



PARIS
SAINT-GERMAIN
ACADEMY *Pro*

PRO HIGH-PERFORMANCE 2024 SUMMER EXPERIENCE



THE GENUINE PSG EXPERIENCE



[VIEW 2023 ALBUM >](#)



PRO COACHES TRAVELING FROM PARIS

EXCLUSIVE

The Paris Saint-Germain Academy USA Pro Camps are under the **supervision of certified Paris Saint-Germain coaches who gained expertise and knowledge at the Paris Saint-Germain Headquarters in Paris.**

The coaching team from Paris, comprising UEFA/FFF (French Football Federation) certified coaches, brings a unique set of resources and capabilities to deliver the excellence of European soccer and the European Training Center model to the USA.

The coaches are experts in developing youth players with extensive experience shaping elite and professional players.

Direct access to Paris Saint-Germain coaches and the world-class PSG training methodology sets the stage for an unparalleled experience. Players are fully immersed in a professional regimen extending beyond the soccer field, and the invisible training programs replicate the daily schedules and routines applied by the professional club in Paris.

The Technical Staff is supported by a dedicated team of experts and specialists that addresses all aspects of soccer performance and off-field preparation.

This includes an Emergency Medical Technician (EMT), a Physical Therapist, a Mental Coach, and Strength and Conditioning Coaches.



FOR INTERNATIONAL ELITE PLAYERS



FOR ELITE PLAYERS

BOYS | GIRLS | GOALKEEPERS | FIELD PLAYERS

During the summer, Paris Saint-Germain Academy USA Pro High-Performance Camps welcome field players and goalkeepers coming from all over the world. Over 3 weeks, players follow a professional training regimen led by PSG coaches utilizing the renowned Paris Saint-Germain methodology, enhance all aspects of their game.

Requirements are as follow:

GENDER

Boys and girls

NATIONALITY

All nationalities are welcome

AGE

From age 10 through 18 (born 2014 – 2005)

LEVEL

Minimum 2 years of competitive experience
Not for beginners

Not recommended for players who don't play competitive soccer in a club and/or are not athletic.
In case of doubts or questions, feel free to contact us at camps@psgacademyusa.com.



PROFESSIONAL OBJECTIVES

OBJECTIVES

WHAT CAN YOU EXPECT TO ACCOMPLISH?

- ✔ Learn from PSG coaches traveling from Paris
- ✔ Discover the world-class PSG Academy methodology
- ✔ Train with elite players coming from all parts of the world
- ✔ Reach the next soccer level
- ✔ Participate in a pro soccer development program
- ✔ Enjoy a genuine American experience in the Sunshine State
- ✔ **Get selected in the 10-month Pro Residency program!**



DATES

RESIDENTIAL CAMP DATES

BOYS AND GIRLS

July 7 – July 12, 2024

Day Camp: Monday July 8 - Friday July 12, 2024

July 14 – July 19, 2024

Day Camp: Monday July 15 - Friday July 19, 2024

July 21 – July 26, 2024

Day Camp: Monday July 22 - Friday July 26, 2024

WHAT IS YOUR OBJECTIVE?

1 WEEK : Get an introduction to professional-level soccer

2 WEEKS : Reach your next level - MOST POPULAR

3 WEEKS : Prepare for an elite recruitment



LOCATION
FOR THE 1ST TIME IN
MIAMI



PARIS
SAINT-GERMAIN
ACADEMY Pro

MIAMI, SOUTH FLORIDA



**12 MINUTES AWAY FROM
MIAMI INTERNATIONAL AIRPORT**



PARIS SAINT-GERMAIN ACADEMY

TRAINING FIELD

📍 **TROPICAL PARK STADIUM**
7900 SW 40th St, Miami, FL 33155

Welcome to the Paris Saint-Germain Academy Training Field, located in the beautiful Sunshine State in Miami, and only a few minutes away from Miami International Airport (Florida, USA).

STATE-OF-THE-ART FACILITIES

- ✔️ 1 Main stadium lighted with turf grass
- ✔️ Climatized locker rooms
- ✔️ Athletic training areas



HILTON DADELAND HOTEL****



Paris Saint-Germain Academy USA partners with the outstanding 4-star hotel Hilton Dadeland to provide excellent services and amenities, only 10 minutes away from the Paris Saint-Germain Academy training field.

