



SAMUI



## PSG ACADEMY SAMUI FOOTBALL CAMP FACTSHEET

### 6-17 years old

#### Paris Saint-Germain Academy football camps

Unforgettable PSG football camp in paradise

Experience a football camp that will give you memories that will last for a lifetime.

Be immersed in Southeast Asia's premier football environment surrounded by nature, and just steps away from the beach!

This is your opportunity to become a member of the Rouge et Bleu family and have the chance to share our values and benefit from Paris Saint-Germain's savoir-faire.



Daily training includes sessions on ball control, dribbling, passing, attacking, shooting, defense, coordination, and game-like situations. Goalkeeper-specific programs are available on dedicated space.

Practice your newly learned skills during the friendly games on offer.

Our Camp provides more than football. Make lifelong friends with people from all over the world, take part in fun activities during the day, visit temples and other sights on the island, learn about Thai Culture and food, visit local islands around Koh Samui, learn Thai boxing and much, much more (Table Tennis, Teq Ball, Outdoor Cinema, Swimming Pool...).

Please see below for a detailed list of what our camps have to offer.



Athletes stay in a secure environment within Maraleina Sports Resort with 24/7 security with top-quality sports facilities and accommodation on offer.

Balanced meals are served daily, carefully designed to meet the needs of an active day. With products sourced from local suppliers to ensure the food is as fresh and healthy as possible (From farm to table).

Our PSG football training camp focuses on methodology to develop technical, tactical, and cognitive skills all the while increasing football confidence. We foster the values and philosophy of professional football, this includes fair-play, respect and commitment.












Obtain valuable coaching points from our highly experienced PSG academy certified coaches who have real life experience working as professional football players and professional football coaches.





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## PSG ACADEMY SAMUI FOOTBALL CAMP INCLUDE

ITEMS	DETAILS	QUANTITY 7 day camp
 Airport / Pier Shuttle Service	Round trip pick up and drop off at Samui International Airport or at Nathon Ferry Pier	1
 Accommodation	Maraleina Sports Resort accommodation provided per night	6 Nights
 Meals (Full Board)	Breakfast (Buffet)	6
	Lunch (Buffet)	7
	Dinner (Buffet)	6
	Water for training	Unlimited
	End of camp beach BBQ dinner	1
 Laundry service	All clothes cleaned every day	5
 Training	Football + other training sessions	Minimum 12
 Equipment	Professional standard football equipment for training (see equipment factsheet)	Throughout stay
 Football kit	PSG branded professional football kit (shirt, shorts, socks)	2
 Reports	PSG Player Performance Report	2
 Certificate	PSG Camp completion certificate	1
 Swimming	Daily access to Maraleina Sports Resort swimming pools	Unlimited
 Pitches	Pitch type use subject to coach training plan (see facilities factsheet)	Unlimited



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## PSG ACADEMY SAMUI FOOTBALL CAMP INCLUDE

ITEMS	DETAILS	QUANTITY 7 day camp
Activities	Kids Thai boxing class	1
	Football Table Tournament	1
	EA Sport FIFA Tournament	1
	Samui football golf	1
	Football centric language class (english)	2 Hours
	Outdoor cinema night (movie, popcorn, small activities)	2
	Beach volleyball	1
	Beach football	1
	Glow in the dark football	1
	Football seminar (football science, life as a pro player, etc.)	1
	Complementary kids activities (see kids activities factsheet)	Unlimited
	Camp fire night (stories, marshmallows, relaxing on beach land with small activities)	1
Beach BBQ night with glow in the dark party and activities	1	
Live video	End of camp match with live video so you can see your child in action	1

## PSG ACADEMY SAMUI FOOTBALL CAMP OPTIONAL EXTRAS

SERVICE	DETAILS	PRICE
Extra football kit	Professional football kit (shirt, shorts and socks)	\$ 25 USD



