



Kaptiva Sports Camps are a unique and exciting opportunity for players aged 11-17 to experience specialized 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

Football Training

Football Reports

Video Analysis

Masterclasses

Mental Coaching

**Dietary Guidance** 





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 games analyzing software allowing them to create and digitalize their own drills.



### TWO WEEKS PROGRAM

#### **PRELIMINAR SCHEDULE**

#### **WEEK 1#** 05/07 06/07 08/07 10/07 WEDNESDAY **THURSDAY SATURDAY SUNDAY** MONDAY **TUESDAY FRIDAY** 8:00 **WAKE UP** 9:00 **BREAKFAST** 10:00 VIDEO ANALYSIS TOPIC RECOVERY DAY ACTIVATION DAY NUTRITIONAL SUPPORT VALUES EDUCATION 11:00 PortAventura Park FREE MORNING ACTIVITY 12:00 TRAINING **TRAINING** TRAINING COMPETITIONS 13:00 LUNCH 14:00 15:00 **RESTTIME** UNITS TACTICAL WORKSHOP FREE TIME 16:00 ARRIVALS PortAventura Park **BEACH** ACTIVITIES IND. TRAINING XPIZZ 17:00 TREASURE HUNT 18:00 WELCOME TRAINING TRAINING COMPETITIONS MEETING 19:00 ICE BREAKER **FREE TIME** 20:00 21:00 **DINNER** 22:00 **REST TIME**

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#### **PRELIMINAR SCHEDULE**



### 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	1
TRANSFERS	
Transfers from & to the airport (arriving/departing from Barcelona) – specific arrival time – 3 shuttle buses available	<b>✓</b>
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	<b>√</b>
ACTIVITIES	
Xpizz - treasure hunt to get to know Barcelona's city center through a game	<b>/</b>
FCBarcelona Experience – Museum and Stadium tour	<b>/</b>
PortAventura Park	<b>/</b>
Games / Free time at the beach	<b>✓</b>
OTHERS	
Medical insurance during all trip	<b>✓</b>
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	X
Mini bar drinks or extra services at hotels	X
Visa fee (if necessary)	X
Open lunch & dinners	X
Anything not written in this brochure	X

### **FEES**



**UNTIL DECEMBER 15TH** 

1.995€

\* Limited Spaces

### **REGULAR FEE**

FROM DECEMBER 16TH

2.195€

\* Limited Spaces

Payment method: Bank transfer or credit card

**1st**- Payment upon registration 3**50€** as deposit.

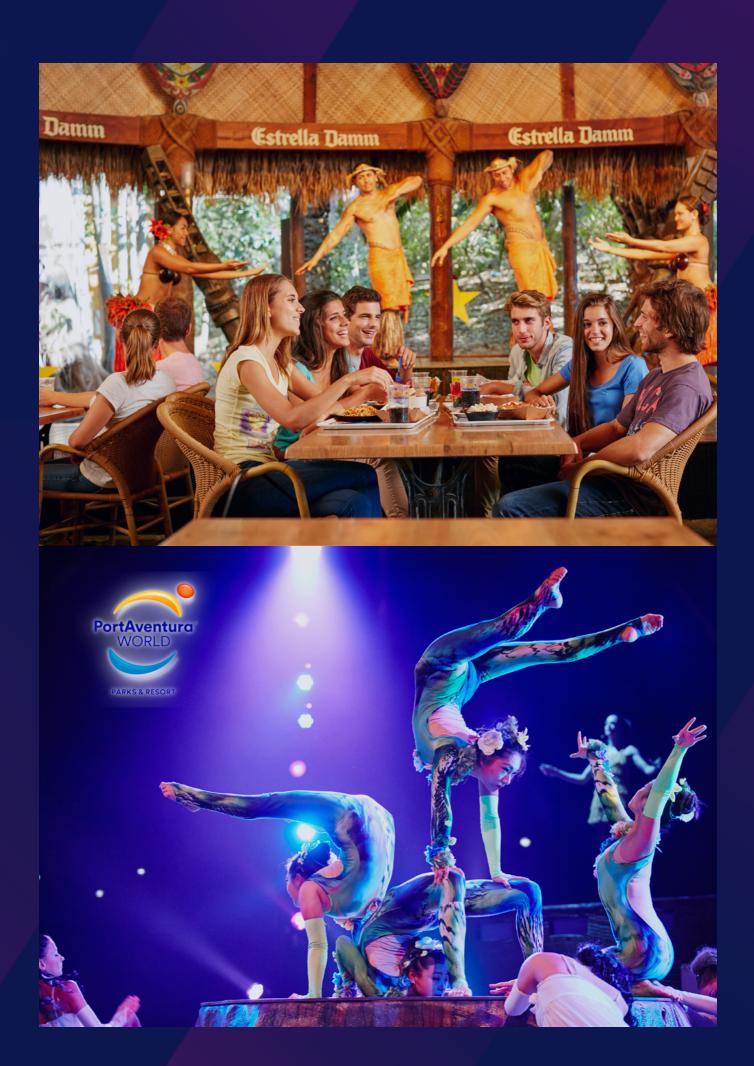
2nd- Outstanding balance: 60 days previous to the beginning of the camp.

