



# THE

# JOURNEY

BY P4SA

*Where Potential Meets Destiny*





***HOST CITY***

**BARCELONA**



## ***GLOBAL EPICENTER FOR PLAYER DEVELOPMENT AND COMPETITIVE FOOTBALL***

Catalonia is home to some of the most respected professional football clubs in Europe. FC Barcelona, RCD Espanyol, and Girona FC compete at the highest levels of Spanish football and represent a region globally recognized for its commitment to player development, football intelligence, and strong sporting culture. These clubs are part of a unique ecosystem where youth development, professional standards, and football identity are deeply connected—making Catalonia one of the most important regions in the world for developing future professional players.



## OUR STORY

P4SA was born from the strong bond between Albert Portas, Carlos Portas, and their coach, Isaac García, at La Masia. Isaac coached Albert for two years, and despite going separate ways. Albert and Carlos to the U.S. and Isaac continuing as a coach in Spain. They stayed connected. Like many friendships that last across distances, Isaac reached out with an idea: to bring La Masia's elite training to young players in the U.S. Together, they founded the academy, aiming to inspire the next generation both on and off the field.

## OUR METHODOLOGY

P4SA's methodology focuses on the 4 P's and was inspired by La Masia's strategic approach to training. These key focuses are endorsed by Pep Guardiola and Xavi Hernandez as key areas young players should develop as they advance to higher levels of play

- **Possession** means controlling the ball to move forward and defend, taking the lead away from the other team.
- **Pressure** is about quickly getting the ball back.
- **Position** refers to being well-placed with sufficient space and time to optimally perform actions.
- **Perception** means being able to see teammates, opponents, our team, and the other side, and knowing when to act and when not to.

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## THE JOURNEY

The Journey was born from real conversations.

After meeting hundreds of parents and players through our camps and programs, one question kept coming back to us. “What’s next?”

Soccer in the United States is growing fast. Every year, well-known European clubs and academies visit the U.S., offering camps, showcases, and international trips. But we asked ourselves an important question:

Does it really change anything?

Does it truly open doors to professional football in Europe?

Or does it simply become another tourist experience—with memories, but no real pathway?

That question is where The Journey began.

We created The Journey to do something different. Something real.

Our program is built on truth, transparency, and professionalism. At P4SA Camps and Academy programs, players are evaluated honestly—not based on promises, names, or hype, but on potential, mentality, commitment, and football understanding.

For selected players, The Journey is not a vacation.

It is an experience designed to show what life as a professional footballer truly demands.

In Europe—starting in Barcelona—players don’t just train.

They learn the path, the discipline, the culture, and the mentality of elite football. They feel the pressure. They understand the expectations. They experience the rhythm, the standards, and the reality of high-level player development.

But our responsibility doesn’t end there.

We walk this road together with the player and the family—before, during, and after The Journey. We continue to evaluate, guide, and support the process, helping each player understand what they must improve and how to move closer to their full potential.

The Journey is not about selling dreams.

It is about building them the right way.



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# THE JOURNEY EXPERIENCE

## **SPORTS DEVELOPMENT** “Train the European Way”

Players train within a high-performance football environment, following methodologies used in top European academies.

### *What players experience*

- Professional-level training sessions led by elite coaches
- European-style training intensity, structure, and tempo
- Exposure to real training cycles used in professional clubs

Every session is designed to challenge, educate, and elevate the player — physically, mentally, and tactically.

## **EXPOSURE** “Training with the Top”

The Journey places players in environments where standards are non-negotiable.

### *What players experience*

- Training alongside academy players
- Sessions in professional club facilities
- Direct exposure to European football culture and expectations
- Honest evaluation from experienced coaches and professionals

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## **CULTURAL & GASTRONOMIC IMMERSION** “Live the Football Life”

Football in Europe is not just a sport — it is a culture and lifestyle.

