

JULY 04–16 / 2021  
SANT CUGAT, BARCELONA

A male soccer player is captured in a dynamic pose, dribbling a soccer ball. He is wearing a purple short-sleeved jersey with white trim on the sleeves and a small "KS" logo on the left chest. He is also wearing purple shorts with a "KS" logo on the left thigh and purple socks with blue stripes at the top. The background is a dark blue gradient with a subtle pattern of small, light blue dots. A bright, circular light effect surrounds the player, emphasizing his movement.

## RESIDENTIAL CAMP



**Kaptiva**  
Sports

EXPERIENCE



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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
- Elite Training
- Football Reports
- Video Analysis
- Masterclasses



\*Kaptiva Sports Academy Trials included

# TRAIN LIKE A PRO!



CITY **BARCELONA (SPAIN)**

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

SPACES **THE CAMP HAS LIMITED SPACES**

LANGUAGES **ENGLISH & SPANISH**

ACCOMMODATION **KAPTIVA SPORTS ACADEMY**



# 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.

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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



Kaptiva Sports

EXPERIENCE

## RESIDENTIAL CAMP 2020

### WEEK 1#

	05/07 SUNDAY	06/07 MONDAY	07/07 TUESDAY	08/07 WEDNESDAY	09/07 THURSDAY	10/07 FRIDAY	11/07 SATURDAY	
8:00	ARRIVALS	WAKE UP						
9:00		BREAKFAST						
10:00		VIDEO ANALYSIS TOPIC					RECOVERY DAY	ACTIVATION DAY
11:00		S&C PROGRAM	NUTRITIONAL SUPPORT	S&C PROGRAM	VALUES EDUCATION	PortAventura Park ACTIVITY	FREE MORNING	
12:00		TRAINING SESSION 1	TRAINING SESSION 3	TRAINING SESSION 4	COMPETITIONS			
13:00		LUNCH						
14:00		LUNCH						
15:00		REST TIME					PortAventura Park ACTIVITY	BEACH ACTIVITIES
16:00		UNITS TACTICAL WORKSHOP				FREE TIME		
17:00		IND. TRAINING				XPIZZ TREASURE HUNT BARCELONA'S CITY CENTER		
18:00	WELCOME MEETING	TRAINING SESSION 2	COMPETITIONS	TRAINING SESSION 5				
19:00	ICE BREAKER ACTIVITY	FREE TIME						
20:00								
21:00	DINNER							
22:00	REST TIME							

