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**FOOTBALL  
CAMPS**  
At professional Football Clubs  
Portugal Specialists



# TRAIN AND PLAY WITH THE BEST

## A Unique Sports Tour Experience!

### WHO WE ARE

Move Sports was founded in 2006 and quickly established itself as one of the best sports travel agencies around exclusively dedicated to the tourism of sport presenting unique and memorable sporting experiences to its customers.



Move Sports is the trusted travel partner in sports tourism, delivering memorable programmes and first class service for the benefit of football clubs, academies and schools.

Move Sports have developed unique programmes in conjunction with leading Portuguese football clubs, Sporting Lisbon, SL Benfica, Académica Coimbra, CF Belenenses to offer a professional football camp experience delivered by professional coaches. These coaches will work to improve techniques and football drills that will become a natural part of a training program and provide a comprehensive and complete football tour.

### WHY CHOOSE US

- Local based agency
- First class service and reliable suppliers
- We give you the assistance you need 24H
- Licensed & fully insured agency (License Nº 1380: Portugal Tourism Board)
- Flights reservation assistance

### WE GUARANTEE YOU

- Coaching from professional club coaches
- Football Fixture Arrangements with Portuguese football clubs
- Tickets to Watch Professional Football Matches
- Leisure Activities Arrangements
- Minimum 2 Sessions Per Day
- Behind the scenes stadium tour
- All Coach Transfers Required
- Participation Certificates





## SPORT LISBOA E BENFICA

### BACKGROUND REVIEW

Sport Lisboa e Benfica is commonly known as simply Benfica. Founded in Lisbon in September 28, 1904 it was one of the founding members of the Primeira Liga in 1933, and, together with Porto and Sporting, it has never been relegated from the First Division of Portuguese football. Domestically, Benfica have won a total of 32 Portuguese Liga titles, 27 Championship of Portugal/Portuguese Cup titles, 3 Portuguese League Cup titles and 4 Portuguese SuperCup titles. The home of Benfica is the Estádio da Luz,, which translated means, "Stadium of Light;". It is called "a Cathedral" (the Cathedral) by the Benfica fans. The stadium hosted several matches in the 2004 European Football Championship, including the final match.

Benfica's most famous player is Eusebio. He scored 41 goals for Portugal in 64 appearances, 319 goals for Benfica in 313 league games. He was the leading scorer in the 1966 FIFA World Cup where he scored nine goals. He was the 1965 European Footballer of the Year, and in 1968, he was the first winner of the Golden Boot Award, as Europe's leading scorer, a feat he repeated in 1973. He was the European Cup top scorer in 1965, 1966 and 1968. There is a statue of Eusébio at the main entrance of the Estádio da Luz.

### ACADEMY REVIEW

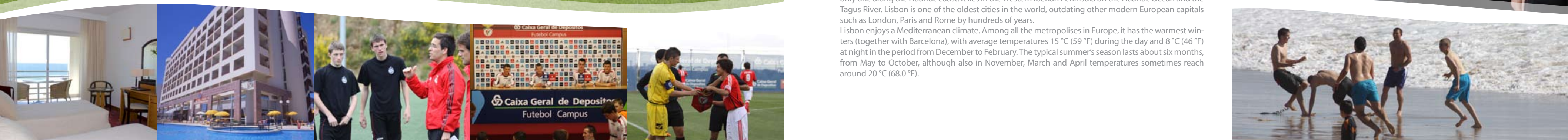
Benfica owns state-of-the-art training facilities in Seixal. The complex is called the Caixa Futebol Campus, it is here that the professional team trains daily and also is the home of all Benfica's youth squads. The academy boasts its own stadium plus an additional 2 grass pitches and three 3G artificial pitches, a fully equipped gym, classrooms, study rooms, lounge area and a fully functioning restaurant with all meals provided suitable for a footballer's nutritional needs.

Benfica's youth squads have become to be known as one of the best academies in the world. The club scouts players from all over the world.

### TOURIST REVIEW

Lisbon is the westernmost large city located in Europe, as well as its westernmost capital city and the only one along the Atlantic coast. It lies in the western Iberian Peninsula on the Atlantic Ocean and the Tagus River. Lisbon is one of the oldest cities in the world, outdating other modern European capitals such as London, Paris and Rome by hundreds of years.

Lisbon enjoys a Mediterranean climate. Among all the metropolises in Europe, it has the warmest winters (together with Barcelona), with average temperatures 15 °C (59 °F) during the day and 8 °C (46 °F) at night in the period from December to February. The typical summer's season lasts about six months, from May to October, although also in November, March and April temperatures sometimes reach around 20 °C (68.0 °F).