### **What players experience**

- Daily routines of players
- Local football culture and traditions
- Authentic cultural experiences
- Diet principles and gastronomy
- Understanding how lifestyle, nutrition, and recovery support performance

This immersion helps players see how life choices directly impact football performance

## **COMPREHENSIVE PERSONALIZED SUPPORT** “Develop the Player”

The Journey provides holistic support, ensuring each player leaves with knowledge, structure, and direction.

### **What players experience**

- Individual player evaluation
- Nutritional guidance and diet principles
- Training cycle education (load, recovery, adaptation)
- Tactical classroom sessions
- Game analysis and football IQ development
- Sports psychology foundations



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# ***TRAIN WITH***

# ***Girona FC***

One full day training & immersion with Girona FC

Training session within the Girona FC professional environment  
Exposure to LaLiga-level methodology, intensity, and standards

## **Meeting with coaches and staff to understand**

Player development pathways  
Daily habits of elite professionals  
What clubs truly look for in young players  
Behind-the-scenes experience of a top European club culture



# Elite Training Program

This program is not a camp. It is a high-performance football immersion designed for ambitious players who want to train, think, and live like professionals.

## 8 Training Sessions with Barcelona Local Clubs & Academies

Training sessions with top academies and clubs in Barcelona. Players grouped and matched by age, position, and performance level. Real exposure to European training intensity and standards

## 8 Individual Training Sessions

Personalized sessions

- Strengths and improvement areas
- Technical efficiency under pressure
- Detailed feedback and progression tracking
- Designed to accelerate individual growth inside team play

## 8 Tactical & Mental Performance Sessions

- Game understanding
- Positional roles
- Decision-making in different moments of the game
- Confidence
- Discipline
- Professional habits
- Resilience under pressure

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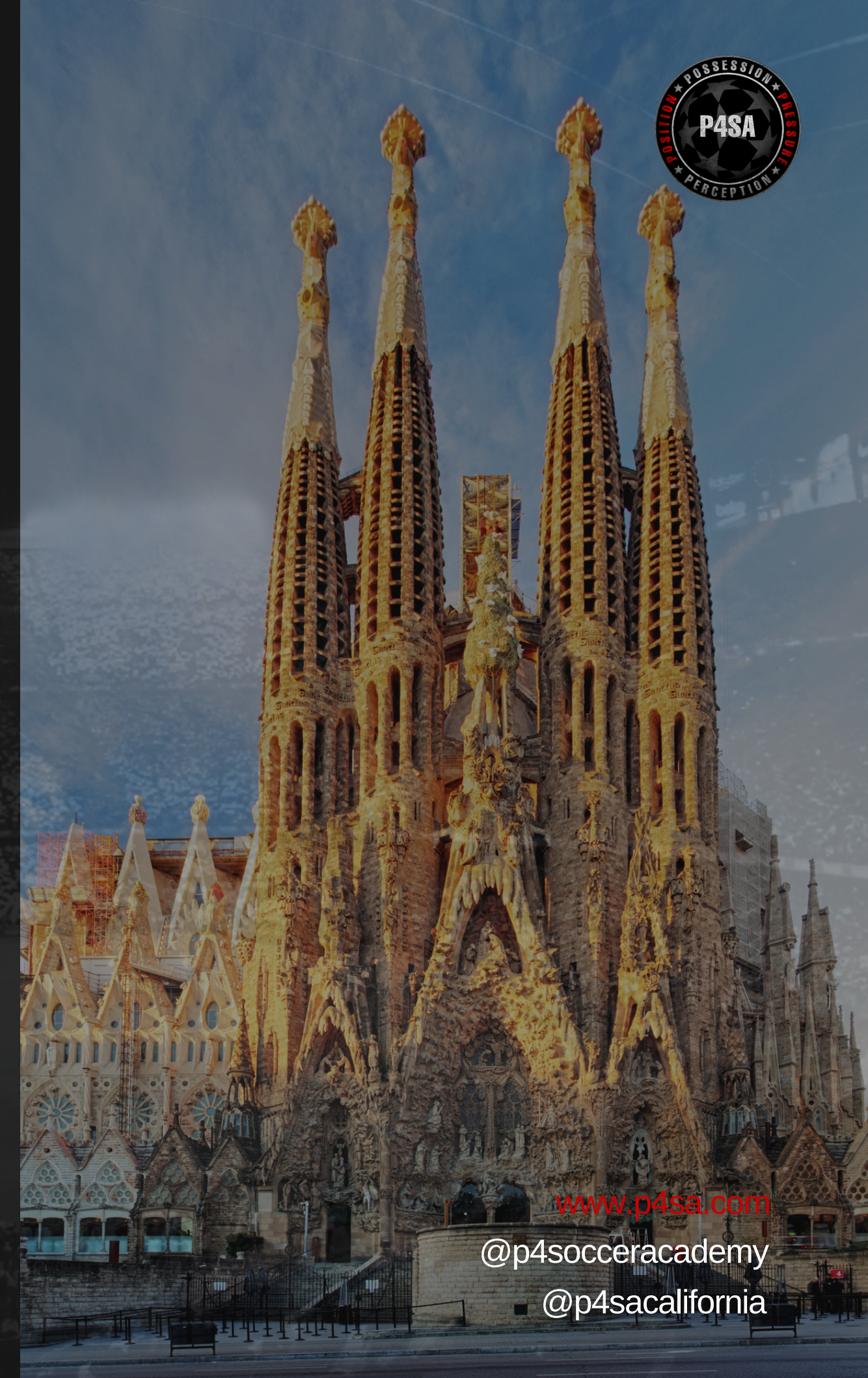
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# IMMERSION IN BARCELONA & CATALONIA

