

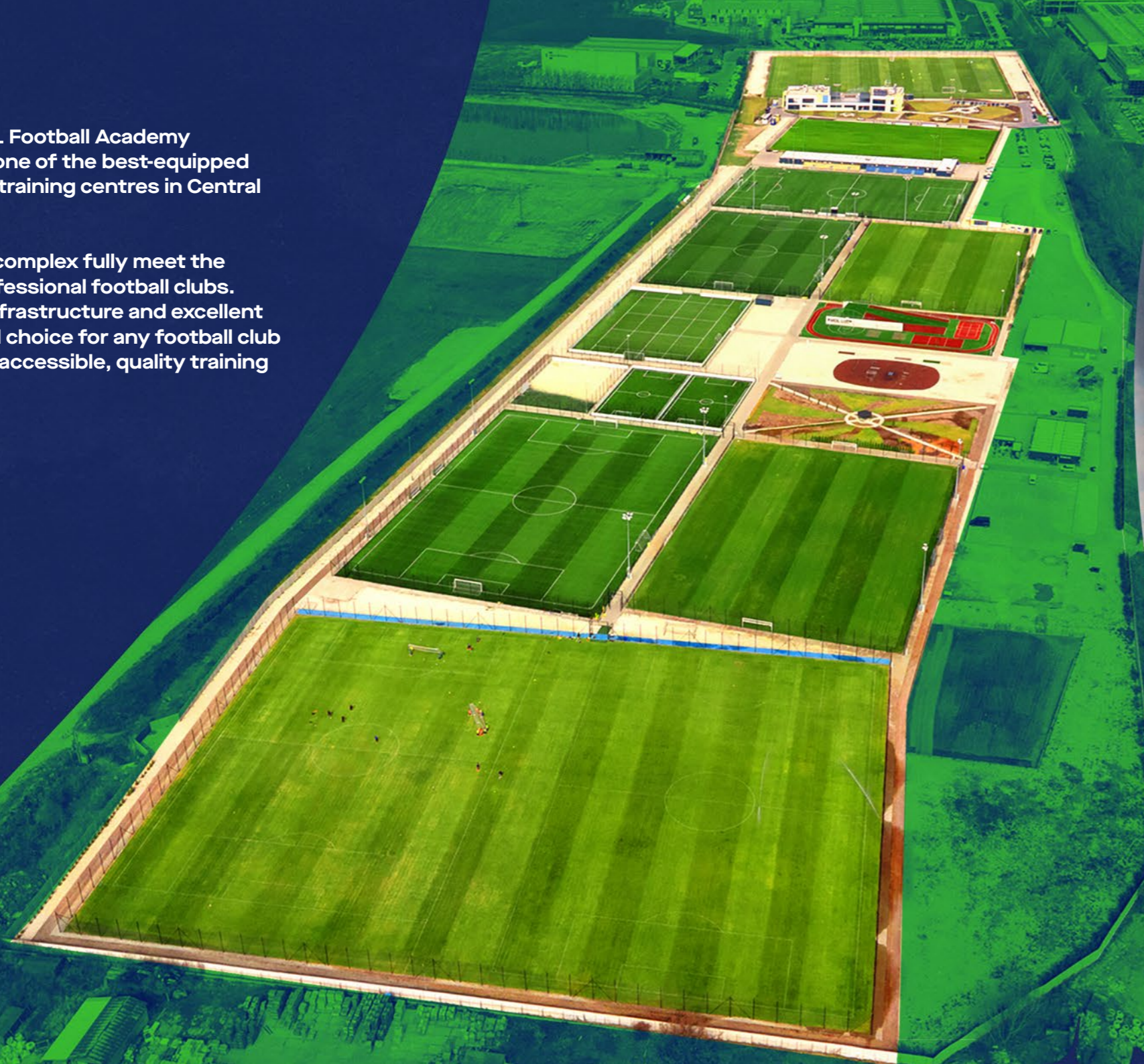


**DOUBLE YOUR EFFORT,
MULTIPLY YOUR RESULTS**

One of the **MOST ADVANCED**
training centres in Central Europe!
Its **LEADING TECHNOLOGY**
and **YOUR PASSION FOR THE GAME**
will get you closer to your goals.

