





***HOST CITY***

**ALICANTE**

# ***ALICANTE PRO EXPERIENCE BY P4SA***

The Alicante Experience by P4SA is a 10-day elite high-performance football program designed for teams and individual players who seek to combine professional-level training, competition, recovery, and cultural immersion in Spain.

This exclusive experience is divided into two powerful stages:

**5 days** in Alicante, Spain, based at the stunning Bonalba Resort, where players will live, train, and recover in a true professional environment—followed by

**5 days** in Barcelona, Spain competing in one of the top elite international tournaments, facing high-level opposition from around the world.

During the Alicante phase, players and teams will train under the P4SA methodology, supported by top-level performance experts, including:

- NH Training Concept – elite physical performance and conditioning specialists
- WE Interclinic – advanced recovery, physiotherapy, and injury-prevention professionals

Athletes will experience the daily lifestyle of professional footballers—structured training sessions, tactical work, recovery protocols, and performance-focused routines—while embracing the unique culture, gastronomy, and football identity of Alicante and Barcelona.

The Alicante Experience is more than a training program. It is a complete football immersion, designed to elevate players physically, tactically, mentally, and culturally—on and off the pitch.



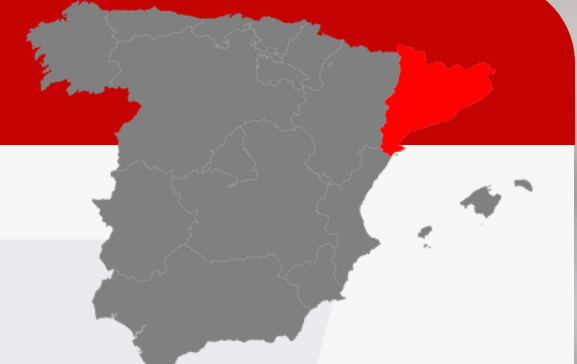
# ***PRO EXPERIENCE***

From Dream to Professional Reality



## ***ALICANTE***

5 days in Alicante, Spain, based at the stunning Bonalba Resort, where players will live, train, and recover in a true professional environment



## ***BARCELONA***

5 days in Barcelona, Spain competing in one of the top elite international tournaments, facing high-level opposition from around the world.

# **BONALBA RESORT**

ALICANTE, Spain

## **Accommodation & Professional Environment**

Participants will stay for 5 days at the prestigious Bonalba Resort Alicante, a full-board professional environment designed specifically to meet the needs of high-performance athletes.

What the experience includes

- Full board accommodation: breakfast, lunch, and dinner (buffet style)
- Balanced, athlete-oriented nutrition to support performance and recovery
- Professional atmosphere focused on rest and regeneration
- Access to swimming pool, spa, green areas, and leisure spaces

This resort will serve as the daily base of operations, where players live, rest, recover, and prepare—experiencing the routine and lifestyle of professional footballers throughout the program.



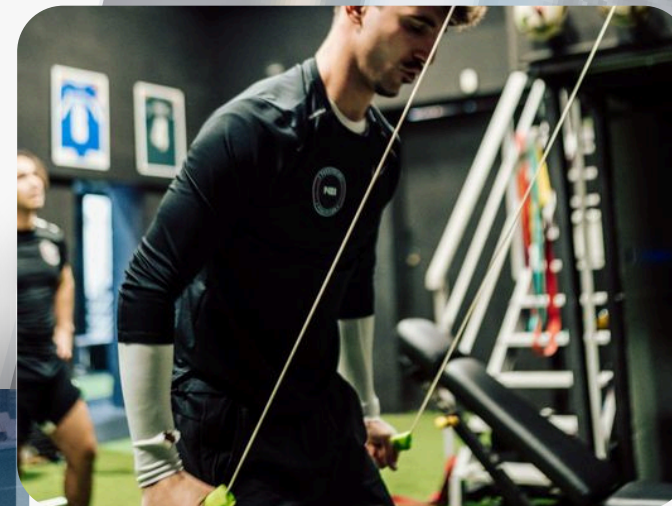
# ***TRAINING PROGRAM***

ALICANTE, Spain



## **ON-FIELD TRAINING**

Training Delivered  
Through the P4SA  
Methodology



## **STRENGTH, CONDITIONING & RECOVERY**

High-Performance  
Physical Training  
Led by NH Training  
Concept



## **PHYSIOTHERAPY & MEDICAL SUPPORT**

Professional  
Physiotherapy  
Services in  
Collaboration with  
WE Interclinic



## **PLAYER MENTORSHIP & PERFORMANCE MEETINGS**

Individual and  
Group Sessions  
with Professional  
Footballer Oriol  
Soldevila

# ***CULTURAL & PROFESSIONAL FOOTBALL EXPERIENCE***

## **Alicante Lifestyle, Culture & the Professional Game**

Beyond the training ground, the Alicante Experience offers a complete immersion into Spanish football culture and Mediterranean lifestyle—giving players a deeper understanding of what it means to live and prepare as a professional athlete in Spain.