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

## **CULTURAL & TOURIST EXPERIENCES**

- Sagrada Familia – Gaudí's masterpiece and symbol of Barcelona
- Tibidabo – Panoramic views over the city and Mediterranean
- Plaça Catalunya – The heart of Barcelona
- Plaça Espanya – Gateway to Montjuïc and Catalan culture
- Montjuïc – Olympic history, museums, and city viewpoints



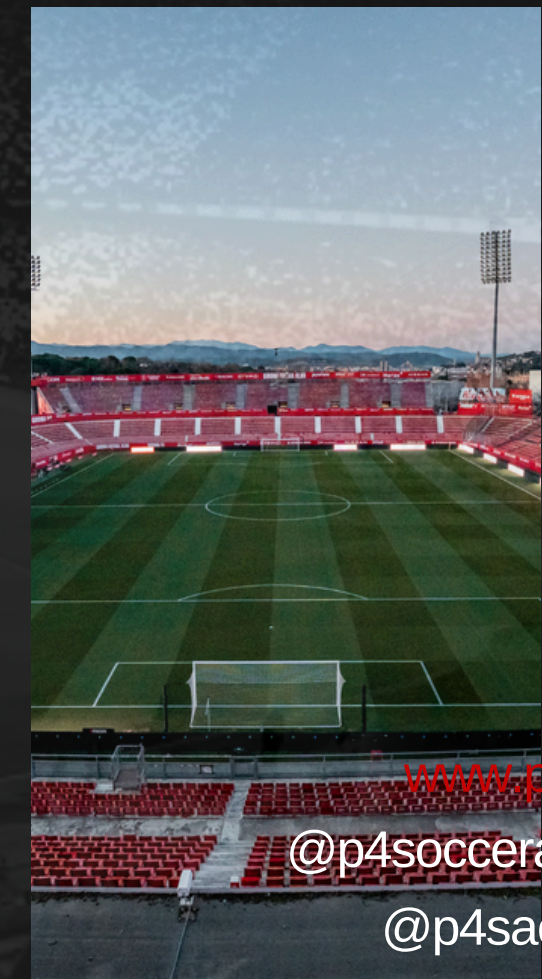
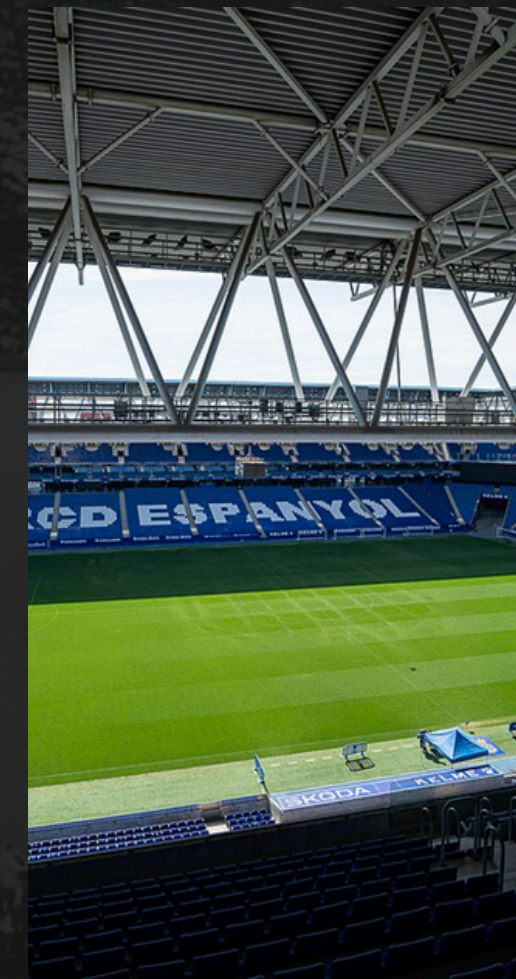
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## FOOTBALL LANDMARKS TOUR

