



**ACADEMY PRO
SENEGAL**

**AFRICA'S FIRST INTERNATIONAL
ACADEMY PRO**



**THE ONLY ONE
IN AFRICA**



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Pro Residency Academy**

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**ACADEMY PRO
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01

***Africa's First
International Pro
Residency Academy***



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BUILD YOUR FUTURE WITHOUT COMPROMISE

Designed for talented players from Africa and all around the world, the one-of-a-kind Paris Saint-Germain Academy Pro offers elite youth football players between the ages of 11 and 20 the excellence of European football, paired with an internationally recognized academic preparation, located in Saly, Senegal, a highly popular seaside and tourist destination situated 90 km from Dakar.

Throughout the season, players receive professional preparation based on the world-renowned Paris Saint-Germain training methodology.

All programs and facilities are designed to expertly develop and expose high-potential football players to the professional level, while offering academic excellence, allowing students to pursue their education.





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02

***Preparation at the
Highest Level***

THE EXPERTISE OF PARIS SAINT-GERMAIN NOW ACCESSIBLE IN AFRICA

Focused on developing the next generation of football players, the Paris Saint-Germain Academy Pro is designed to accelerate players' development, following the world-class Paris Saint-Germain training methodology combined with a highly competitive environment.

Players are trained by the highest-ranked technical staff (UEFA licensed and Paris Saint-Germain certified), with decades of experience in football player development, using the world-renowned Paris Saint-Germain techniques, programs, and coaching approaches. Players are pushed to an unparalleled level of physical and mental development through all-encompassing training, maximizing their potential to achieve individual and team goals.

The Academy provides full immersion in a pro football development Academy that encompasses all facets of a professional athlete's lifestyle, benefiting ambitious and talented players whose objective is to reach the highest level.



The Paris Saint-Germain Academy Pro is a very professional and well-organized training center. Living in full immersion with my teammates helped me become more mature and independent. Training with the Academy Pro staff was an incredible experience, and my performance on the field reflected that. Over the three years I spent at the Academy Pro, PSG Academy Pro helped me maximize my potential—both physically and mentally. They provided high-level mental preparation to help me meet the demands of academic and athletic excellence. At just 14 years old, the Academy Pro Senegal gave me the opportunity to continue my international training in Europe. It's a dream come true, and I'm fully committed to giving my very best in return for the trust and support they've shown me.

Divin S., from Bénin



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Pro player training regimen

The PSG Academy program emphasizes emotional, tactical, and social intelligence. Players face real-world challenges designed to strengthen their independent problem-solving abilities. Through guided questioning and structured exercises, coaches foster critical thinking and encourage learning through mistakes — ultimately shaping intelligent, adaptable athletes.

All encompassing training

Receive comprehensive professional preparation with a strong focus on personal development. The program includes mental conditioning, nutrition, physical training, individualized video analysis sessions, and masterclasses covering topics such as invisible training, recovery, and career orientation. The Academy is dedicated to developing well-rounded individuals who embody the excellence, values, and methodology of European football.

Professional Paris Saint-Germain Academy Technical Staff

Players are coached by a highly qualified Technical Staff with extensive experience in youth development and training. The Paris Saint-Germain Academy staff works in continuous collaboration with the Paris-based PSG Academy Technical Director to ensure the consistent implementation of the Club's renowned training methodology.

PSG Academy Pro benefits from a multidisciplinary team of local, national, and international experts in all areas of football preparation and performance. This dedicated staff includes coaches, a technical director, mental performance coaches, athletic trainers, and strength and conditioning specialists.

Participate in the most prestigious competitions

Competitions are selected by the Paris Saint-Germain Academy Technical Team. The competition schedule includes participation in the prestigious "Championnat Paris Saint-Germain Academy Sénégal", as well as elite tournaments and showcases, where players can gain valuable exposure opportunities at the highest level.



**9 HOURS OF
TRAINING PER
WEEK PLUS
COMPETITION ON
WEEKENDS.**



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A MULTIDISCIPLINARY TEAM TO ACCOMPANY EACH PLAYER

The Paris Saint-Germain Academy Pro has over 30 staff members between both the Sports and Hospitality services. They supervise the players daily during their activities on and off the field, and thus encourage their personal development at all levels.