The experience includes

- Guided cultural visits around Alicante and surrounding regions
- Exploration of iconic locations, beaches, and historic landmarks
- Exposure to professional football environments, including attendance at training sessions
- Opportunity to watch live professional matches, subject to competition schedules
- Authentic gastronomic experiences, featuring traditional local cuisine
- Tasting of Alicante's famous rice dishes, a cornerstone of Mediterranean culture

This unique combination of elite football, cultural immersion, and gastronomy creates a complete and unforgettable professional experience in one of Spain's most vibrant and attractive football regions.





***HOST CITY***

**BARCELONA**

# ***BARCELONA ELITE TOURNAMENT EXPERIENCE***

**Compete. Explore. Experience Football at Its Highest Expression.**

Following the Alicante phase, the program continues in Barcelona, where players will step into one of the world's most iconic football cities—combining elite international competition with a complete cultural and professional city experience.

Players will stay in a 4-star hotel with full-board accommodation, ensuring comfort, recovery, and focus throughout the tournament. All transportation is fully organized and included, allowing participants to concentrate solely on performance and experience.

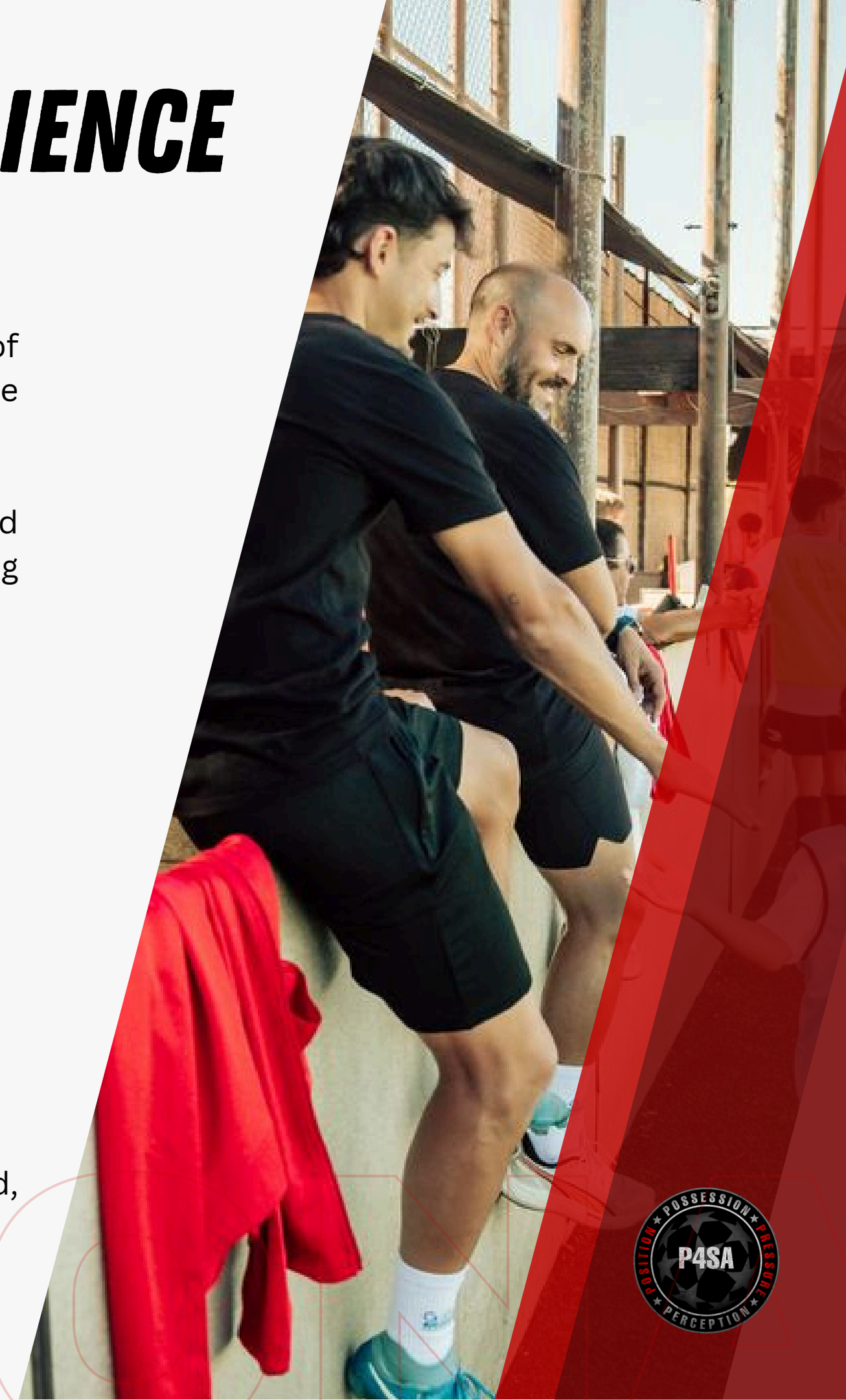
## **Transportation includes**

- Local transportation in Alicante
- Private transfer from Alicante to Barcelona
- Full internal transportation in Barcelona throughout the tournament and scheduled activities

## **The Barcelona Experience Includes**

- Participation in a top-level international tournament
- Guided visit to Camp Nou and the FC Barcelona Museum
- Tour of Barcelona's most important historical landmarks
- Visits to iconic football and cultural locations across the city

All activities are conducted with the support of a professional guide, ensuring a seamless, organized, and enriching experience from start to finish.



# **OFFICIAL P4SA EQUIPMENT | INCLUDED**

To ensure a professional standard on and off the pitch, all participants will receive official P4SA gear, included as part of the program



**P4SA TRACKSUIT**



**OFFICIAL TOURNAMENT  
MATCH KIT**



**2 TRAINING SHIRTS**



**2 TRAINING SHORTS**



**P4SA SNAPBACK HAT**

# IMMERSION IN BARCELONA & CATALONIA

A unique cultural and football immersion in one of the world's most iconic football regions. Barcelona and Catalonia represent a powerful blend of history, passion, architecture, and elite football culture, creating an environment where players grow not only as athletes, but also as individuals.