This immersion connects culture, lifestyle, and football identity, allowing players to truly live the game the European way—on and off the field.

- Camp Nou (FC Barcelona) – The home of Barça and its legacy
- La Masia (FC Barcelona) – Where football philosophy is born
- Montilivi Stadium (Girona FC) – Modern football culture & growth
- Mini Estadi – Historic ground of Barça youth development
- RCDE Stadium (Espanyol) – Elite professional football environment



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# SCHEDULE

## THE PLAYER'S DAILY ROUTINE



### MORNING

### AFTERNOON

### EVENING

	MORNING	AFTERNOON	EVENING
DAY 1	ARRIVAL TO BARCELONA	ACCOMMODATIONS	WELCOME CEREMONY
DAY 2	INDIVIDUAL TRAINING SESSION	TRAININS SESSION WITH A CLUB	RECOVERY - DAY ANALYSIS
DAY 3	INDIVIDUAL TRAINING SESSION	TRAININS SESSION WITH A CLUB	RECOVERY - DAY ANALYSIS
DAY 4	INDIVIDUAL TRAINING SESSION	TRAININS SESSION WITH A CLUB	RECOVERY - DAY ANALYSIS
DAY 5	INDIVIDUAL TRAINING SESSION	TRAININS SESSION WITH A CLUB	RECOVERY - DAY ANALYSIS
DAY 6	INDIVIDUAL TRAINING SESSION	TRAININS SESSION WITH A CLUB	RECOVERY - DAY ANALYSIS
DAY 7	INDIVIDUAL TRAINING SESSION	TRAININS SESSION WITH A CLUB	RECOVERY - DAY ANALYSIS
DAY 8	INDIVIDUAL TRAINING SESSION	TRAININS SESSION WITH A CLUB	RECOVERY - DAY ANALYSIS
DAY 9	INDIVIDUAL TRAINING SESSION	TRAININS SESSION WITH A CLUB	RECOVERY - DAY ANALYSIS
DAY 10	CHECK OUT	DEPARTURE	



# What's Included

This program was intentionally designed to mirror the daily life of a local academy player in Spain. No tourist shortcuts. No superficial experiences. Players live, train, move, eat, and learn the way professionals do—inside real football culture.

