

JULY 14TH -26TH / 2019
Sant Cugat, Barcelona



RESIDENTIAL CAMPS



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WHAT IS KS CAMPS?

Kaptiva Sports Camps are a unique and exciting opportunity for players aged 11-17 to experience specialised football camp training in Barcelona through renowned UEFA Pro Coaches from Kaptiva Sports Academy. Kaptiva Sports Academy Barcelona is an elite football academy that offers football programs to young talented football players from all over the world, helping them reach their full potential through a fully integrated football program. In addition to the football camp, participants will enjoy living in an outstanding residence, doing football workshops, sightseeing city tours and having fun in an amusement park.

FOOTBALL PROGRAM

UEFA PRO COACHES

- Technical Director
- Head Coach
- Fitness Coach
- Goalkeeper Coach
- Medical Trainer
- Psychologist
- Nutritionist

IMPROVE YOUR SKILLS THROUGH

Physical Training

Invisible Training

Elite Training

Football Reports

Video Analysis

Masterclasses



★ Kaptiva Sports Academy trial included



TRAIN LIKE A PRO!

CITY **BARCELONA (SPAIN)**

PARTICIPANTS **BOYS, 11 TO 17 YEARS OLD**

SPACES **THE CAMP HAS LIMITED SPACES**

LANGUAGES **ENGLISH AND SPANISH**

ACCOMMODATION **KAPTIVA SPORTS ACADEMY
& TRAINING FACILITIES**

FAST

METHODOLOGY

FOOTBALL ACADEMY SYSTEM TRAINING

The F.A.S.T methodology, which stands for Football Academy System Training, has been developed over the years through Kaptiva Sports' successful industry experience within international youth football.

The F.A.S.T methodology provides a 360° full immersion in the methodology that creates accelerated thriving results.

The team oversees the technical planning of every single drill implemented on the field. Throughout the season, methodology is divided into various customized long-term plans composed of specific drills to reach determined objectives within the game model chosen. The program also places importance in educating the local coaches in game analyzing software allowing them to create and digitalize their own drills.



TWO WEEKS PROGRAM

PRELIMINAR SCHEDULE

KS Kaptiva Sports | EXPERIENCE

BOYS RESIDENTIAL CAMP 2019

u-sports

WEEK 1#

	14/07 SUNDAY	15/07 MONDAY	16/07 TUESDAY	17/07 WEDNESDAY	18/07 THURSDAY	19/07 FRIDAY	20/07 SATURDAY
8:00	WAKING UP						
9:00	BREAKFAST						
10:00	VIDEO ANALYSIS TOPIC					RECOVERY DAY	ACTIVATION DAY
11:00	S&C PROGRAMME	NUTRITIONAL SUPPORT	S&C PROGRAMME	VALUES EDUCATION	PortAventura Park ACTIVITY		FREE MORNING
12:00	TRAINING SESSION 1	TRAINING SESSION 3	TRAINING SESSION 4	COMPETITIONS	PortAventura Park ACTIVITY		FREE MORNING
13:00	LUNCH						
14:00	LUNCH						
15:00	REST TIME						
16:00	ARRIVALS	UNITS TACTICAL WORKSHOP			FREE TIME	PortAventura Park ACTIVITY	BEACH ACTIVITIES
17:00		IND. TRAINING			XPIZZ TREASURE HUNT BARCELONA'S CITY CENTER	PortAventura Park ACTIVITY	BEACH ACTIVITIES
18:00	WELCOME MEETING	TRAINING SESSION 2	COMPETITIONS	TRAINING SESSION 5	PortAventura Park ACTIVITY		BEACH ACTIVITIES
19:00	ICE BREAKER ACTIVITY	FREE TIME					PortAventura Park ACTIVITY
20:00	ICE BREAKER ACTIVITY	FREE TIME					PortAventura Park ACTIVITY
21:00	DINNER						
22:00	REST TIME						