EXCEPTIONAL AMENITIES AND SERVICES!

- ✓ Large, air-conditioned suites
- ✓ Outdoor pool and spa
- ✓ Fitness center
- ✓ Room cleaning and towel changes
- ✓ Uniforms laundry (3 times per week)
- ✓ Highspeed Wi-Fi
- ✓ Safe and quiet location
- ✓ Daily transportation to the PSG Academy Training Field
- ✓ 24/7 surveillance and chaperones

📍 HILTON DADELAND**
9100 N KENDALL DR, MIAMI, FL 33176**

PRO FOOTBALL DEVELOPMENT



PARIS SAINT-GERMAIN EXPERTISE

The Paris Saint-Germain Academy USA Technical Team has designed an intensive program to bring each player to the next level and build healthy habits. Dedicated players will learn and then master the key fundamentals of the world-renowned Paris Saint-Germain methodology.



REACH THE NEXT LEVEL!

- ✓ Develop intelligence of play, understanding and vision of the game.
- ✓ Mastery of tactical and cognitive traits: concepts, positioning, and style of play
- ✓ Mastery of coordination and technical skills with in-game scenarios
- ✓ Physical preparation: strength, endurance, speed, and agility
- ✓ Injury prevention routines: individual and collective
- ✓ Individualized and specific programs: by position and in transitions
- ✓ Mental preparation: exercises and games
- ✓ Team building: improving communication
- ✓ Performance monitoring and video analysis
- ✓ Invisible training: nutrition, rest, hygiene, recovery

PRO TRAINING REGIMEN

TECHNICAL

Mastery of coordination and technical skills with in-game scenarios.

- ✓ Rondo
- ✓ Execution of offensive & defensive plays
- ✓ Specific technical skills: dribbling/ball control, passing, receiving, shooting/striking, and 1v1 play (attacking & defending)
- ✓ Defending disadvantage drills & small-sided games

INDIVIDUAL FOCUS

- ✓ Intelligence of play (Football IQ), understanding and vision of the game
- ✓ Performance monitoring (Analysis of strengths & weaknesses), individual assessments, and reports
- ✓ Mental conditioning (routines, preparation, emotional control)
- ✓ Invisible training: nutrition, hydration, rest, hygiene, recovery

PHYSICAL

- ✓ Physical preparation & strengthening
- ✓ Strength and conditioning sessions featuring speed and agility, build power, increase endurance, aerobic capacity and reduce chance of injury
- ✓ Injury prevention routines: individual and collective

TACTICAL SET UP

Mastery of tactical and cognitive traits: concepts, positioning, and style of play

- ✓ Formation implementation
- ✓ Offensive & defensive transitions
- ✓ Set pieces
- ✓ Making runs, speed of play, clearing space, sending players through, shutting down an opponent and using angles in small-sided games
- ✓ Position-specific training sessions: Individualized and specific programs: by position and in transitions
- ✓ Team building and communication

VIDEO ANALYSIS

- ✓ Tactical study of professional teams
- ✓ Video analysis (Training session preparation)

PRO CONFERENCES

- ✓ Mental conditioning
- ✓ Invisible training (nutrition/hydration, injury prevention, recovery)
- ✓ PSG philosophy and game modeling
- ✓ PSG Training Center Experience



GOALKEEPER SPECIFIC PROGRAM

NEW

THE VERY FIRST PSG ACADEMY PRO GOALKEEPER CAMP IN THE U.S. LED BY PSG GOALKEEPER COACH FROM PARIS

At the initiative of PSG, we are launching the very first camp dedicated to goalkeepers this summer, led by the PSG Goalkeeper Director, who is specially coming from the PSG headquarters in France. The camp aims to transmit world-class Paris Saint-Germain training methodology and cutting-edge strategies and techniques that have shaped the careers of top-tier goalkeepers to the players. Goalkeepers sharpen their skills through focused training to read cues, recognize opponent actions, and respond effectively in defending the goal and surrounding areas.