## Accommodation & Daily Life

8 nights in a 4-star hotel, carefully selected for comfort, recovery, and proximity to training environments

Full board: Breakfast, Lunch & Dinner, built around a Personalized Footballer Nutrition Plan

- Designed to support performance, recovery, and match-day demands
- Adapted to each player's training load and schedule

## Local Player Transportation Experience

Daily transportation using buses, trains, and local routes, exactly as academy players do

Constant supervision and guidance by P4SA mentors and staff

This is part of the immersion — learning independence, punctuality, and professional habits

## Football Culture & Authentic Exposure

Live attendance at La Liga or Segunda División matches

Visits to iconic football landmarks, not as tourists, but as students of the game

## Cultural & Recreational Immersion

Guided city walks and local experiences that connect football identity with culture

Understanding how environment, mentality, and lifestyle shape Spanish footballers

Balanced recovery, mental freshness, and team bonding

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# Why Trust P4SA and Our Methodology

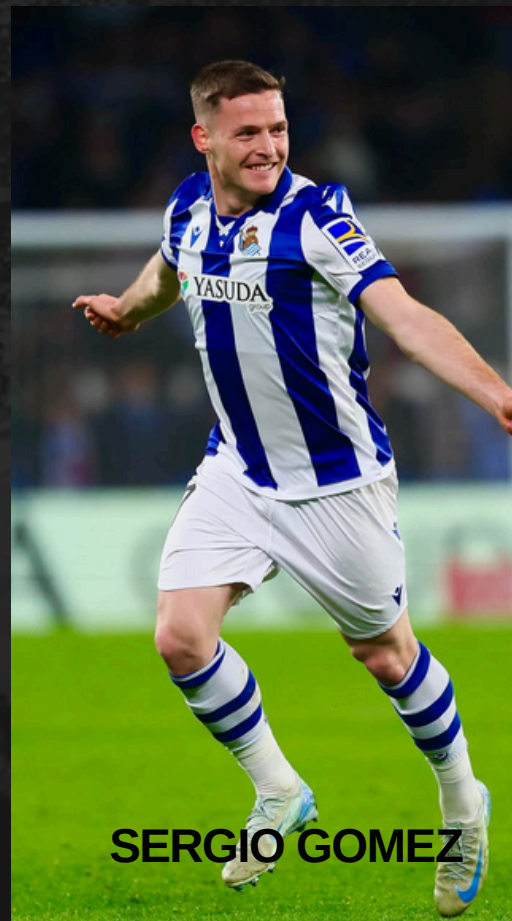
Our methodology is inspired by the environments where footballers are truly formed—not marketed.

## La Masia Experience

The foundation of P4SA comes from direct exposure to the FC Barcelona ecosystem and the Catalan football culture, where development is a process, not a promise. Our staff has lived this culture, studied it closely, and worked within environments influenced by it. This allows us to translate European academy standards into a structured, realistic pathway for players outside Europe—without false expectations.

## Our Ambassadors: Football Voices That Matter

P4SA Ambassadors are players and individuals who came through P4SA.



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# Why Parents and Players Trust P4SA

P4SA is not about being selected once. It's about earning your place every day

- Real Pathway, Not a Tourist Program
- P4SA is designed to replicate a local European player experience, avoiding showcase tours and superficial exposure.
- La Masia–Inspired Philosophy
- Our methodology is influenced by Catalan football culture, focusing on intelligence, decision-making, positioning, and identity — not shortcuts.
- Honest Player Evaluation
- Players are evaluated continuously based on football IQ, mentality, adaptability, and consistency — not reputation or payment.
- Homegrown Ambassadors
- Our ambassadors are players who came through P4SA themselves. They represent proof of the process, not marketing faces.
- Professional Standards
- Training intensity, discipline, punctuality, behavior, and accountability reflect real European academy expectations.
- Long-Term Development Focus
- We focus on building the player's future options, not selling immediate outcomes or false guarantees.
- Direct Access to European Football Culture
- Players experience real training environments, coaching language, and expectations used daily in Europe.

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# ***PROGRAM PRICE***

€4599

Airline tickets are not included in the program price\*

Our team supports families with recommended travel windows, arrival logistics, and coordination.\*