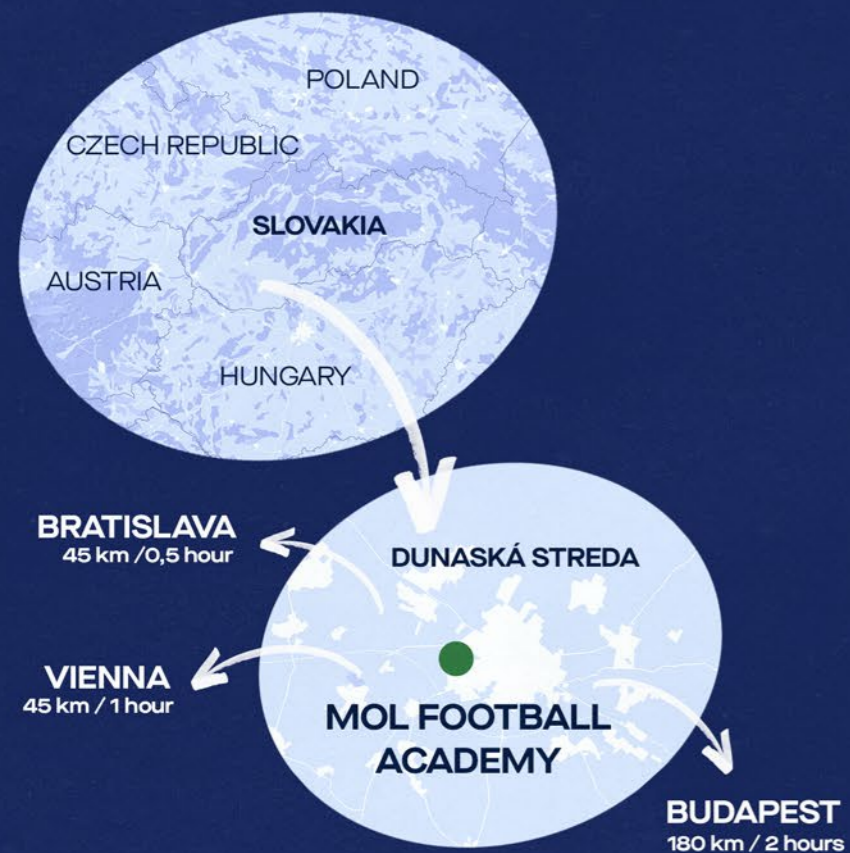
Welcome to the MOL Football Academy in Dunajská Streda, one of the best-equipped and most advanced training centres in Central Europe!

The facilities of the complex fully meet the requirements of professional football clubs. With its advanced infrastructure and excellent location, it is an ideal choice for any football club looking for an easily accessible, quality training camp destination.



LOCATION

The MOL Football Academy is easily accessible from the international airports of the surrounding cities.



CLIMATE AND WEATHER

The climate in this area is typically continental, which means cooler winters and warm summers. In winter, temperatures can sometimes drop below freezing, though milder winter weather, with temperatures above zero, is also not uncommon. In summer, the temperature often reaches 30 °C. Autumn weather may vary, but along with some rainy days, long periods of sunshine can occur.

AVERAGE TEMPERATURES (°C)

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
-1,5	0,5	4,9	10,5	15,2	18,9	20,2	19,7	15,7	10,3	5,1	0,7

AVERAGE RAINFALL (mm)

JAN	FEB	MAR	APR	MAY	JUN	JULY	AUG	SEP	OKT	NOV	DEC
34	34	31	39	60	66	62	69	43	38	50	44

CUSTOMIZED PACKAGES

The MOL Football Academy offers its services in customizable packages that allow teams to take full advantage of all training options. Based on your individual requests, we provide complete services that include accommodation, dining and a professional training environment, as well as regeneration and free-time activities.



170 000
SQUARE METRES

PERFORMANCE
ZONE

OUTDOOR GYM

INDOOR GYM

REGENERATION

12 PITCHES

- 3 FIFA STANDARD NATURAL GRASS FOOTBALL PITCHES WITH FLOODLIGHTS
- 3 FIFA CERTIFIED NEW GENERATION ARTIFICIAL TURF PITCHES WITH FLOODLIGHTS
- 2 DOUBLE TRAINING PITCHES
- 4 SPECIAL TRAINING PITCHES

TRAINING CENTRE

The MOL Football Academy is the home of the DAC 1904 professional football club. With an area covering more than 17 hectares, it caters to all the needs of a professional football player.