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EXAMPLE FOR A TYPICAL STAY AT THE  
PSG ACADEMY SAMUI FOOTBALL CAMP

SCHEDULE 7 DAY 6 NIGHT CAMP

Time	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
07:00-07:30	Closed	Wake Up, Roll Call	Wake Up, Roll Call	Wake Up, Roll Call	Wake Up, Roll Call	Wake Up, Roll Call	Wake Up, Roll Call
07:30-08:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
08:00-08:30		Football test	Football Training Session at Sandbox Court	Football challenge	Football Training Session	Football Training Session	Friendly games
08:30-09:00							
09:00-09:30							
09:30-10:00	Shower / Change Clothes	Shower / Change Clothes	Shower / Change Clothes	Shower / Change Clothes	Shower / Change Clothes	Shower / Change Clothes	
10:00-10:30	Language Class (Football Centric)	Shower / Change Clothes	Shower / Change Clothes	Free Time (On Site Activities)	Shower / Change Clothes	Shower / Change Clothes	Shower / Change Clothes
10:30-11:00	Open for Arrival	Free Time / Parents Call (On Site Activities)	Samui Football Golf	Thai Cooking Class	Samui Elephant Kingdom	Language Class (Football Centric)	Lunch
11:00-11:30							
11:30-12:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Good Bye and Certificate Ceremony
12:00-12:30	Welcome Ceremony	Drive to Thai Boxing	Samui Football Golf	In Door Kids Activities (PS4 Warm Up)	Indoor Activities	Free Time / Parents Call (On Site Activities)	Departure Time
12:30-13:00							
13:00-13:30	On site Activities (Ice Breaker)	Thai Boxing	Samui Football Golf	Change For Training Session	Change For Training Session	Change For Training Session	Closed
13:30-14:00							
14:00-14:30							
14:30-15:00	Drive back to Camp	Drive Back to Camp	Change For Training Session	Change For Training Session	Change For Training Session		
15:00-15:30	Change For Training Session	Change For Training Session	Change For Training Session	Free Time	Football Training Session		
15:30-16:00	Football Training Session	Football Training Session	Football Training Session	Football Training Session	Football Training Session		
16:00-16:30							
16:30-17:00	Shower / Change Clothes	Shower / Change Clothes	Shower / Change Clothes	Shower / Change Clothes	Shower / Change Clothes		
17:00-17:30							
17:30-18:00	Dinner	Dinner	Dinner	Dinner	Dinner		
18:00-18:30	Glow In The Dark Football	Outdoor Cinema Night	Evening Activities	PS5 EA Sport FIFA Tournament	Outdoor Cinema Night	Glow in the Dark & BBQ Party	
18:30-19:00							
19:00-19:30	Quiz Night	Bedtime, Roll Call, Lights out	Bedtime, Roll Call, Lights out	Bedtime, Roll Call, Lights out	Bedtime, Roll Call, Lights out	Bedtime, Roll Call, Lights out	
19:30-20:00							
20:00-20:30							
20:30-21:00	Bedtime, Roll Call, Lights out	Bedtime, Roll Call, Lights out	Bedtime, Roll Call, Lights out	Bedtime, Roll Call, Lights out	Bedtime, Roll Call, Lights out	Bedtime, Roll Call, Lights out	
21:00-21:30							

APARTMENTS POWERED BY MARALEINA SPORTS RESORT

Guest Rooms

10 APARTMENTS, EACH LOCATED A STONE'S THROW AWAY FROM OUR FOOTBALL FACILITIES.

From the apartments, you are located merely 400 meters away from our football pitches, high performance center and club house. Located in a natural and quiet environment each apartment has a modern touch to them with large spaces to relax and recuperate from your day of training. The rooms each have their unique football theme allowing our athletes to live and breath football, and not lose sight of their football goals.

The apartments have air conditioning, mini fridge, flat screen TVs, PlayStation and more. In the evening enjoy some time on the private terrace located at the back of each apartment. There is no better environment to hang out with your friends and team members after a fun day of sports.



