

# PROJECTS ABROAD.

Football Coaching for Teenagers in

# Mexico

**Football coaching, Mexican  
culture, and forging  
friendships**

Certified



Corporation



4 QUALITY  
EDUCATION



5 GENDER  
EQUALITY



10 REDUCED  
INEQUALITIES



**SUSTAINABLE  
DEVELOPMENT  
GOALS**



## Trip highlights:

- Inspire young players on the pitch through training sessions, matches, and a short tournament, pitching your team and tactics against other participants.
- Learn directly from experienced football coaches, developing your own skills and tactical understanding while also trying refereeing.
- Fully immerse in Mexican culture through food, activities, and traditions, getting the chance to learn Spanish through cultural immersion.
- Develop your confidence, independence, and global perception as you are introduced to new traditions and lifestyles.

 **LENGTH**  
14 Days

 **SUPERVISION**  
24/7

 **TRANSPORT**  
Private Bus, Boat

 **ACCOMMODATION**  
Hotel

 **SERVICE**  
40 hours



## Days 1 - 2

# Arrival

Touch down in the beautiful city of Guadalajara, Mexico's second city. Our destination team will meet you at the airport and take you to your hotel, giving you time to settle in and get comfortable.

Kick off your project with a comprehensive induction session covering what to expect from Projects Abroad and a tour of the local area. They'll help you exchange any money and set up your phone with a local connection so you can stay in touch with friends and family back home.

You will also get a cultural and project induction, introducing you to the unique culture and customs of Mexico and allowing you to meet the coaches you'll be working with. This is where you'll find out exactly what is expected of you during your time here.

Spend the evening resting and relaxing, soaking in the atmosphere, and building your excitement for what's to come.

## Days 3 - 4

# Coaching & workshops

Get your boots on and begin your coaching sessions in the mornings. Run drills, teach ball control and passing techniques, and discuss tactics with your players. You'll work with your players to see what they know and develop training plans to fill in the gaps.

In the afternoons, attend workshops to improve your training planning and understanding of nutrition in sport.



## Days 5 - 6

# Tour a World Cup stadium

Continue your training in the mornings, adapting your sessions for the specific needs of the players you're working with.

Tour the Estadio Akron, home to C.D. Guadalajara and host to four World Cup matches in 2026, then enjoy a games night with your new friends at the hotel. The following afternoon, travel to Lo de Marcos for your beach getaway.



**Days 7 - 8**

## Seaside excursion

Spend your weekend in the tranquil seaside town of Lo de Marcos, a change of pace from the football-mad city centre. Enjoy a boat ride to the nearby Isla Coral, where you will snorkel in pristine waters amongst the dolphins, turtles, and stunning sea life of the area.

The following morning, set out on a casual coastal hike to see iguanas and tropical birds before heading back to Guadalajara.



**Days 9 - 10**

## Tactical tweaks

Onto the pitch for the second half, you'll further support the sporting development of local players. Try set pieces, shooting practice, and defensive drills to prepare for a small tournament.

In the afternoons, attend a workshop looking at match planning and tactics and visit a local football club to meet and play with the youth players. Find out what it's like as a youth player in a professional club and relax in the evening with a taco night.





**Days 11 - 13**

# Tournament time

Time for you and your team to show off everything you've learned! Set up and play in a short tournament over two days against the other coaches who have travelled with you.

Set up your strategy, give inspiring team talks, and experience life on the sidelines as your players go head-to-head. Put your adaptability, tactical understanding, and in-game management to the test as the goals go in, and don't forget to keep your composure.

Get a real taste for how hard it is to be a manager, and celebrate everyone's progress at the end of the competition. Shake hands, hug it out, and enjoy an unforgettable experience.

On your final day, enjoy a tearful goodbye at the football centre and visit the Tlaquepaque district, filled with artisan markets and historic architecture. This is the perfect chance to pick up souvenirs for you and your friends before a farewell dinner full of traditional Mexican flavours.

# Departure

Reflect on the once-in-a-lifetime journey you've undertaken as you head back to the airport. Look back at your time with the Mexican people, their passion for football, and the amazing memories you've made.

Think about your newfound coaching skills, confidence, and cultural understanding during your journey — these will stay with you for the rest of your life.



# Destination

Famous for the ancient Aztec and Maya civilisations, incredible cuisine, and a passionate football culture, Mexico is a diverse and naturally beautiful nation.

A large majority of Mexico's population are either ethnically indigenous, European, or 'Mestizo,' which is a mix of both, due to the 300-year period of Spanish rule after the conquest of the Aztec Empire.

Today, Mexico is Latin-America's second-largest economy, driven by manufacturing and natural resources.

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## LANGUAGE

Spanish

## CURRENCY

Mexican Peso

## NATIONAL DISH

Mole (sauce)

## POPULATION

131 million

## TIMEZONE

GMT -7

## NATIONAL ANIMAL

Jaguar (unofficial)

## CAPITAL

Mexico City

## COUNTRY CODE

MX

## NATIONAL BIRD

Golden Eagle

# PROJECTS ABROAD.



## Adventure with Purpose.



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