\*Schedule subjected to changes that will be notified

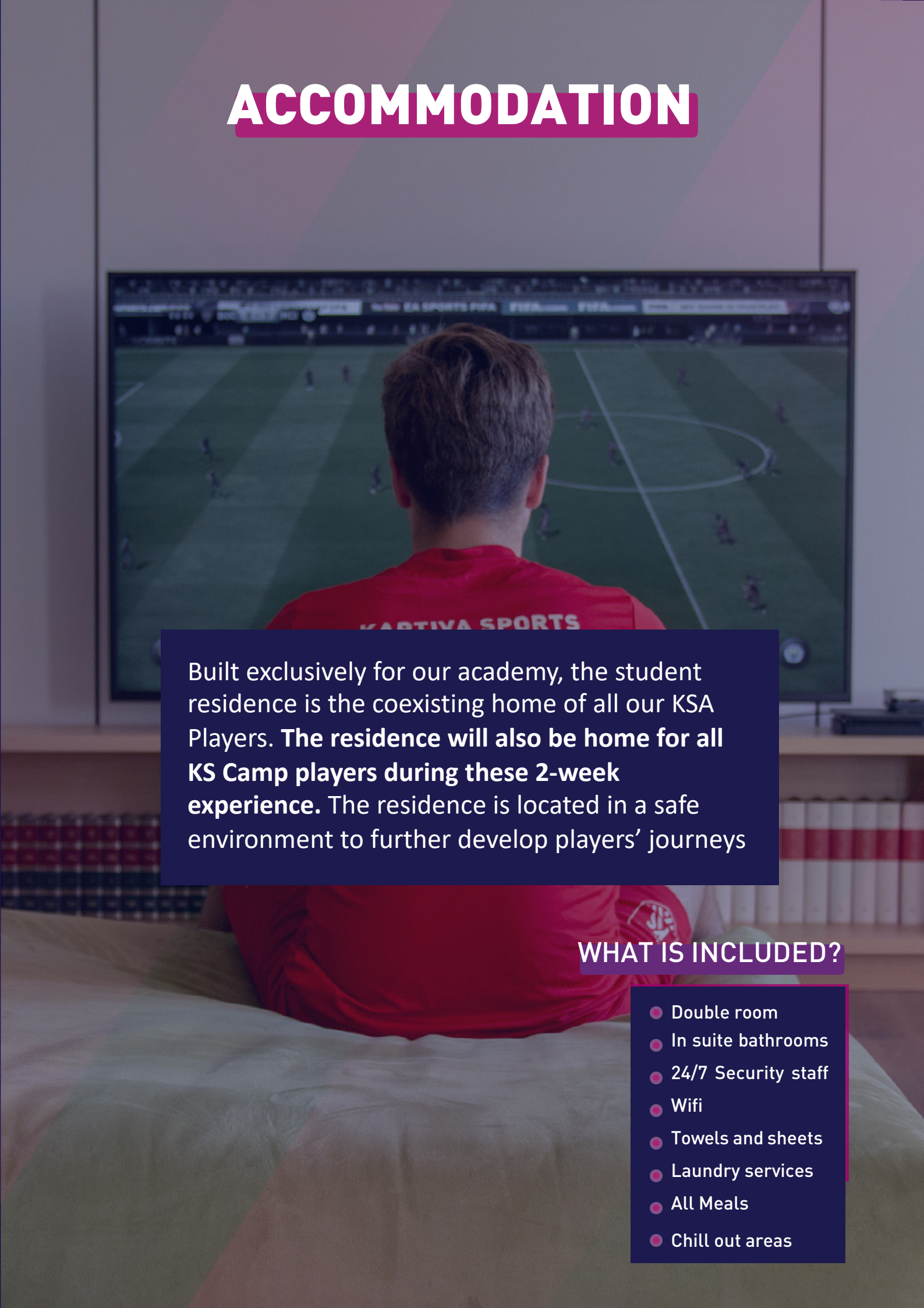
# SECOND WEEK PROGRAM

## WEEK 2#

	12/07	13/07	14/07	15/07	16/07	17/07
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00	WAKE UP					
9:00	BREAKFAST					
10:00	VIDEO ANALYSIS TOPIC					DEPARTURE
11:00	S&C PROGRAM				CAREER ADVISOR	
12:00	TRAINING SESSION 6	TRAINING SESSION 8	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

A person with short brown hair, seen from behind, is sitting on a bed with a light-colored sheet. They are wearing a red sports jersey with "KARTIVA SPORTS" printed on the back. They are watching a soccer game on a large television mounted on a wall. The TV screen shows a soccer field with players in action. The background includes a bookshelf with books and a patterned rug.

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:	
<b>ACCOMMODATION</b>	
12 nights, full board, in double rooms, University Residence in Sant Cugat (Kaptiva Sports Academy facilities)	✓
Farewell dinner	✓
<b>TRANSFERS</b>	
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	✓
<b>SPORT (only for players)</b>	
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	✓
<b>ACTIVITIES</b>	
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	✓
<b>OTHERS</b>	
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

## REGULAR FEE

2.199€

\*Limited Spaces

Payment method: Bank transfer or credit card

1st- Payment upon registration **750€** as deposit

2nd- Outstanding balance: By June 5<sup>th</sup> 2021

# 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

- Real level improvement.
- More than a camp: We build people.
- Barcelona football hub.
- Exclusivity.
- Train like a pro.
- Trials included for selected players.
- Individualized report.
- Thinking global acting local.



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