Technical and Sports team

- ✓ Sporting Director
- ✓ Coaching staff. Each member is licensed and Paris Saint-Germain certified.
- ✓ Physical trainer
- ✓ Mental Coach
- ✓ Medical professional present at each game
- ✓ Physiotherapist to accompany players for individual sessions based on their needs

Administrative team

- ✓ 2 Directors / administrators
- ✓ Administrative and Financial Manager
- ✓ Education Program Manager
- ✓ Hospitality Manager
- ✓ Administrative coordinator
- ✓ Chaperones



ALIONE TOURÉ
PARIS SAINT-GERMAIN ACADEMY PRO
Technical Director and Former PSG Pro Player

As a former international player (Right Winger), Alioune Touré brings world-class experience and a winning mindset to our academy.

- **Early Development:** Trained at the prestigious Clairefontaine National Academy before joining the FC Nantes youth system at age 16
- **International Career:**
 - Represented France at U16, U18, and U21 levels under coach Raymond Domenech
 - UEFA Under-18 European Champion in 1997
- **Professional Career:**
 - France: Paris Saint-Germain (PSG), FC Nantes
 - Coupe de la Ligue Winner with PSG in 1998
 - England: Manchester City
 - Portugal: Boavista FC
 - Cyprus: Competed in the top division for several clubs

CHAMPIONSHIPS AND COMPETITIONS BY PARIS SAINT-GERMAIN ACADEMY

Paris Saint-Germain Academy Senegal initiated a groundbreaking youth competition in Africa — Le Championnat Paris Saint-Germain Academy Sénégal — created to offer talented players from U11 to U20 a high-quality, competitive, and attractive platform.

Through full immersion with the PSG Academy Senegal teams, players at Paris Saint-Germain Academy Pro have the opportunity to compete in high-level matches against the best youth teams in the country.

Launched in 2022, the PSG Academy Championship provides a stage for players to shine in a demanding environment. The competitive nature of the tournament pushes athletes to go beyond their limits and develop key qualities such as stress management, teamwork, and resilience.



"The championship has helped me better understand my level and accelerate my development by competing against other strong teams. It's a great opportunity to showcase my talent in front of a wide audience. This is the first competition of its kind in the country, and I'm proud to be part of it and to represent the colors of Paris Saint-Germain."

Aymeric M., from Senegal– 16 years old



As an elite player at PSG Academy Pro Senegal, I have the opportunity to compete in the PSG Championship as well as high-level matches against teams from Ligue 1 and the Senegalese national league. These matches are often watched by professional scouts, offering genuine opportunities. The extensive competitive playing time provided by PSG Academy Pro allows us to apply our training, track our progress, and continuously assess and elevate our performance.

Ibrahima. K, Mali, 17 years Old



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Paris Saint-Germain Training Programs

STATE-OF-THE-ART TRAINING TO REACH YOUR MAXIMUM POTENTIAL

The technical program is based on the Paris Saint-Germain training methodology and playing philosophy, with a strong focus on developing intelligent, well-rounded players.

Tailored to each age category, the program is designed to foster a deep understanding of the game and incorporates key fundamentals and core development areas, including:

- ✓ Tactical set-up as a team
- ✓ Physical preparation
- ✓ Cognitive development
- ✓ Individual Technique
- ✓ The Paris Saint-Germain style of play
- ✓ Offensive and defensive set-pieces
- ✓ Goalkeeper specific training

All training sessions simulate real-game situations to prepare players for authentic match scenarios, encouraging them to analyze and independently find solutions as part of an active learning process.

By adhering to the training programs designed by the Club's Technical Director, Paris Saint-Germain Academy Pro focuses on developing players who are sharp, physically prepared, and mentally resilient.



The program incorporates technical, coordination, cognitive, physical and psychological challenges, empowering the players to develop the all-encompassing skills necessary to excel at the highest level.

Players develop high levels of confidence and are prepared to compete equipped with the knowledge and tools to make the best decisions in all game situations.