*Schedule subjected to changes that will be notified

SECOND WEEK PROGRAM

WEEK 2#

	21/07 SUNDAY	22/07 MONDAY	23/07 TUESDAY	24/07 WEDNESDAY	25/07 THURSDAY	26/07 FRIDAY
8:00	WAKING UP					
9:00	BREAKFAST					
10:00	VIDEO ANALYSIS TOPIC					
11:00	S&C PROGRAMME				CAREER ADVISOR	DEPARTURE
12:00	TRAINING SESSION 4	TRAINING SESSION 6	TRAINING SESSION 10	TRAINING SESSION 12	TRAINING SESSION 14	
13:00	LUNCH					
14:00	REST TIME					
15:00	UNITS TACTICAL WORKSHOP					
16:00	IND. TRAINING					
17:00	TRAINING SESSION 7	TRAINING SESSION 9	TRAINING SESSION 11	TRAINING SESSION 13	COMPETITIONS	
18:00	FREE TIME					
19:00	DINNER					
20:00	REST TIME					
21:00						
22:00						

*Schedule subjected to changes that will be notified

ACCOMMODATION



Built exclusively for our academy, the student residence is the coexisting home of all our KSA Players. **The residence will also be home for all KS Camp players during these 2-week experience.** The residence is located in a safe environment to further develop players' journeys.

WHAT IS INCLUDED?

- Double room
- In suite bathrooms
- 24/7 Security staff
- Wifi
- Towels and sheets
- Laundry services
- All Meals
- Chill out areas

RESIDENTIAL CAMP

WHAT'S INCLUDED:

ACCOMMODATION	
12 nights, full board, in double rooms, University Residence in Sant Cugat (Kaptiva Sports Academy facilities)	✓
Farewell dinner	✓
TRANSFERS	
Transfers from & to the airport (arriving/departing from Barcelona) – specific arrival time – 3 shuttle buses available	✓
Private bus transfers to all activities that appear in the schedule	✓
SPORT (only for players)	
16 training sessions	✓
2 training uniforms (T-shirt, shorts, socks)	✓
Mineral water for all training sessions + fruit & snacks after each session	✓
8 Laundry Services (training clothes only)	✓
Professional photo souvenir for players + Camp Certificate	✓
ACTIVITIES	
Xpizz - treasure hunt to get to know Barcelona's city center through a game	✓
FCBarcelona Experience – Museum and Stadium tour	✓
PortAventura Park	✓
Games / Free time at the beach	✓
OTHERS	
Medical insurance during all trip	✓
Kaptiva Sports Travel representative 24h with the group (English/Spanish)	✓
Kaptiva Sports Travel Welcome Pack (backpack, T-shirt, lanyard or similar)	✓

WHAT'S NOT INCLUDED:

Airfare tickets from and to the origin country	✗
Mini bar drinks or extra services at hotels	✗
Visa fee (if necessary)	✗
Open lunch & dinners	✗
Anything not written in this brochure	✗

FEES

EARLY BIRD

1.999€
*LIMITED SPACES

DISCOUNTED FEE

2.099€
*LIMITED SPACES

REGULAR FEE

2.199€
*LIMITED SPACES

WEEKEND ACTIVITIES



There are very few places in the world where you can have adventures, or where you can experience the sort of emotions that you will remember forever.

PortAventura Park is one of those places. Here, you will embark on the most exciting journey you have ever imagined.





WEEKEND ACTIVITIES



The **Nou Camp Tour** will take you to all corners of the emblematic stadium where you can re-live the history of FC Barcelona. The Tour also includes entry to the club museum where you can see all the trophies, photos and personal objects of the great stars who've played at the club.

