

PALERMO CIFA



Palermo City Football Academy

PALERMO CITY FOOTBALL ACADEMY

+50.000

SQUARE METRES OF
TOTAL SURFACE AREA

20

CONTRACTS AWARDED
TO LOCAL COMPANIES

+400

NEW TREES BROUGHT
ONSITE OR RELOCATED

16

JOBS CREATED

+30.000

SQUARE METRES
OF MANAGED GRASS

35 Kw/h

OF SOLAR ENERGY
PRODUCTION



MAIN BUILDING

It is the nerve centre of Palermo CFA. It extends for 1650 square metres and is characterized by the imposing and futuristic Main Gym which stands out in the central part of the structure, towering above the two football pitches.

The Main Building consists of:

- A changing room reserved for the players of the men's First Team;
- A changing room reserved for the players of the men's U19 Team and for eventual visiting teams;
- Five changing rooms reserved for staff members;
- A Media Room;
- Three offices reserved for the Sports Management, the Coach and the Team Manager;
- A Video Analyst room;
- A meeting room reserved for Performance staff;
- A physiotherapy room;
- Two medical rooms;
- A Main Gym;
- A Performance Lab;
- A Recovery Room;
- A Nutrition Room;
- Three warehouses intended for the storage of sports equipment;
- A laundry room;
- An apartment for the caretaker.



CLUB HOUSE

The team's off-field activity takes place in the 18th century manor house, which has undergone a complete conservative restoration.

Here both players and staff have access to community spaces equipped to stimulate conviviality, relaxation areas, video rooms and team building areas with team games.

This 360 square metres building is developed on two levels: on the ground floor there is a restaurant, fully equipped with high-end equipment and a specialized kitchen team, active every day for team group meals. The large social table is organized in such a way as to allow players to share the meal and socialize with the group.

On the first floor instead are all the socializing areas, facing the olive grove estate and the fascinating panorama of the Torretta hills.

PALERMO
CITY FOOTBALL ACADEMY



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PLAYER
HEALTH &
PERFORMANCE



PLAYER HEALTH & PERFORMANCE



Palermo CFA is also the headquarters of the Player Health & Performance Department of Palermo FC, which deals with activities for the care of footballers and the improvement of performance and operates through the Athlete Management System, an athlete management software in which all health and performance data converge and are centralized.

All training sessions are monitored with a GPS system which allows an overview of the activities carried out by the players on the pitch, in addition to the use of smart jerseys equipped with sensors which allow non-invasive monitoring of the heart rate during physical exercise.

The activity of the Player Health & Performance Department within the Palermo CFA, in addition to the work on the pitch and that which takes place in the physiotherapy room, develops mainly between the Main Gym, the Performance Lab and the Recovery Room.



MAIN GYM

It covers an area of approximately 200 square metres and is characterized by a large window overlooking the two main football pitches with a small winter garden in the entrance and a connection to a natural grass area on the outside. In addition to a complete set of Technogym machines, it is equipped with the latest generation Keiser machines (Leg Press A300, Functional Trainer and Squat Pro A300), which thanks to a pneumatic system allow to train at any speed without mass and gravity influencing on the execution of the movement both in the concentric as well as in the eccentric phase.

On the large walls of the gym, some blow-ups with motivational messages surround the athlete during training.





PERFORMANCE LAB

In this area of the Palermo CFA, tests are carried out on isometric strength, dynamic strength, power as well as static balance analysis, taking advantage of the advanced technology of tools such as Kangatech, Forceframe, Force Decks, Nordbord and Leg Press Rev C.

The large series of tests available allows to obtain a screening of each player's starting situation and monitor progress over time to adapt and perfect the training protocol and achieve better results in less time.





RECOVERY ROOM

In this area, a CryoSpa solution (cold water) and a Contrast Spa Duo solution (hot/cold) will be installed, specific recovery systems composed of tubs with adjustable water temperature designed to accelerate the recovery of athletes.

In the same room there will be sessions where it will be possible to carry out pressotherapy and massages with percussion therapy.





VIDEO ANALYST



4 RedZone cameras were positioned on the perimeter of the two main pitches, two cameras for each pitch positioned behind one of the two goals and on the sideline. These cameras are capable of recording 4K images which are managed through a central control system installed inside the Video Analyst room.

The system allows the cameras to move 360° to be able to film the training sessions from different angles and, if necessary, in the case of a team divided into groups, the different exercises that are carried out simultaneously. Training footage is managed through the Sportscore software, which allows you to create technical-tactical tags during the session and clips of the various exercises, to be made immediately available to the coach at the end of the session.

All training videos are catalogued and stored for future consultation, while the clips created are shown during individual and team video meetings, both during the week and for the pre-match technical meeting.

The camera system is also used to film all sessions of the individual training programs so that improvements can be objectively and accurately assessed.



SOSTENIBILITÀ

The Palermo CFA, located in a valuable natural context, has preserved the local flora by safeguarding, planting and relocating over 400 trees and new plants typical of the Mediterranean scrub for a total of 30,000 square metres of green areas.

A few meters from the new kitchen of the Club House, a "social garden" was created, managed by Silvio Di Stefano, a passionate disabled Rosanero supporter specialized in agricultural sciences. The products grown at zero km according to seasonality by Silvio, a historic season ticket holder and member of the "Amici Rosanero" association, will be used by the kitchen of the sports centre for the team's meals. As part of this activity, educational-social activities are planned aimed in particular at local charities, in line with the community projects promoted and supported by City Football Group around the world.

The Palermo CFA also presents a system involving renewable energy provided by the solar panels on the roof which partially powers the DHW boilers generating a power of 36,105 kW.