PROFESSIONAL PARIS SAINT-GERMAIN METHODOLOGY

Physical preparation: strength and conditioning	Individualized and specific program: by position and by lines	Mastery of coordination and technical skills
Team building and communication	Video analysis; practice and games	Immersion in a professional competitive environment (pre-match routines, preparing for matches)
Intelligence, understanding and vision of the game	Tactical and cognitive learning: concepts, formation and style of play	Mental preparation: practice and games
Injury prevention plan: team and individual	Nutrition and hygiene	Rest and recovery





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OUR UNIQUE PARIS SAINT-GERMAIN METHODOLOGY

The Paris Saint-Germain Academy Pro program brings the excellence of the European training center model to Senegal. Its development model combines top-tier facilities, professional training conditions, and elite competition while deploying the proprietary Paris Saint-Germain training methodology.

> CLUB VALUES

**Intelligence | Effort | Elegance | Solidarity | Leadership |
Confidence | Aggressiveness | Structure**

SUCCESSFUL PARIS SAINT-GERMAIN GAME MODEL

Explore the key components of the successful Paris Saint-Germain game model that define the club's identity.

PARIS

Possession of the Ball:

The ball is our most valuable asset, and we prioritize maintaining possession through collective pressing when we lose it. For over 15 years, we've developed a possession-based style that leverages movement and space to advance the play.

Aggressiveness:

Our primary goal is to limit the space available to opponents, with players always ready to press the ball carrier defensively. Offensively, they persist through challenges, showcasing relentless effort and determination, as exemplified by players like Cavani, Marquinhos, and Ibrahimovic.

Reaction After Losing the Ball:

We emphasize winning the ball back quickly, training players to react instantly and execute effective counter-pressing. PSG teams maintain a high line, adding density in the loss zone and coordinating immediate collective efforts after possession is lost.



Intensity:

The distinction between good and great players lies in their capacity for sustained high-intensity efforts, which we train for during practices and matches. Players are expected to consistently exceed their limits to uphold the team's tactical integrity, regardless of match circumstances.

Structure of Play:

Players must understand their own tactical choices alongside those of teammates and opponents to uphold a solid game structure. We foster a thoughtful game plan that emphasizes patience, space creation, and ball control while minimizing risks to maintain both defensive and offensive balance.



WHAT MAKES THE WORLD-CLASS PARIS SAINT-GERMAIN METHODOLOGY UNIQUE?

The Paris Saint-Germain Academy Pro methodology is built upon six fundamental pillars:

Intelligence

This pillar emphasizes emotional, tactical, and social intelligence. Players confront real-world challenges designed to enhance their independent problem-solving skills. Coaches facilitate this process through guided questioning and structured exercises, promoting critical thinking and learning from mistakes, which cultivates intelligent, adaptable athletes.

Perception

Anticipation is crucial in soccer, and PSG focuses on enhancing players' cognitive skills through perception-based exercises. These activities develop their ability to gather information, understand positioning, and make optimal decisions in real-time, leading to improved tactical awareness.

Intensity

Maintaining high intensity is essential for success in matches. PSG's training sessions keep players operating at peak physical capacity through a mix of recovery and high-effort activities. Coaches incorporate competitive elements into exercises to motivate players, ensuring they develop the endurance needed to sustain maximum intensity during games.

Creativity

PSG encourages creativity by allowing players to take risks and experiment in a supportive environment. Adaptive exercises enable them to express themselves without fear of penalties for mistakes. This freedom helps players develop innovative skills that make them stand out during trials and selections.

Competition

The methodology fosters a strong competitive spirit. Each training session is designed with a competitive framework, where players engage in activities that promote winning and losing dynamics. This helps them manage emotions, reflect on decisions, and build a relentless desire for improvement, preparing them for high-pressure situations in matches.

Confidence

Building self-confidence is central to the methodology. Coaches focus on positive reinforcement, encouraging players to make bold decisions and learn from feedback. This supportive atmosphere fosters confident players who reflect on their choices and continuously grow.





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WHAT ARE THE KEY ATTRIBUTES OF A PSG ACADEMY PLAYER ?

Technical

Playing Under Pressure
Quick, One-Touch Passing
Short passing game
Shielding the Ball with
Back to Goal
Orientation and Positioning
Lateral Movement
and Ball Control
Zonal Defense, Line
Structuring, and Ball-Side
Shifting
-Pressing

Mental

Game Intelligence
Emotional Intelligence
Patience
Adaptability
Confidence
Creativity
Competitiveness

Physical

Sensory Awareness
& perception
Ability to Sustain
High-Intensity efforts

Tactical

Possession Player: Ability to maintain possession
and find spaces between the lines
Reactive Player: Quick and efficient high-ball recovery
Creative Player: Understanding the game and its demands



ATTRIBUTES
DEVELOPMENT



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04

**Academic
Excellence**



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YOUR EDUCATION, **OUR PRIORITY**

The Paris Saint-Germain Academy Pro partners with highly regarded educational institutions to offer a unique residential program. The Academy offers the best in terms of both education and football, thanks to an unparalleled professional football development program and internationally recognized academic preparation.