WHAT YOU WILL WORK ON AND IMPROVE INTENSIVELY

- ✓ Read cues
- ✓ Recognize opponent actions
- ✓ Respond effectively in defending the goals and surrounding areas
- ✓ Repeating specific drills such as:
 - Catching balls | Diving | Aerial situations Recovery techniques
 - Positioning | Dead ball and free kicks

COMPETITION

NEW

PARTICIPATION IN AN INTERNAL TOURNAMENT*

The residential camp offers camp players the invaluable opportunity to apply what they've learned throughout the week in an internal tournament.



This serves as a dynamic exercise, providing a platform for players to showcase their skills during game situations, enhance their soccer prowess, and re-watch their performances on the field!

SHOWCASE YOUR SKILLS

- ✓ Competition supervised by PSG Academy Pro Staff
- ✓ Portion of games will be recorded with a VEO camera, providing players and families access to valuable insights and memorable moments.

**The internal competition, scheduled for the weekends, is exclusively reserved for players undertaking a two-week consecutive stay, whether in a residential or non-boarding camp.*

Exact schedule will be announced in June depending on the demographic attendance.

ATTEND PROFESSIONAL GAMES

IN MIAMI

NEW

EXCLUSIVE
First 25 registrations
watch warmup from the
side of the field!

Exclusive Package to watch Messi's team,
Inter Miami CF



Inter Miami CF vs Chicago Fire FC
July 20th



Sat • Jul 20th • 7:30 PM
DRV PNK Stadium, Fort Lauderdale, FL

300 USD

includes transport, food, supervision
and match.



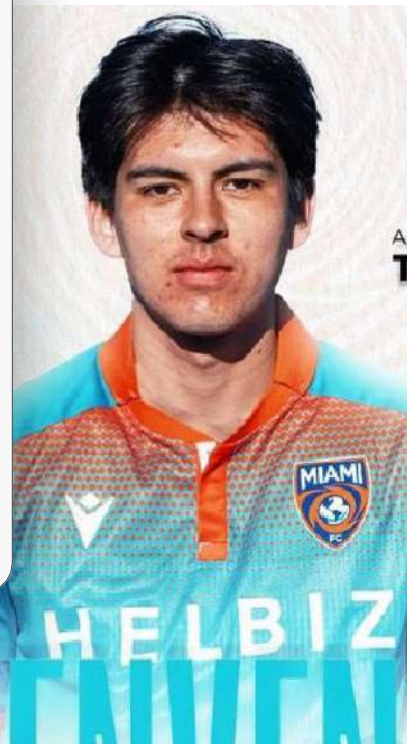
Miami FC vs Rhode Island FC
July 13th



Sat • Jul 13th • 7:00 PM
FIU Stadium, Miami, FL

**INCLUDED IN
THE
RESIDENTIAL
PACKAGE**

Achille Truchot, former PSG Academy Pro player,
now signed to MIAMI FC (USL Championship).



EXCLUSIVE

NEW

GET INVITED TO PARTICIPATE IN A UNIQUE EXPERIENCE IN FRANCE

Top-tier selected players are offered an exclusive opportunity to join the **PSG Academy Pro Greater Geneva** in France for a unique and professional experience at the heart of Europe.

This elite experience includes living and training on a cutting-edge campus in complete immersion at the Pro Residency Academy, alongside PSG Academy Pro Coaches and talented players from across the globe.



CULTURAL EXPERIENCE



PARIS
SAINT-GERMAIN
ACADEMY *Pro*

LANGUAGE CLASSES

FOR INTERNATIONAL PLAYERS

Over the course of the Paris Saint-Germain Academy Pro USA Camps, players follow a professional soccer training regimen and enjoy a unique, memorable, and all-inclusive American cultural experience in a safe environment.

English, Spanish, French and Portuguese are spoken at the camp. Translation are made on the field for players who do not master English, allowing for each participant to fully understand the coaching staff.

FRENCH AND ENGLISH CLASSES ARE AVAILABLE (ADD. COST)

- ✓ 2 hours of in-class sessions everyday
- ✓ Native conversational experience
- ✓ For all levels of proficiency



WEEK-END ACTIVITIES

ENJOY THE SUNSHINE STATE

Miami is an ideal tourist destination that offers a large range of activities for leisure and cultural learning trips and excursions are planned during the weekend.

ALL-INCLUSIVE ACTIVITIES!

