



SOCCRATIS

Savvy Soccer Coaching

Pre-season Soccer Camp for Professional Teams

(Pinatar Arena Soccer Complex)



Season 2016-2017

Because of the nice weather during all year, the luxurious accommodation and the amazing sports facilities, Spain is a reference when elite soccer clubs around the world have to select a place for a stage, preseason or recovery season.

Bepro-Football and **Soccratis** present this exclusive resort where professional soccer clubs come from all over the world to prepare their teams for the requirements of the high competition. It is time to have the chance to feel like a professional player.

We are trying to make easier the access to high sports facilities at affordable prices.



Bepro-Football and **Soccratis** will be delighted to help analyzing your training sessions in order to optimize the tasks, assuring that the needs of the players and the team objectives are met. We will be also making physical evaluations of the players to provide useful information for the coaching staff.

The Bepro-Football and **Soccratis** method establishes science as the basis for its methodology in order to objectively quantify the growth process of the different key performance aspects of the professional players by means of:

- **Physiological tests** to describe the acute responses and chronic adaptations to soccer performance
- **Anthropometric studies** to describe the human body
- **Nutrition study** to ensure that young players are eating the right diet.

Training Load

Bepro-Football and **Soccratis** quantify training sessions & matches with **GPS devices** and heart rate monitors to analyze player performance in every moment providing an accurate and constant flow of data in real time about how the players perform the physical activity. In return, they improve the player's performance through a **smart analysis of the information at individual and collective level**, so that different sensors collect cinematic variables such as acceleration, speed, distance covered, speed or physiological ones such as heart rate and heart rate variability (HVH), impacts, metabolic power, oxygen consumption, respiration rate, EPOC, and energy expenditure.



Likewise, GPS devices are used in **strength training** to control the acceleration & deceleration of movements and the angular velocity of both repetition and movements.

Injury Preventing

Bepro-Football and **Soccratis** base its training on the prevention of injury and **increase in performance safely and progressively** through the use of different devices such as: specialized software for biomechanical measures, infrared thermographic camera, TMG-tensiomyography and plantar pressure-F-Scan, which are able to **detect anomalies of muscle performance** and/or muscular imbalance, one of the main causes of injury.

Biomechanical study to improve mechanical parameters of human motion

Motion Analysis

Bepro-Football and **Soccratis** assess the movements and forces produced by the player by means of using a wide range of **tools to quantify movements**, including high-speed 2D cameras, 3D motion capture systems, force platforms, inertial measurement systems, speed guns, electromyography, and pressure distribution systems.

Anthropometric studies to describe the human body and nutrition study to ensure that young players are eating the right diet and nutrients

Anthropometric & Nutrition

Electrical bio-impedance test shows separated **body mass readings** for the right arm, left arm, trunk, right leg, and left leg. It also prints out a complete **body composition profile** in seconds: including weight, body fat percentage, body fat mass, body mass index (BMI), fat-free mass, estimated muscle mass, total body water, and basal metabolic rate. After analyzing each piece of data, Bepro-Football and **Soccratis establish a right diet plan** and designs an **appropriate nutritional program** to achieve a successful body composition.

Technical and tactical performance analysis to provide objective feedback to young players

Match Analysis

Bepro-Football and **Soccratis** record and analyze by means of a specialized **match analysis** program the matches in order to make two kinds of statistical reports based on the numbers, comparative plots, and video sequences. The matches are analyzed to study the opponent performance and to show the players the team performance.

Moreover, Bepro-Football and **Soccratis** record and **analyze the tactical training sessions** in order to study the individual movements and correct the tactical performance during tactical meetings daily. During the tactical meetings, the players are observing, analyzing, and understanding the best movements in each moment of the game.