At the Paris Saint-Germain Academy Pro, one of the priorities is to ensure the players have continuity in their academic journey as they pursue their dreams of playing football at the highest level, by providing 360-degree support and educational guidance.

Students benefit from a wide range of academic options from middle school to high school, but also post-baccalaureate, with accredited programs offered in French and English. The programs taught and offered are the French, Senegalese, or U.S. curriculum.





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LYCÉE FRANÇAIS JACQUES PRÉVERT

The Lycée Français Jacques Prévert is a proud member of the prestigious Agence pour l'Enseignement Français à l'Étranger (AEFE) network. Accredited by the French Ministry of Education, the school guarantees high-quality instruction that fully aligns with the standards, curricula, and pedagogical objectives of the French education system.

As part of a network of outstanding schools, this institution offers access to educational excellence in a multilingual environment.

Conveniently located in Saly, right next to the Paris Saint-Germain Academy Pro Campus, the Lycée Français Jacques Prévert serves over 350 students.



ÉCOLE KALAN

Kalan School, located just 15 minutes from the Campus, offers a Franco-Senegalese educational program for middle school students.



A NEW EDUCATIONAL PATHWAY IN MULTICULTURAL SPORTS LEADERSHIP

PSG Academy Pro has designed a new program for its players, developed under the agreement of the Senegalese Ministry of Education.

This curriculum focuses on multicultural transition and sports management.

The modules taught include:

- Languages: French and English
- Sciences: Mathematics and Financial Management
- Communication & Digital: Web Marketing, Graphic Design, and Video Analysis
- Multicultural Transition: Mental Preparation, Cultural Education, and Nutrition







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A customized schedule to reach your goals

The academic institutions and the Paris Saint-Germain Academy Pro technical team collaboratively design a personalized schedule that enables players to excel both academically and athletically.

The Academy ensures a well-balanced timetable, allocating dedicated time for football training, classes, leisure activities, entertainment, homework, and rest — supporting holistic development on and off the field.



I have the opportunity to prepare for my baccalaureate with excellent teachers and benefit from an adapted schedule that helps me balance school, homework, revision, daily training sessions, and weekend games. I am very confident and grateful to participate in this dual curriculum, which allows me to grow and thrive every day.

Mouhamed S. , from Senegal 16 years old





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**State-of-the-art Campus
with Professional
Facilities**



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A PROFESSIONNAL ENVIRONMENT FOR PLAYERS TO MEET THEIR GOALS

Top-of-the-line amenities and equipment

Located in Saly, the PSG Academy Pro Senegal football complex offers all-inclusive accommodations.

Equipped with top-of-the-line amenities focused on elite performance—such as a FIFA-standard field, locker rooms, fitness center, meeting rooms, and video analysis facilities—the campus sets the standard of excellence for youth football in Africa.



Infrastructures

11 vs.11 FIFA standard field with locker rooms

5 vs. 5 football field

Meeting rooms and teaching areas

Entirely renovated and fully equipped gym

4-star hotel with restaurant

Balneotherapy and pool

Boarding accommodations

The Campus offers a safe and nurturing environment for boarding. Boarding life coordinators are available to ensure every athlete is in the most comfortable environment to succeed.

3-bed suites fully furnished with in-suite bathroom, closets and desks

Fully equipped, brand new living spaces

Lounge areas

Air-conditioned shared spaces and bedrooms

High-speed Wi-Fi property-wide

24/7 surveillance and security

Cafeteria with healthy meals prepared on-site and designed by sport nutritionists



Health and medical support

The Paris Saint-Germain Academy Pro players receive access to health and medical professionals that aid in all areas of their football preparation.

The experts provide players with medical follow ups throughout the season, especially during intensive training and competition periods, and major events. This allows players to be in the best shape to perform and reach their maximum potential.