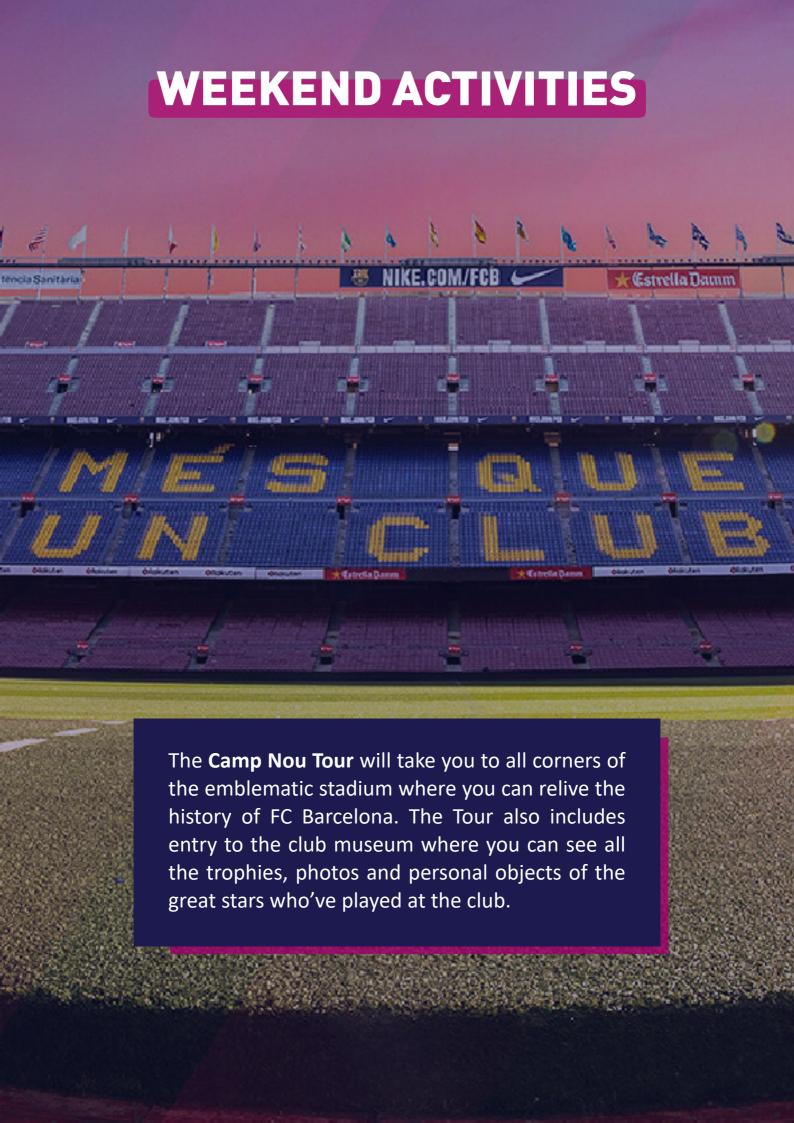
\*Cancellation insurance is included with the price.



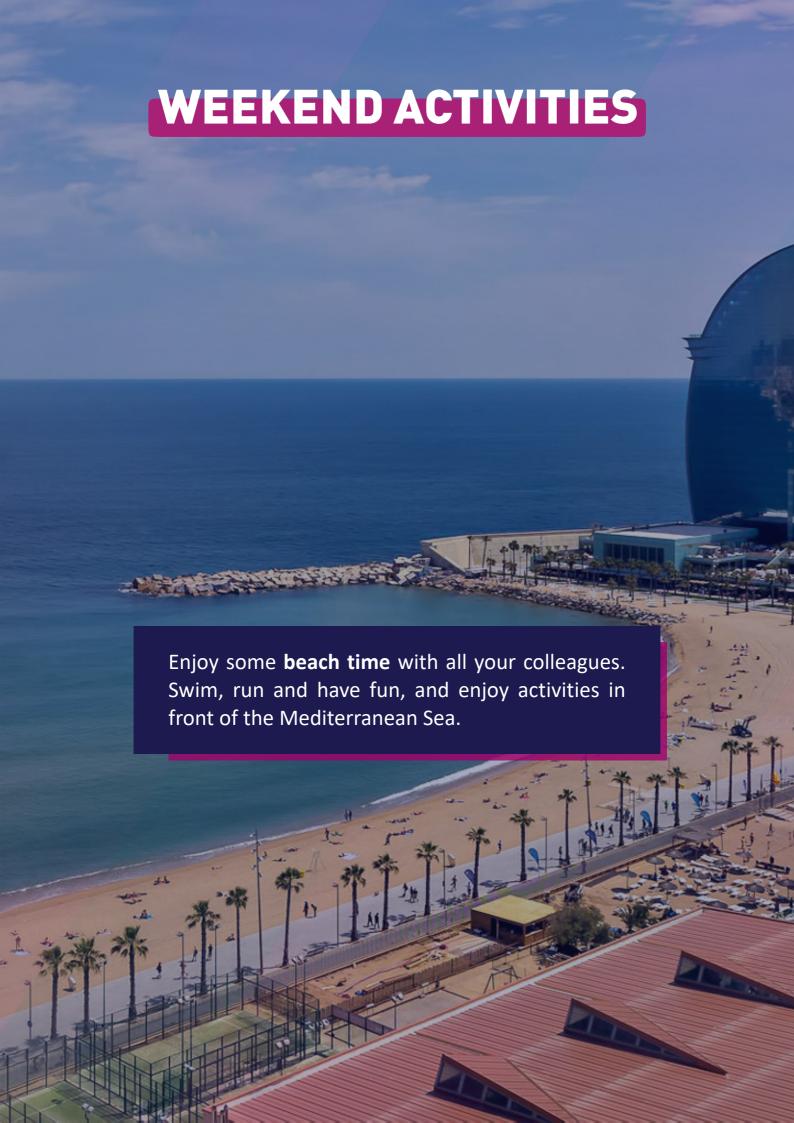












# **REASONS TO JOIN**

- 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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