- ✓ Miami Beach (Visit and beach soccer)
- ✓ Everglades tour
- ✓ Mall shopping
- ✓ Night out
- ✓ Movie theater

**For the 2+ weeks residential campers only.
Subject to change according to the weather.*



NUTRITION



PARIS
SAINT-GERMAIN
ACADEMY *Pro*

NUTRITION

At PSG Academy Pro USA, we understand the crucial role of balanced meals in enhancing athletic performance. Our collaboration with nutritionists ensures players receive optimal fuel for peak achievements

All meals will be freshly made by the Hilton Dadeland Restaurant..

MENU SAMPLE FOR A BALANCED MEAL

BREAKFAST

Eggs: poached/soft
or hard boiled/fried
Whole grain bread
Yogurt or cream
cheese
Fresh orange juice

LUNCH

Tomato salad
Rice with meat
Grilled eggplant
Cheese
1 Fruit

DINNER

Avocado and
tomato salad
Chicken fillet
Pasta
Broccoli
Yogurt
1 Fruit



SNACK AFTER TRAINING SESSIONS

1/4 whole grain loaf, 2 slices turkey, 1 fruit

HYDRATION

Water and electrolytes are available, and we encourage players to drink plenty of water throughout the day to avoid dehydration, overheating and muscle pain



PACKAGES AVAILABLE
WITH BOARDING OR NON-BOARDING

PACKAGES



HALF DAY CAMP (MORNING)	DAY CAMP (NON-BOARDING)	RESIDENTIAL CAMP (BOARDING)
MONDAY - FRIDAY	MONDAY – FRIDAY	SUNDAY - FRIDAY
From 9am to 12:30pm	From 9am to 6pm	From Sunday to Friday
15 hours of Soccer / week	25 hours of Soccer / week	25 hours of Soccer / week

SCHEDULES

RESIDENTIAL REGIMEN

MONDAY-FRIDAY

WEEKDAY

- **7:30 am**
Wake up + Shower
- **8:00 am**
Breakfast
- **8:30 am**
Transportation to the PSG Academy training field
- **9:00 am**
Training #1
- **11:00 am**
Departure / Arrival at the hotel
- **11:30 am**
Pro Development Conference / Technical Workshop
- **12:30 pm**
Lunch
- **1:30 pm**
Language Classes / Free time/ Recovery / Gym
- **3:30 pm**
Transportation to PSG Academy training field
- **4:00 pm**
Training #2
- **6:00 pm***
Departure / Arrival at the Hotel
- **6:30 pm**
Pool / Recovery
- **7:30 pm**
Dinner
- **8:30 pm**
Team Building Activities
- **10:00 pm**
Curfew

*A closing ceremony, open to families, will be hosted every Friday from 6:00 pm to 7:00 pm

SATURDAY

WEEKEND**

- **7:30 am**
Wake up + Shower
- **8:00 am**
Breakfast
- **9:00 am**
Game
- **1:00 pm**
Lunch / Recovery
- **3:00 pm**
Fun excursions***
- **7:00 pm**
Movie night
- **10:00 pm**
Curfew

SUNDAY

- **7:30 am**
Wake up + Shower
- **8:00 am**
Breakfast
- **9:00 am**
Game
- **1:00 pm**
Lunch / Recovery
- **3:00 pm**
Miami Beach***
- **7:00 pm**
Dinner
- **10:00 pm**
Curfew



**** Don't miss our Pro Games experiences!**

July 13th : Miami FC vs Rhode Island FC (USL Championship)
Included in the Residential package

July 20th : Inter Miami CF vs Chicago Fire (MLS)
Additional costs

***Excursions and activities such as mall shopping, Everglades tour, laser tag, Escape Room and Jumping Park, may vary depending on weather and availability.

NON-BOARDING CAMPS

SUNDAY

Uniform handout from 4 pm through 7 pm at the Hilton Dadeland Hotel in Miami.