A nurse and a physiotherapist are by our side on a daily basis. They are present during training sessions or games, follow us closely, and complete our medical forms for annual monitoring.

Hugo. C from Ivory Coast, 17 years old





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***Exceptional
Boarding Life***

A LIFE CHANGING EXPERIENCE

An ideal location with endless opportunities

Paris Saint-Germain Academy Pro players enjoy an exceptional boarding experience in Saly, one of Senegal's most vibrant cities, conveniently located near Dakar International Airport.

Known as Senegal's Riviera, Saly offers year-round sunny weather and a wealth of unique opportunities for both leisure and learning during weekends.

As West Africa's premier tourist destination, Saly boasts five-star hotels, luxury spas, the country's most popular beach, and exquisite restaurants along its stunning coastline.

The area provides a wide variety of leisure activities, including horseback riding, quad biking, and numerous water sports—making it the perfect setting for a fun and enriching boarding experience. On weekends, our student-athletes engage in team-building activities and tailored excursions, fully enjoying all that this exceptional region has to offer.



An international community

Student-athletes engage in a diverse range of sports, academic, cultural, and personal learning experiences within an extraordinary international community, welcoming players and students from various countries.

Through this immersive environment, athletes build strong, lasting bonds with their peers and teammates that extend beyond their time at the center. This unique experience fosters personal growth and helps develop essential soft skills such as adaptability, open-mindedness, and leadership.

The Academy cultivates a supportive and nurturing atmosphere where students unite through the shared journey of living and training in a professional setting, becoming more independent, responsible, and globally minded.



At the Paris Saint-Germain Academy, I gained motivation, desire and determination. I have been living in immersion with my teammates since the beginning of the season and I plan to stay for another year to achieve my goals on the field and at school.

**Mohamed Khaly G., from Senegal
- 16 years old**



A dedicated team

The Paris Saint-Germain Academy Pro Africa has a team of coordinators committed to organizing activities tailored to the players' schedules and age groups. Each activity is carefully designed to foster both personal and collective development. Emphasizing team building, cultural exchange, and individual growth, these programs help create a well-rounded experience for every player.

Examples of extra-curricular activities offered:

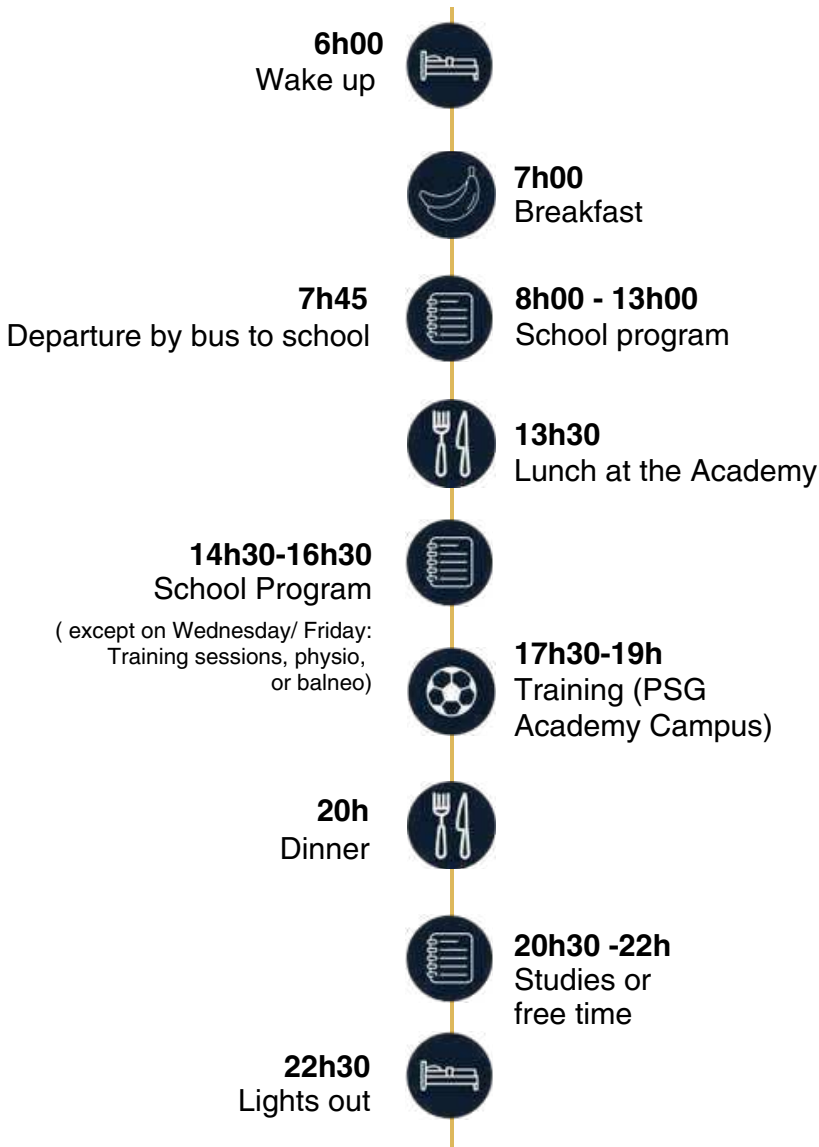
- ✓ Beach, lagoon and restaurant outings
- ✓ Outings and excursions such as the Bandia Reserve, the Teranga Lions Reserve or a walk in the Mangrove
- ✓ Cultural visits of the main sites of the region: Pink Lake, Joal Fadiouth, Dakar, Goree Island, Somone
- ✓ Visit the country's sports infrastructure such as the new Senegalese stadium and the possibility of attending important matches in the region
- ✓ Sports activities such as basketball, swimming, beach volleyball or karting