RESORT FACILITIES:

- . 10 Apartments, 1 Pool
- . Gym and High-Performance Center
- . 3 Football Pitches
- . 2 Squash Courts
- . 1 Beach Volleyball Pitch
- . Club House
- . Restaurant
- . Sports Bar
- . Access to Beach Land





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**All Rooms Have:**

- . Bedroom and Living Room
- . Air Conditioning
- . PlayStation 4
- . Coffee & Tea Making Facilities
- . Complimentary Wi-Fi
- . Toiletries
- . Flat Screen Smart TV's
- . Mini Fridge
- . Private Terrace
- . Sofa Bed



**COMPLIMENTARY SERVICES:**

- . Access to Beach
- . Outdoor Cinema
- . Board Games
- . Running Ramp
- . Table Tennis
- . Gaming Room
- . Penalty Practice
- . Running Track
- . Teqball
- . Pool Table
- . Beach Volleyball
- . Cross Training Area

**EASY TIME RESORT POWERED BY MARALEINA SPORTS RESORT**



**Guest Rooms**

17 DELUXE ROOMS, LOCATED IN A SERENE RELAXING NATURAL ENVIRONMENT

The resort is located just 3 minutes from Maraleina Sports Resort. The individual rooms are in private villas located around a natural garden with a central pool. The resort is a mix of Thai culture and modern design with wooden furniture. Each room has air conditioning and all the amenities a resort provides, including in room flatscreen TV, PlayStation, Mini Fridge and more. Easy Time Resort is the perfect place for you and your family or friends to relax and recuperate from a long day of fun activities and adventure.

**Resort Facilities:**

- . 17 Deluxe Rooms
- . 1 Pool
- . Restaurant
- . Access to Gym and High-Performance Center
- . Access to 3 Football Pitches
- . Access to 2 Squash Courts
- . Access to 1 Beach Volleyball Pitch
- . Access to Club House
- . Access to Restaurant
- . Access to Sports Bar
- . Access to Beach Land





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**All Rooms Have:**

- . Bedroom and Living Room
- . Air Conditioning
- . PlayStation 4
- . Coffee & Tea Making Facilities
- . Complimentary Wi-Fi
- . Toiletries
- . Flat Screen Smart TV's
- . Mini Fridge
- . Terrace or Balcony
- . Sofa Bed



**COMPLIMENTARY SERVICES:**

- . Access to Beach
- . Outdoor Cinema
- . Board Games
- . Running Ramp
- . Table Tennis
- . Gaming Room
- . Penalty Practice
- . Running Track
- . Teqball
- . Pool Table
- . Beach Volleyball
- . Cross Training Area

**BEACH LAND WITH ACCESS TO ISLAND EXCURSIONS**







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### FOOTBALL FACILITIES



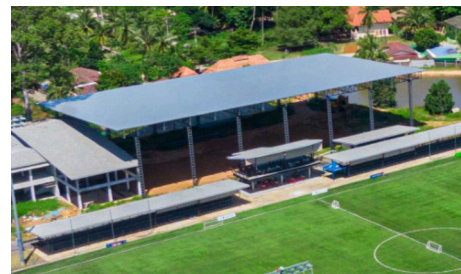
#### FAN STADIUM

- The brightest of greens, towering trees, a breezy oceanside setting and on-site amenities and caf« make our central stadium the star of the FAN show.
- 1,000+ capacity
- Artificial grass; 11-a-side:68m x 105m FIFA Standard; Floodlit (400 lux)
- Synthetic Grass Specifications: Tri-Color Green Tufting FIFA Quality Pro, 4” PE Monofilament



#### COASTAL GRASS PITCH:

- Just 200m from the beach, surrounded by gorgeous nature, this quiet real-grass training pitch makes the beautiful game even more beautiful.
- 250+ capacity
- Natural grass; 11-a-side; 65m x 104m; Floodlit (400 lux)