MONDAY-FRIDAY

FULL DAY CAMP

9:00 - 11:00 am
Training #1

11:00 - 11:30 am
Departure / Arrival at the hotel

11:30 - 12:30 pm
Pro Development Conference / Technical Workshop

12:30 - 1:30 pm
Lunch

1:30 - 3:30 pm
Language Classes / Free time/ Recovery / Gym

3:30 - 4:00 pm
Transportation to PSG Academy Training Field

4:00 - 6:00pm
Training #2

WEEKEND FOR 2+ WEEKS PLAYERS

Saturday 9:00 AM - 1:00 PM: GAMES
Sunday 9:00 AM - 1:00 PM: GAMES

HALF DAY CAMP

9:00 - 11:00 am
Training

11:00 - 11:30 am
Departure / Arrival at the hotel

11:30 - 1:00 pm
Pro Development Conference / Technical Workshop

PARENTS ARE INVITED TO ATTEND:

- ☑ ALL TRAINING SESSIONS
- ☑ THE CLOSING CEREMONY

The closing ceremony will be hosted every Friday from 6:00 PM to 7:00 PM.



PRICING

PAYMENT PROCESS

NEW



BUY NOW AND PAY LATER!

Payment in different installments is an option, through PayPal Credit.

- ✔ Cancellation is free of charge until May 27th, 2024. After this date, no refunds will be issued, but a credit will be provided for another upcoming Pro Camp.
- ✔ Registrations close on June 3rd, 2024, or earlier if the week is sold out, depending on available slots.

Secure your spot now—only 100 spots available for elite players!



RESIDENTIAL CAMP

SUNDAY THROUGH FRIDAY



SOCCER

- ✓ 5 Hours of soccer training per day (Technical, tactical, physical, mental)
- ✓ Daily supervised physical preparation (cardio, strength, speed) and physical therapy at need
- ✓ Position specific training (goalkeepers, defensive, offensive positions)
- ✓ Physical / Technical tests
- ✓ Pro development conferences (Nutrition, Injury prevention, PSG Philosophy)
- ✓ Video analysis
- ✓ Internal competition (2+ weeks participants only)
- ✓ Award ceremony
- ✓ Individual assessment and Player Performance Report
- ✓ Week-end competition / Internal tournament (for 2+ weeks only)
- ✓ Assessment for the 10-month program

BOARDING HILTON DADELAND ****

- ✓ Shared suites
- ✓ Room cleaning, towel change
- ✓ 24/7 surveillance
- ✓ Laundry service: Tuesday + Thursday (+ Saturday for 2+ weeks)
- ✓ Transportation from hotel to field

BALANCED MEALS

- ✓ 5 Meals / day + water at will (breakfast, lunch, dinner, 2 snacks)

ACTIVITIES

- ✓ Pool, team building, movie night
- ✓ Mall shopping
- ✓ Beach soccer (2+ weeks participants only)
- ✓ Everglades Tour (2+ weeks participants only)
- ✓ Attendance to Pro Games (Inter Miami CF and Miami FC)*

SUPERVISION

- ✓ Night chaperone Ratio (1:14) ✓ 24/7 Supervision and care from professional staff

*Additional cost to attend the Inter Miami CF game.



RESIDENTIAL CAMP

PRICING

SHARED ROOM – TWO PLAYERS PER ROOM

1 WEEK – 5 NIGHTS

- ✔ With language classes: 2,850 USD
- ✔ Without language classes 2,550 USD

2 WEEKS – 12 NIGHTS

- ✔ With language classes: 6,200 USD
- ✔ Without language classes 5,000 USD

3 WEEKS – 19 NIGHTS

- ✔ With language classes: 9,550 USD
- ✔ Without language classes 8,650 USD

Preferred price for parents to stay at the same hotel is available at \$169 + tax per night. Please send an email to John to reserve your stay at this preferred rate at Hilton@psgacademyusa.com.



UNIFORM KIT INCLUDED

2 PSG Academy USA Nike kits: socks, shorts, jerseys + PSG Academy water bottle + laundry bag + 1 PSG Academy string bag.

2+ week players receive an additional PSG Academy T-shirt.
Goalkeepers receive long sleeves Nike PSG Academy USA Jerseys.