A TYPICAL WEEK AT THE PRO ACADEMY

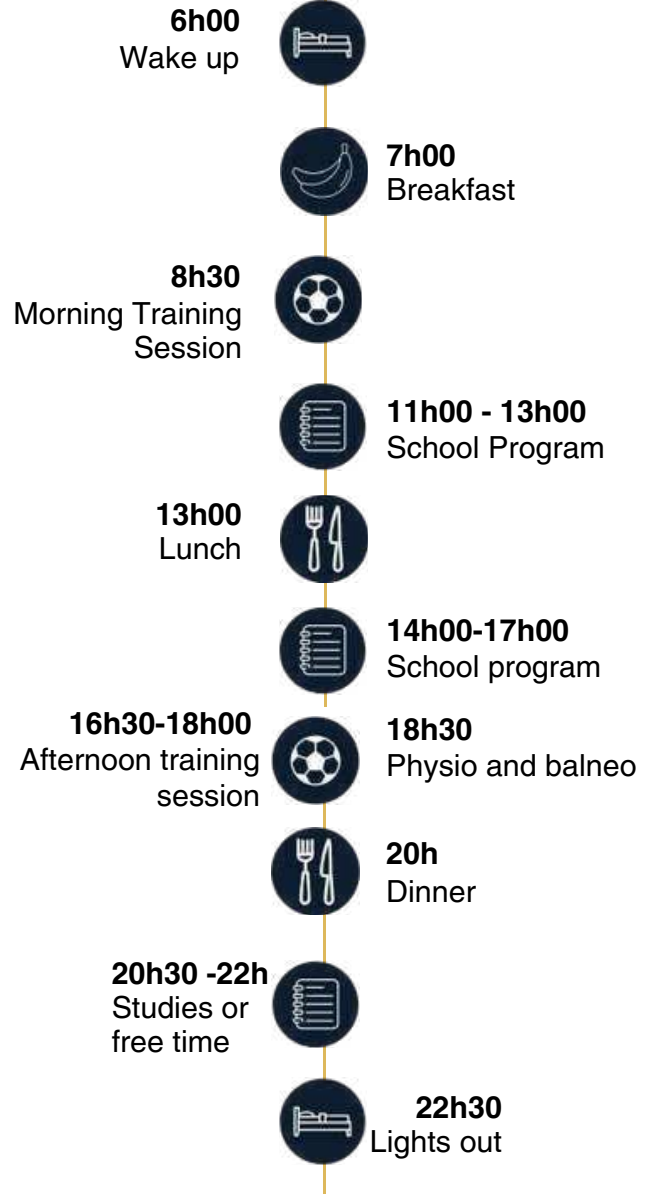
PRO ACADEMY

From Monday to Friday



PRO ELITE

From Monday to Friday



Weekend

Competitions

On-campus activities or cultural and tourist visits



Every week, a rest day is chosen
allowing for players to rest and enjoy
the activities on the campus



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Opportunities



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ELITE PATHWAYS WITHIN THE PARIS SAINT-GERMAIN NETWORK

The Paris Saint-Germain Academy Pro offers players elite pathways to pursue their dreams of playing football at the highest level. Players have the opportunity to take part in exclusive Paris Saint-Germain events in Paris, enjoy unique experiences with the club, and in some cases, compete in top-tier youth football competitions.