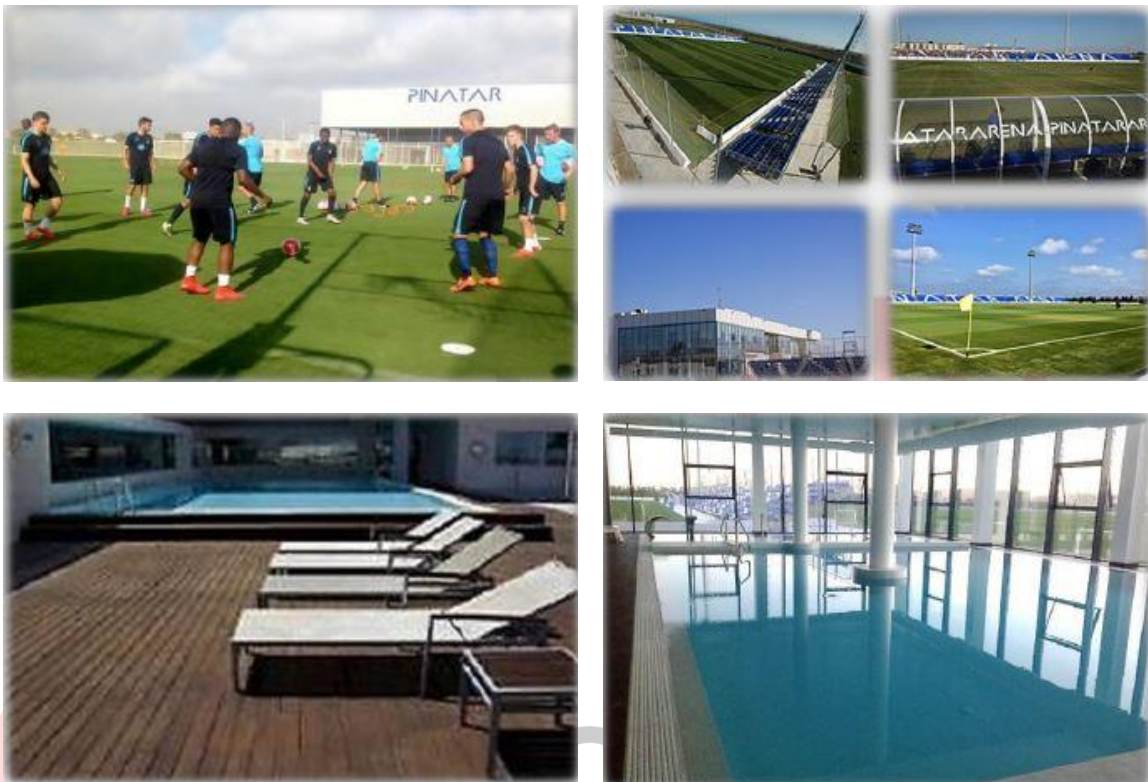
Sports Facilities

Pinatar Arena is located in a little town next to Murcia, in the Mediterranean coastline.



This Soccer Center has exclusive facilities such as natural grass fields, FIFA dimensions (105X68), artificial lighting, stands for 3,500 spectators, platforms for filming practices and games, a private area for players. You will find there all the necessary equipment and materials for the training session, lockers for 6

teams equipped with all you need, 3 of them with cold bathtubs for recovery and cryotherapy.



Pinatar Arena offers areas for specific training sessions, physical preparation and goalkeeper training portable goals, mini goals, football tennis nets, free keck manequins, cones, hurdles, slalom pole set, balls, bibs...



Magnificent gym with than 900 square meters with private rooms for team trainings, multiuse rooms, indor cycling room and balance room.



There is also a covered pool with Jacuzzis, sauna, steam room, physiotherapy department, beauty center and sports shop.



FRIENDLY GAMES OPTIONS



Accommodation

THALASIA HOTEL ****

Located just 350 meters from Pinatar Arena.

140 rooms, 62 junior suites, 2 exclusive suites, private restaurants, Wifi, conference rooms, spa area with indoor and outdoor pools, thalassotherapy center and gym.

LODOMOR HOTEL ****

Located 1500 meters from Pinatar Arena.

80 rooms, 8 junior suites, restaurant, conference room, Wifi, spa with indoor and outdoor pool.

INTERCONTINENTAL MAR MENOR GOLF RESORT & SPA HOTEL *****

Located 20 minutes away from Pinatar Arena

57 rooms, 1 suite, Wifi, golf and spa.

SENATOR MAR MENOR GOLF AND SPA RESORT *****

Located 14 minutes away from Pinatar Arena.

81 rooms, 4 suites, spa, golf course, Wifi, and outdoor pool.

Bepro-Football and **Soccratis** Package Includes

- Full Board in private restaurant
- Gym, Spa and pool
- Massage and kit room
- Conference room
- WIFI & international channels
- Laundry
- 2 training sessions
- Meeting room
- 2 friendly matches
- Physical assessment
- GPS analysis services
- Video analysis

Contact Us:

Diego Uribe, Ph.D.
Founder & CEO, Soccratis LLC
REDONDO BEACH, CA
diego@Soccratis.com
(310) 430-4154
[**https://linkedin.com/in/Soccratis**](https://linkedin.com/in/Soccratis)



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