DAY CAMP

MONDAY THROUGH FRIDAY - 9:00 AM - 6:00 PM

SOCCER

- ✓ 5 Hours of soccer training per day (Technical, tactical, physical, mental)
- ✓ Daily supervised physical preparation (cardio, strength, speed). Physical Therapy at need.
- ✓ Position specific training (goalkeepers, defensive, offensive positions)
- ✓ Physical / Technical tests
- ✓ Pro development conferences (Nutrition, Injury prevention, PSG Philosophy)
- ✓ Video analysis
- ✓ Internal competition for 2 weeks +
- ✓ Award Ceremony
- ✓ Individual assessment and Player Performance Report
- ✓ Week-end competition / Internal tournament (for 2+ weeks only)
- ✓ Assessment for the 10-month program

UNIFORM KIT

- ✓ **2 PSG Academy USA Nike kits:** socks, shorts, jerseys + PSG Academy water bottle.
2+ week players receive an additional PSG Academy Tshirt.

MEALS

- ✓ 2 Meals / day (lunch + snack)

ACTIVITIES AND TRANSPORTATION

- ✓ Transportation from hotel to field
- ✓ Gym and recovery at the 4* hotel

PRICE

1 WEEK:

- ✓ With language classes: 1,850 USD
- ✓ Without language classes 1,550 USD

2 WEEKS:

- ✓ With language classes: 3,550 USD
- ✓ Without language classes 2,950 USD

3 WEEKS:

- ✓ With language classes: 5,250 USD
- ✓ Without language classes 4,350 USD



HALF DAY CAMP

MONDAY THROUGH FRIDAY | 9:00 AM – 12:30 PM

SOCCER

- ✓ 3 Hours of soccer training per day (Technical, tactical, physical, mental)
- ✓ Daily supervised physical preparation (cardio, strength, speed)
- ✓ Position specific training (goalkeepers, defensive, offensive positions)
- ✓ Physical / Technical tests
- ✓ Physical Therapy at need
- ✓ Pro development conferences (Nutrition, Injury prevention, PSG Philosophy)
- ✓ Award Ceremony
- ✓ Individual assessment and Player Performance Report
- ✓ Assessment for the 10-month program

UNIFORM KIT

- ✓ **1 PSG Academy USA Nike kits:** socks, shorts, jerseys + PSG Academy water bottle.
Goalkeepers receive long sleeves Nike PSG Academy USA Jerseys.

PRICE

1 WEEK:

- ✓ With language classes: 1,450 USD
- ✓ Without language classes 750 USD

2 WEEKS:

- ✓ With language classes: 2,750 USD
- ✓ Without language classes 1,450 USD

3 WEEKS:

- ✓ With language classes: 4,050 USD
- ✓ Without language classes 2,050 USD



GROUP ACCOMMODATION

SIGN UP YOUR TEAM TO THE HIGH-PERFORMANCE CAMPS AND BE ACCOMPANIED BY YOUR COACH!

Either you are a soccer parent, a travel agency or a coach and you wish to send your team or part of your team in the PSG Academy USA Pro Summer Experience, we have the perfect package for you. With a minimum of 4 players, you may be eligible to accompany your team or receive special pricing for them.

FEEL FREE TO REQUEST A COACH OR A TEAM/GROUP ESTIMATE
AT CAMPS@PSGACADEMYUSA.COM



ADDITIONAL OPTIONAL SERVICES

SHOWCASE YOUR SKILLS

EXCLUSIVE

INTER MIAMI CF GAME JULY 20TH, 2024

300 USD

(includes transport + food + game
first 25 registrations watch warmup on the
side of the field)

INDIVIDUAL PROFESSIONAL PICTURES PACKAGE

Received unlimited pictures of your child
taken by a professional photographer

120 USD

NIKE PSG ACADEMY BACKPACK

80 USD

EXTRA NIGHT

(before and after)

250 USD

(includes 1 Night + Dinner + Evening
activities + Breakfast + supervision)

AIRPORT TRANSFERS

Airport Pick up

Miami International Airport: 50 USD

Fort Lauderdale Airport: 115 USD

Airport Drop off

Miami International Airport: 50 USD

Fort Lauderdale Airport: 115 USD

Airport Pick up

Unaccompanied Minor Service 120 USD

Airport Drop off

Unaccompanied Minor Service 200 USD



REGISTRATION



SAVE YOUR SPOT



CAMPS@PSGACADEMYUSA.COM



+1(786)967-0925



SCHEDULE A MEETING WITH THE
RECRUITMENT TEAM

USA.PSGACADEMYPRO.COM/SUMMER-CAMPS



[VIEW 2023 ALBUM >](#)