The Academy Pro provides its top players with access to prestigious events such as the Paris Saint-Germain Academy World Cup, as well as elite matches, tournaments, and high-performance camps — all within a fully immersive professional environment.



INTERNATIONAL EXPOSURE THANKS TO STRIVE FOOTBALL GROUP'S NETWORK

By joining the Paris Saint-Germain Academy Pro, players are part of Strive Football Group and its global network of academies and clubs.

Paris Saint-Germain Academy Pro x The International Center of European Football

The best-in-class Paris Saint-Germain Academy Pro has partnered with The International Center of European Football, the world's leading pro football academies, to open Africa's first international pro football academy, opening a world of opportunities for elite international players.

After your time at the Paris Saint-Germain Academy Pro, you can join one of the ICEF's other academies located in Europe and the United States, giving you the opportunity to continue receiving the ultimate football and academic experiences, accelerating your development and pushing your limits on your path to reach the next level.



A global network of clubs to reach the highest level

Thanks to the unique access Paris Saint-Germain Academy Pro players have to Strive Football Group's global network, players get exposure to the Group's own clubs and professional partner clubs around the world, in order to reach the highest level.

The most talented players have the opportunity to participate in trials to integrate the training centers of the Strive Football Group's partner clubs, with the opportunity to play in the best leagues around the world.

SUCCESS STORIES

Thanks to our elite competition schedule, advanced training methodology, and extensive global network of professional clubs, standout players are equipped to pursue professional football careers at the highest levels.

Simultaneously, our high-quality academic curriculum enables players to build strong profiles that appeal to college coaches, setting them on a successful path toward higher education. This opens doors to universities of their choice, especially in Europe and the United States.



**From PSG Academy Pro
to **FC VENEZIA**, a historic club
competing in **SERIE A****



**From PSG Academy Pro
to **THONON EVIAN GRAND GENEVE FC**,
an ambitious French club competing at
the national level in men's football.**



From PSG Academy Pro to **SLAVIA PRAGUE**, multiple-time Czech First League champions with a strong reputation in the UEFA Champions League and Europa League.



FROM PSG ACADEMY PRO TO CZECH THIRD DIVISION



FROM PSG ACADEMY PRO TO SCHOLARSHIPS AT U.S. UNIVERSITIES







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08

Application Requirements

Tuition and fees

The Paris Saint-Germain Academy Pro runs on a rolling admission basis. The season is based on the school calendar.

10-MONTH PROGRAM

PRICE INCLUDES:

Pro training
and competitions

Accredited academic
program**

Room
and board

Paris Saint-Germain Academy Pro
uniform kit

PRICE

35.000*€

*A registration fee of €1,575 is payable at the time of registration. Please note that the €1,575 registration fee is payable only once upon first registration.

** Uniforms, schoolbooks and school materials specifically demanded by the academic institutions have an additional cost.

Application process

The integration is done based on sports and school records: The sports aspect comprises an evaluation of the players' level and school aspect requires reports of the last two years and those of the current year.

1

Online registration

2

Application review
by the Admission Committee and
admission decision

3

Academy and school
registration process
with the support of the
Paris Saint-Germain Academy
Pro admissions team



At Paris Saint-Germain Academy Pro, we offer a comprehensive and intensive soccer program with full accommodation. Our players live fully immersed on the Paris Saint-Germain Academy Pro Campus, surrounded by the ideal environment for success.

We work in close collaboration with the Technical Director of Paris Saint-Germain in Paris to deliver the same high-quality training found at the PSG Training Center in Paris. This partnership enables us to refine the PSG methodology, and we witness significant progress among our young players here in Senegal.

**Alioune TOURE | Paris Saint-Germain
Academy Pro Technical Director**



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senegal@psgacademypro.com
senegal.psgacademypro.com