#### COVERED FOOTBALL PITCH

- Offering respite from heat and rain, electric fans cool this popular pitch, adjacent to our High-Performance Center, sprint track and water recycling pond.
- 200+ capacity
- Artificial grass; 7-a-side; 50m x 30m; Floodlit (400 lux)



#### 7 A SIDE FOOTBALL PITCH

- Surrounded by wide open spaces for free-flowing appeal, this is our favorite spot for academy demos, small tournaments and buffalo spotting!
- 100+ capacity
- Natural grass; 7-a-side; 60m x 40m; Floodlit (150 lux)



#### GOALKEEPER TRAINING AREA

- A great open space in between our two main pitches that lends itself to all sorts of set-ups, from goalkeeping drills to short game training.
- Natural grass; 20m x 30m; Floodlit (150 lux)



#### SANDBOX (SANDCOURT)

- At the ocean's edge, flanked by coconut trees, we love the muscular work-out (and epic views) of this laid-back locale – perfect for a sunset kick-about (or volleyball!).
- 100+ capacity
- Sand; 25m x 13m

### FITNESS FACILITIES





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### High Performance Center

- . State of the art center with professional athlete training equipment
- . 400 sqm
- . Mondo® Ramflex 10mm flooring
- . KEISER pneumatic system
- . Woodway Curve treadmills
- . Technogym SKILZ run treadmills
- . Ski-erg
- . Training rig
- . Sprint lanes
- . Anaerobic hill training
- . Plyometric stairs
- . Circuit



### Fitness Center

- . Fully Equipped with a wide selection of equipment's
- . 800 sqm
- . Mondo® Ramflex 6mm flooring
- . Technogym equipment
- . 2 Studios
- . TRX training
- . Climbr
- . Lockers
- . Consultation areas
- . Analytic lab

## ACCESS AND TRAVEL INFORMATION:

**By plane:** Maraleina Sports Resort is a 30-40 minutes' drive from Samui International Airport (23.8 km / 14.78 mi)

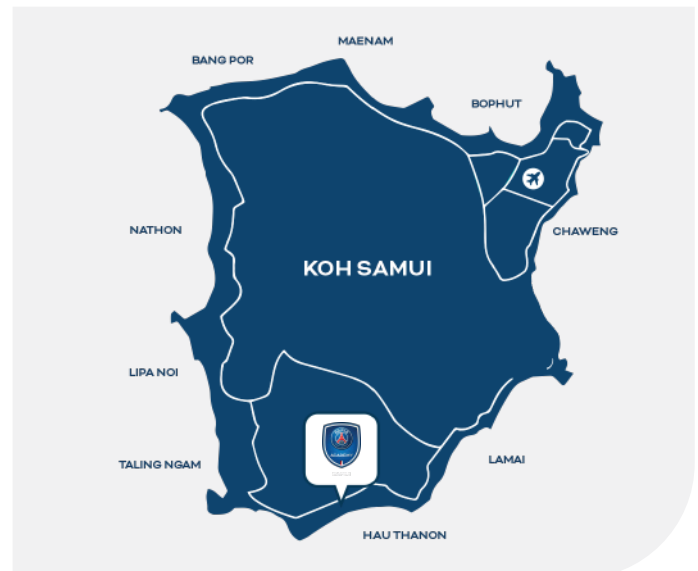
**By ferry / car:** Maraleina Sports Resort is a 20-25 minutes' drive from Nathon Pier Seatran ferry (15.4 km / 9.5 mi)  
Maraleina Sports Resort is an 15 minutes' drive from Lipa Noi Pier Raja Ferry (11.8 km / 7.3 mi)

**Climate:** Tropical Climate. Approximate Monsoon Season November to January. Drier season from January to April. The driest months are usually seen in February and March (Some showers may occur)

**Time zone:** ICT (UTC+7)

**GPS:** Latitude 9° 25' 35.6988" Longitude 99° 59' 2.7096"

**Google plus code:** CXGM+RG Koh Samui, Ko Samui District, Surat Thani



### PARIS SAINT-GERMAIN ACADEMY – KOH SAMUI

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