



## **AC PERUGIA INTERNATIONAL PROJECT**

# **PS** | Pre Season Training Program

LOCALITY: CHIANCIANO  
TERME (ITALY)

FOR: ATHLETES 14 - 21  
YEARS OLD

DURATION: 1 MONTH

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**The Pre-Season Training Program is a soccer program offered to the single player or to Soccer Clubs/Academies and High School/College/University Teams who wish to prepare better for the upcoming season.**

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### **GOALS**

We host players and teams from U-12 to U-21 years old with the main goal to prepare them physically, technically and tactically to the efforts of the soccer game and soccer season. Players have the opportunity to be guided by Professional Italian coaches and to play against Italian Teams. Players experience double training sessions, matches preparation and matches analysis.



# PS

## Pre Season Training Program



	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato	Domenica
<b>08 am</b>	Colazione	Colazione	Colazione	Colazione	Colazione	Colazione	Tempo Libero
<b>10 am</b>	Allenamento	Allenamento	Allenamento	Allenamento	Allenamento	Allenamento	
<b>01 pm</b>	Pranzo	Pranzo	Pranzo	Pranzo	Pranzo	Pranzo	
<b>04 pm</b>	Allenamento	Allenamento	Allenamento	Allenamento	Allenamento	Allenamento	
	Tempo libero	Tempo libero	Tempo libero	Tempo libero	Tempo libero	Tempo libero	
<b>08 pm</b>	Cena	Cena	Cena	Cena	Cena	Cena	Cena
<b>12 pm</b>	Letto	Letto	Letto	Letto	Letto	Letto	Letto



### Program

### Price

15 days € 1.750,00

1 month € 3.000,00

2 month € 5.500,00

### Accompanying persons

15 days: € 1.650 - 1 month: € 2.850 - 2 months: € 5.300

## BOOK NOW

### THE QUOTE INCLUDES:

- Full board accomodation
- Transport
- Sports facilities
- Sports kit
- Insurance
- Friendly Matches against Club Pro and Semi-Pro

Book your place within may 5 and don't miss your chance!!



**AC PERUGIA**  
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Via A. Ponchielli, 8  
06073 Corciano (PG) - Italy

+39 075 517 3779  
+39 344 017 5190

international@sportgest.org  
www.soccertalentidentification.com