This experience allows participants to understand the identity, values, and lifestyle that shape Spanish football—both on and off the pitch.

## CULTURAL & HERITAGE EXPERIENCES

- **Sagrada Família** – Gaudí's architectural masterpiece and a global symbol of Barcelona
- **Tibidabo** – Panoramic views overlooking the city and the Mediterranean coastline
- **Plaça Catalunya** – The vibrant heart and central meeting point of Barcelona
- **Plaça Espanya** – Gateway to Montjuïc and a symbol of Catalan culture
- **Montjuïc** – Olympic history, museums, and iconic viewpoints over the city

This cultural immersion completes the football journey, offering players a broader perspective, deeper understanding, and lasting memories from one of football's most influential regions.



# WHAT'S INCLUDED

## ***ALICANTE PRO EXPERIENCE***

- 5 nights at a Bonalba Resort with full-board accommodation
- 5 days of field training delivered by P4SA professional coaches
- 5 days of gym-based strength & conditioning training led by a certified performance specialist
- Professional-grade training equipment used by First Division players
- Daily recovery sessions, including access to spa and regeneration circuits
- 1 professional physiotherapy session
- Exclusive gastronomic experiences, including selected lunches and dinners outside the resort
- Performance talks and mentorship sessions with professional footballer Oriol Soldevila

## ***BARCELONA ELITE TOURNAMENT EXPERIENCE***

- Registration and participation in an elite international tournament
- Isaac García, head coach of P4SA Academy, former La Masia coach and current manager of First Division professionals in Spain, will be coaching at the tournament— a real opportunity for players.
- 5 nights of 4 star hotel accommodation in Barcelona
- Full-board meals included (breakfast, lunch, and dinner for 5 days)
- Private transportation from Alicante to Barcelona
- Professional tour guide services throughout the Barcelona experience (5 days)
- Official P4SA training and lifestyle apparel provided to all participants

**Throughout the entire experience, players will be accompanied at all times by three P4SA professional coaches, who will travel with the group and provide continuous support in both Alicante and Barcelona—on and off the field.**

**The primary objective of this program is to prepare the team (or teams) to the highest possible competitive standard for the international summer tournament in Barcelona, ensuring players arrive physically prepared, tactically organized, mentally focused, and fully adapted to elite-level competition.**