The MOL Football Academy complex has three new generation FIFA-certified artificial turf pitches, five pitches covered with natural turf that meet FIFA standards, as well as two double training pitches, all equipped with artificial lighting. Training sessions or matches can be recorded using the automated camera system installed on all the pitches. Some of the pitches are also equipped with undersoil heating, which keeps the conditions perfect in the winter months.

 MOL Football Academy

SPECIAL TRAINING PITCHES

Standard-sized pitches are a common training camp feature. However, the MOL Football Academy is a special place that does not settle for the average. On our training pitches with boarding, the ball is always in play, which keeps players focused and in constant motion.

Next to them is a training ground designed exclusively for goalkeepers, part of which is covered with artificial turf and part with sand. There are two goals in accordance with FIFA training ground standards, the use of which helps goalkeepers simulate the match environment but under more challenging circumstances. Training sessions on this pitch help goalkeepers improve their footwork and jumping strength.

1 TRAINING PITCH WITH BOARDING
50 x 70 m

2 TRAINING PITCHES WITH BOARDING
40 x 20 m

1 TRAINING PITCH FOR GOALKEEPERS

VIDEO ANALYSIS

In football, detailed analysis of training sessions and matches is no longer just the domain of professional footballers. Video analysis has become a common element of team preparation at all levels of play. The Spiideo technology installed on the pitches of the MOL Football Academy enables the automatic recording of every training session or match. Access to the video is immediate, even during recording, which enables real-time analysis.

The video room of the MOL Football Academy can accommodate 25 people and is equipped with a TV and a WiFi connection, which provides the coaching staff and players the opportunity to analyse the video recordings made during training sessions or matches.

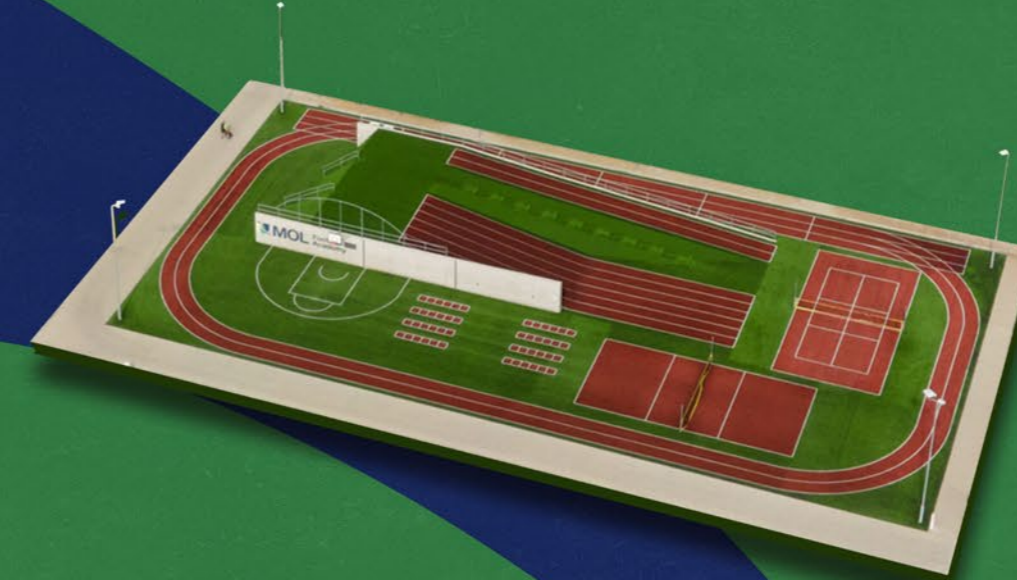


STRENGTH & CONDITION TRAINING

Training camp is not only about fun, teambuilding and practicing tactics. Often it is about hard work and the physical preparation of players for the long and difficult season under the guidance of a fitness coach. The MOL Football Academy is a place where all fitness coaches can use their creativity and make hard work fun for the players.



PERFORMANCE ZONE



- 3 TYPES OF STAIRS
- RUNNING TRACK
- SPRINT ZONE
- AGILITY LADDER
- HEADING SIMULATOR
- UPHILL SPRINT
- FOOTVOLLEY COURT





INDOOR GYM

- AIR BIKE
- STATIC BIKE TRAINER
- MEDICINE BALLS
- WEIGHTS

OUTDOOR GYM

- 12 DIFFERENT TYPES OF TRAINING EQUIPMENT
- TEQBALL



REGENERATION

Hard training is part of every athlete's life, but can be challenging at times. At the MOL Football Academy players can enjoy the feeling of a well-done training session in the regeneration room, where they can blow off steam and recharge their batteries in both hot and cold environments. Here they have the following available:

- INFRARED SAUNA
- CRYO CABIN
- NORMATEC THERAPY
- ICE BATH



ACCOMMODATION

DAC BONBON

The DAC Bonbon hotel, located in the heart of Dunajská Streda, is one of the town's iconic hotels. The hotel is closely associated with the local football club's history and is inseparably linked to the DAC 1904 infrastructure. Thanks to teams that organise training camps here, word about the DAC Bonbon hotel has spread to other countries and regions.