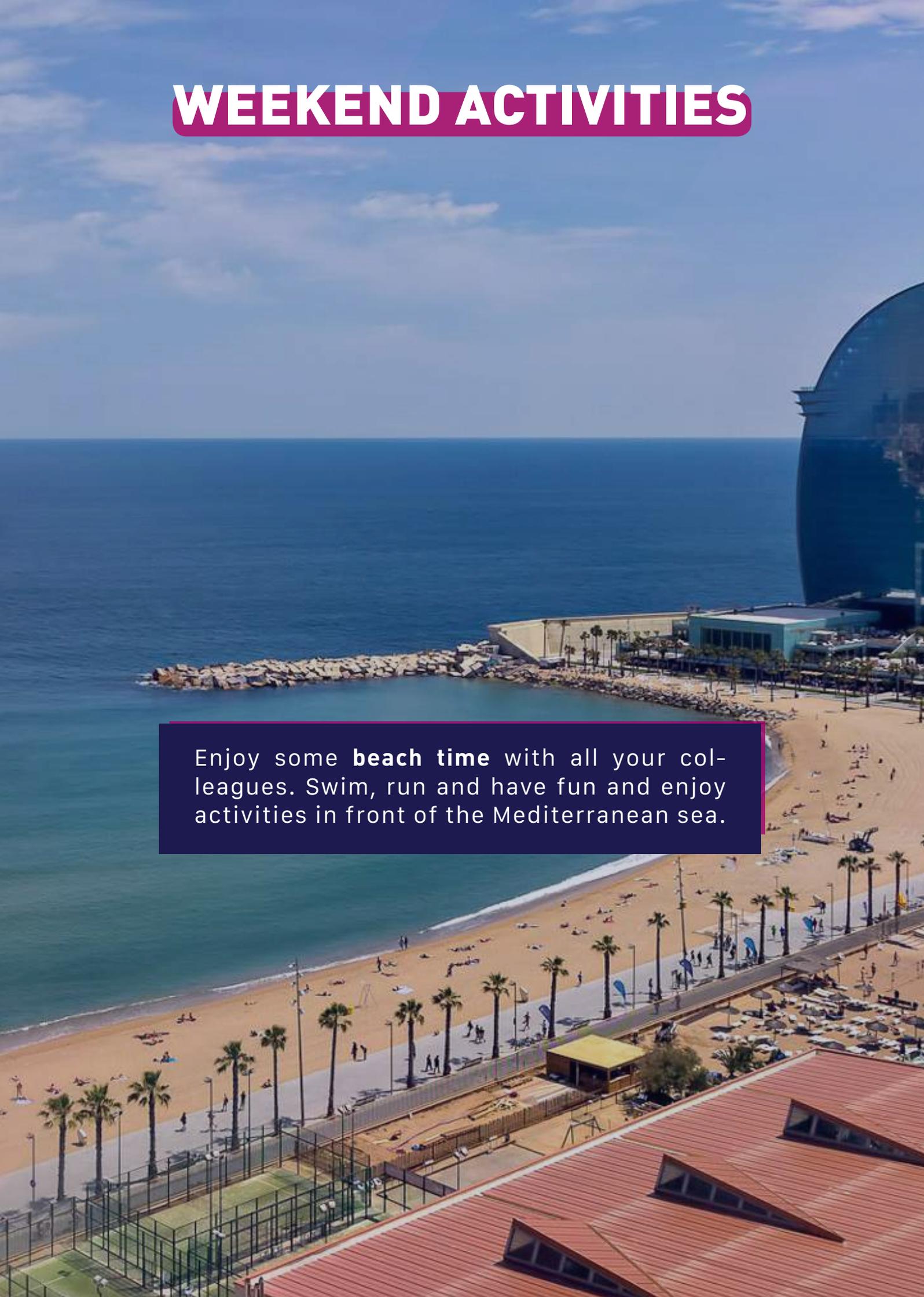
WEEKEND ACTIVITIES

Xpizz is a treasure hunt to discover the heart of Barcelona. Get to know Barcelona's history and culture while playing and discovering incredible things together with your team mates. Remember to take pictures! The more answers you get correctly the more chances to win a special price.



WEEKEND ACTIVITIES

Enjoy some **beach time** with all your colleagues. Swim, run and have fun and enjoy activities in front of the Mediterranean sea.



REASONS TO JOIN

- KSAcademy trials included.
- More than a camp: We build people.
- Barcelona football hub.
- Exclusivity.
- Train like a pro.
- Real level improvement.
- Individualised report.
- Thinking global acting local.



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