Pots	Creamy Chicken, Mash or Chips	Pasta Bake Bolognese, Side Salad or Veg, Garlic Bread	Chicken Satay Curry, Rice, Bread	Fish Pie, Mixed Veggies	Thai Red Curry, Rice, Chips	Tuscan Chicken, Pasta Cheese or Mash
WEEK 3	Spanish Hake Bake with Veggies	Lasagne, Garlic Bread, Chips	Chicken Tikka Masala, Rice, Chips, Naan	Chicken Tomato Casserole, Mash or Boiled Potato	Mac Cheese, Veggies	Jamaican Curry, Rice, Chips, Naan	Cajun Chicken, Pasta, Garlic Bread, Veggies
WEEK 4	Thai Panang, Rice, Chips	Beef Burrito, Wraps, Guacamole, Rice, Chips	Cottage Pie, Mixed Veggies	Veggie Chili, Rice, Guacamole, Nachos	Tuna Bake, Veggies	Chicken Stirfry, Noodles, Prawn Crackers	Arrabiata Chicken Pasta Cheese Garlic Bread or Mash
WEEK 5	Chicken Stirfry, Noodles	Chicken Pasta Bake, Garlic Bread, Salad	Fish Pie, Mixed Veggies	Chilli Con Carne, Rice, Nachos	Veggie Lasagne, Garlic Bread, Chips	Beef Rendang, Rice, Naan	Mediterranean Chicken, Pasta or Mash
WEEK 6	Moroccan Chicken, Couscous/Rice	Tuna Bake Garlic Bread, Side Salad	Chicken Casserole, Mash or Boiled Pots	Cottage Pie, Mixed Veggies	Chicken Tikka Masala, Rice, Bread, Chips	Korean Chicken, Noodles, Prawn Crackers	Lasagne, Garlic Bread, Chips, Salad





## ACCOMMODATION

ATLÉTICO  
BENIDORM

Players will stay at an exclusive private resort designed specifically for our team and members.



## TRAINING FACILITIES

Access to high-quality AstroTurf and other surfaces ensures enhanced performance, minimizes injury risks, and facilitates a seamless transition from training to real-game scenarios.





Discover a Lifetime  
of Football Opportunity  
in Just Months  
through Our Club in Spain!

**VISIT [ATLETICOBENIDORM.COM/U23-MONTHLY-PROGRAM/](https://atleticobenidorm.com/u23-monthly-program/)  
FILL OUT THE REGISTRATION FORM AND SECURE YOUR SPOT**





# DISCOVER WHO WE ARE



THE GATEWAY TO PROFESSIONAL AND DEVELOPMENT FOOTBALL IN EUROPE



## OUR CITY

Our beautiful city of Benidorm stands as a sought-after tourist destination in Spain, catering to both families and football enthusiasts with a diverse array of attractions, activities, stunning beaches and pleasant Mediterranean climate. Situated in close proximity to other vibrant football-centric cities, Benidorm emerges as a haven for football enthusiasts. Despite a population of 70,000, the city hosts over 4 million visitors annually, attesting to its widespread allure.

For football enthusiasts, Benidorm houses our club CF Benidorm, a football club actively participating in the Spanish football league system.

The city's football scene is truly remarkable, attracting numerous professional teams from across Europe who capitalize on Benidorm's favorable climate and strategic location for training, as well as for engaging in friendly and competitive matches.

What better way to embrace the allure of Benidorm and the excitement of football than through Atlético and CF Benidorm?





## ABOUT OUR CLUB

Established in 1987, Atlético Benidorm CD was a Spanish football club located in Benidorm, within the province of Alicante, Valencian Community. The club boasted a rich history spanning various divisions of Spanish football, achieving its pinnacle by securing promotion to Segunda División B, the third tier of Spanish football, during the 1999-2000 season. Additionally, Atlético Benidorm CD enjoyed success in the Copa del Rey, reaching the round of 32 on two notable occasions.

Atlético Benidorm CD's renowned youth academy has nurtured players for successful careers in professional football. It plays a crucial role in the club's mission to foster local talent development and provide global opportunities.

In May of 2023, Atlético Benidorm CD and DV7 Group reached a collaborative agreement to unite their strengths and establish a club with enhanced resources across all facets. This collaboration gave rise to the new entity, CF Benidorm, guided by a distinct vision: to establish the premier football academy in the city of Benidorm and the province of Alicante.

CF Benidorm has established robust affiliations with other clubs for professional and youth academy collaborations. These partnerships involve resource and expertise sharing to develop young players, facilitating their progression to professional levels and expanding opportunities for our members in the football arena.

CF Benidorm's home matches are played at the Estadio Municipal Guillermo Amor, which has a capacity of over 9,000 spectators.



*Mayor of Benidorm Toni Pérez highlights and blesses the amalgamation of a single Benidorm club*



*Atlético Benidorm CD and DV7 Group forged an agreement to unite, forming a club with strengthened resources*



# PRIMARY PRINCIPALS



Atlético Benidorm, formerly a club known as Atlético Benidorm CD, is now focused on prioritizing youth development. The organization emphasizes fostering the growth of local and international young football talent, aiming to provide opportunities like the U23 program for players on a global scale.

## ATLÉTICO BENIDORM PRINCIPALS



**Azeem Amir**  
Founder & President  
Atlético Benidorm



**Pablo Candela**  
V. President & Legal  
Atlético Benidorm



With a roster exceeding 600 academy players, our club is engineered for excellence in its professional, educational, and training dimensions, embracing boys and girls of all ages. One of the primary objectives is to nurture talent and elevate the first team to the pinnacle of professional football.

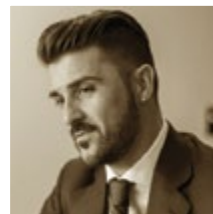
## CF BENIDORM PRINCIPALS



**Jordi Bruixola Ruiz**  
President  
CF Benidorm



**Azeem Amir**  
Co-founder & V. President  
International Affairs  
CF Benidorm



**David Villa**  
V. President  
Football Affairs  
CF Benidorm



**Victor Oñate**  
V. President  
Financial Affairs  
CF Benidorm



## PARTNERS & AFFILIATIONS



CF Benidorm has an official partnership and a formal connection with Valencia CF who compete in La Liga, the top tier of Spanish football. Multiple development and programs are coordinated between our clubs  
[VALENCIACF.COM](http://VALENCIACF.COM)



We have yet to fully unveil the breadth of our expansive network. The strength of our connections, partnerships, and affiliations across Europe is an ever-expanding asset. With each stride we make, the network grows, offering an array of benefits to both our program and the club. These connections span different countries and international territories, forming a dynamic landscape of opportunities for our players. It's a testament to our commitment to providing an enriching environment, where the global football community becomes an integral part of your developmental journey. As we cultivate these affiliations, the program evolves into a gateway to a vast and diverse football ecosystem, ensuring that every participant gains invaluable exposure and the chance to flourish on an international stage.





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[ATLETICOBENIDORM.COM](http://ATLETICOBENIDORM.COM)