The hotel guarantees exclusive care for each team. They can enjoy our full attention, so that every camp can fulfil the aims set out by its manager.

The five-story building of the DAC Bonbon hotel has 57 rooms and 7 suites. It offers accommodation for teams training at the MOL Football Academy.

The number of rooms and the entire complex have been designed to accommodate teams of 35-45 people who spend several days in our training centre. The trip from the hotel to the MOL Football Academy takes 7 minutes by car.

DAC
BON
BON



FACILITIES & SERVICES

The hotel has a cool contemporary design with a sporty spirit, which satisfies the needs of all guests.

All rooms are equipped with a bathroom, toilet, refrigerator, satellite TV and WiFi connection. A projector and flipchart are a matter of course in the conference room, and a lounge and lobby are available for our guests.

For dining, teams can prepare their own meal plan, which we are happy to prepare for them. If they wish, however, they can also choose from our menu options prepared for professional athletes.

Parking is available right in front of the hotel building, and the hotel also offers laundry services.



WELLNESS

Here at the DAC Bonbon Hotel, we're passionate about the health and wellness of our guests. DAC Bonbon wellness is the place for both sports performance and deserved relaxation. The facilities of the hotel are of the highest standard and contain all the elements that a professional player might need.

The physio room is an excellent place to relax your muscles after a workout in the gym. The sauna options include Finnish, infrared and steam saunas, which are perfect for stress relief and relaxation.

Our counter-current pool is a favourite among swimmers, and the 14 °C water temperature in our cooling pool provides guaranteed refreshment.

A real specialty, however, is the cold room with ice bath, which is one of the best ways to fully recharge the body. This modern technology exposes the body to low temperatures, which accelerates metabolism, promotes muscle regeneration, improves sleep and effectively supports the performance of athletes.

LEISURE-TIME ACTIVITIES

CYCLING ROUTES

Dunajská Streda is located in a region rich in natural beauties, and there are many cycling routes throughout the region. The local cycling routes can be a suitable challenge for both beginners and more experienced cyclists. They provide an opportunity to discover the natural treasures and learn about the cultural heritage of the region. You can also visit many beautiful and traditional villages along the cycling routes, where you can learn about local traditions.



FOOTBALL MATCHES AT MOL ARENA

The MOL Arena in Dunajská Streda is the football stadium of DAC 1904. The arena opened its doors to the public in 2016, and with a capacity of 12,700 it is one of the most modern football stadiums in Slovakia. The home matches of the yellow-blue team are a real fan experience, and fans from the entire Pannonian basin come to the matches here. Products with the DAC 1904 logo can also be purchased in the fan shop at the corner of the arena, the DAC store.



THERMALPARK

The Thermalpark in Dunajská Streda is a modern and comfortable bath & wellness centre that offers a variety of services. The facility is located in a unique environment on the outskirts of the town. Pools with thermal water, fun pools, pools for kids and a swimming pool are available for all visitors. It is an excellent place for active relaxation, both physical and mental regeneration, and perfectly spent leisure time. The modern facilities, comfortable services and beautiful surroundings ensure that a visit to the Thermalpark will be an unforgettable experience for everyone.



SLOVAKIA RING

The Slovakia Ring is the largest motorsport complex in Slovakia. The first car racing track in Slovakia which meets the international requirements of the International Automobile Federation is located here. In addition to professional motorsports, it offers its guests the opportunity to improve their own driving skills and to try out fast driving. The complex is also a suitable location for business events.



WELTEN GOLF CLUB

The WELTEN Golf Club is located only twenty kilometres from Dunajská Streda and is an ideal destination for organising a golf tournament with a good atmosphere. The golf course has been providing the highest quality services since it was completed in 2007. The 18-hole championship course, rich in sand bunkers, offers even beginner golfers the opportunity to practice, even if they don't own a green card.





REFERENCES



CONTACT US

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