# SPORTING LISBON

## BACKGROUND REVIEW

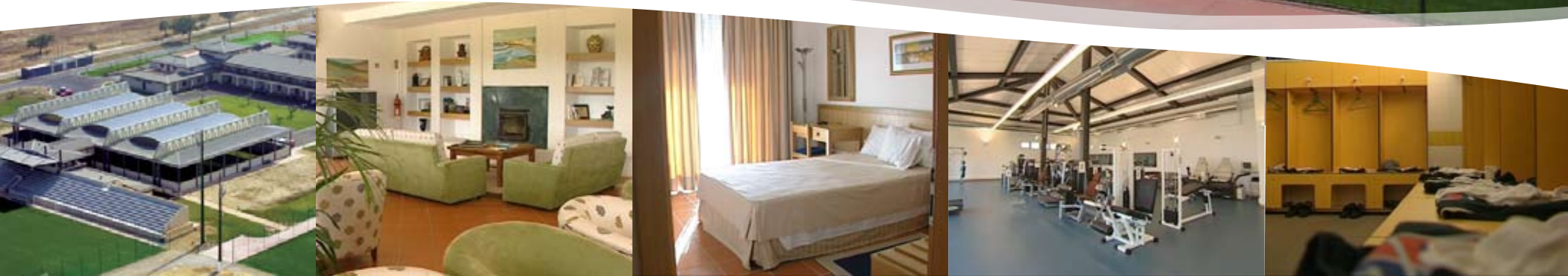
Sporting Clube de Portugal also known as Sporting or Sporting CP, and in English often unofficially referred as Sporting Lisbon, is based in Portugal's capital city of Lisbon. Founded in Lisbon in July 1, 1906, Sporting won a total of 18 Portuguese Liga titles, 19 Championship of Portugal/Portuguese Cup titles and 7 Portuguese SuperCup titles (44 national titles). Internationally, Sporting won the 1963-64 European Cup Winners' Cup, and were runners-up in the 2004-05 UEFA Cup. Sporting boasts a new stadium, Estádio José Alvalade, built for the UEFA Euro 2004 championship. This stadium – originally projected to hold only 40,000 spectators at any given time – has a capacity of 50,076 and was acoustically engineered as a venue for major concerts.

## ACADEMY REVIEW

Sporting has a world-class football training facility (Academia Sporting in Alcochete), which accommodated Portugal during the Euro 2004 competition. The academy is famous for its football youth academy system which features a range of well-equipped facilities and is one of the most renowned in the world. The facilities include its own stadium, 2 additional grass pitches, three 3G artificial pitches, one of which is covered. In addition it has on-site accommodation, an outdoor swimming pool and a restaurant catering to the footballers needs. Generally known as a major hot-bed for young talented footballers, Sporting is the only club in the world that has developed through their academy two FIFA world players of the year. Luis Figo (2001) started in Sporting age 13 and Cristiano Ronaldo (2008) started in Sporting age 12. Sporting has continuously developed many world class footballers. Some of its most notable current home-bred footballers who have come through the academy system and are in the current first team squad are Yannick Djaló, Rui Patrício, Daniel Carriço, André Santos, André Martins and João Gonçalves.

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## C.F. OS BELENENSES

### DESCRIPTION

Clube de Futebol Os Belenenses, commonly known simply as Belenenses or Belenenses Lisbon was founded in 1919. It is based in the Belém quarter of Lisbon, hence the club name, which translates as "The ones from Belém."

Domestically, Belenenses have won one Portuguese Liga titles and 3 Championship of Portugal/Portuguese Cup titles. Internationally, they have played in the European Cup Winners' Cup, as well as the UEFA Cup. In the UEFA Cup 1987–88 season, the club played powerhouse Barcelona; in the first leg, they lost 2–0 in the Nou Camp, winning 1–0 in Lisbon at the Estádio do Restelo. In the following season, they ousted holders Bayer Leverkusen out of the same competition.

The Estádio do Restelo is the home to Belenenses and the stadium has a capacity of 25,000 people and was built in 1956.

### ACADEMY REVIEW

Although Belenenses does not have its own Academy the facilities at Estadio Nacional in Jamor are used which are located less than 10 minutes away from the club's stadium. Here at the National training centre full use of the 3 grass pitches and one 3G artificial pitches can be used. In addition the Estadio Nacional boasts an Olympic Sized swimming pool, a tennis centre with multiple clay courts, a fitness centre, athletic facilities (indoor and outdoor), rugby pitches and a range of many other sports facilities

### TOURIST REVIEW

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## A. A. COIMBRA

### DESCRIPTION

The Associação Académica de Coimbra, also referred to as Académica de Coimbra or simply Académica, is a Professional football club based in Coimbra one hour and a half north of Lisbon. The team was created inside of the students' union of the University of Coimbra in 1876 so it is effectively one of the oldest sports institutions in Portugal. However it became the football club during a period of changes in the 1970s and 1980s, when football was professionalized in Portugal. In 1939, the football team of the Associação Académica de Coimbra became the first winner of the Portuguese Football Cup.

The Estádio Cidade de Coimbra (Coimbra City Stadium) is the home ground of Académica de Coimbra football team. The stadium was rebuilt, expanded, and modernized to host some UEFA Euro 2004 matches. The stadium has 30,210 seats, two-thirds of which are covered and offers several amenities and services. On 29 October 2003, Académica de Coimbra played at home to Benfica, in the first official match in the re-modelled stadium.

### ACADEMY REVIEW

Centro de Estágios da Académica (Academia Dolce Vita for sponsoring reasons) is the training facility and youth academy of Associação Académica de Coimbra - O.A.F. football club. The facility includes one grass field and two synthetic turf training fields, as well as a support building featuring state-of-the-art infrastructure ranging from staff's offices, bedrooms, medical care, jacuzzi and massage centers. The Centro de Estágios da Académica was founded in 2007 and is located in Campos do Bolão, Coimbra

### TOURIST REVIEW

The historic city of Coimbra is located in central Portugal, 120 km south of Porto, 195 km north of Lisbon. Although it served as the nation's capital during the High Middle Ages, it is better-known for its university, the University of Coimbra, which, established in 1290, is one of the oldest in Europe and the oldest academic institution in the Portuguese-speaking world.

Coimbra enjoys a mild climate, where it's winters have average temperatures 10 °C (50 °F) during the day and 5 °C (40.3 °F) at night in the period from December to February. The typical summer's season lasts about six months, from May to October, with average daytime temperatures ranging from form a high of 28°C (82°F) to a low of high time temperature of 15°C (59°F).





**AN AMAZING COUNTRY  
PASSIONATE ABOUT FOOTBALL  
A LIFETIME EXPERIENCE**

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