



RESIDENTIAL KSA CAMPS

JULY 2ND - 15TH





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WHAT ARE THE KSA CAMPS?

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.

2023 DATES: JULY 2ND - JULY 15TH



KSA COACHES & STAFF

- Technical Director (UEFA PRO)
- Coaches (UEFA A)
- Goalkeeper Coach (UEFA A)
- Fitness Coach
- Medical Trainer
- Psychologist
- Nutritionist



IMPROVE YOUR SKILLS THROUGH



Physical Training



Football Training



Football Reports



Video Analysis



Masterclasses



Mental Coaching



Dietary Guidance



TRAIN LIKE A PRO

Boys

From 11 to 17 y/o

Barcelona

Spain

**English
& Spanish**

**Limited
spaces**

**KSA
Residence**

Accommodation



FAST

METHODOLOGY

FOOTBALL **A**CADEMY **S**YSTEM **T**RAINING

The F.A.S.T methodology has been developed over the years through Kaptiva Sports' successful industry experience within international youth football. It provides a 360° full immersion that creates accelerated thriving results.

The team oversees the technical planning of every drill implemented on the field. Throughout the season, the methodology is divided into various customized long-term plans composed of specific drills to reach determined objectives within the chosen game model.

The program also places importance on educating our coaches in game analyzing software allowing them to create and digitalize their own drills.



TWO-WEEK PLAN EXAMPLE

	Sunday 2nd	Monday 3rd	Tuesday 4th	Wednesday 5th	Thursday 6th	Friday 7th	Saturday 8th	Sunday 9th
8:15	ARRIVALS	WAKE UP	WAKE UP	WAKE UP	WAKE UP	WAKE UP	WAKE UP	WAKE UP
8:45		BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
9:15		WELCOME MEETING	WARM UP ACTIVITY	WARM UP ACTIVITY	WARM UP ACTIVITY	MENTAL COACHING	WARM UP ACTIVITY	WARM UP ACTIVITY
10:15 - 12:00		1ST TRAINING	1ST TRAINING	1ST TRAINING	1ST TRAINING	1ST TRAINING	1ST TRAINING	1ST TRAINING
13:00 - 13:45		POOL	FREE	POOL	FREE	POOL	POOL	POOL
14:00		LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
15:00 - 16:45		TEAM BUILDING ACTIVITY	VIDEO ANALYSIS	PRESENTATION	BOARD GAMES	WALK THROUGH SANT CUGAT	CAMP NOU	REST
17:00 - 18:15		2ND TRAINING	2ND TRAINING	2ND TRAINING	BEACH	2ND TRAINING	WALKING IN BARCELONA	BEACH
20:00		DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
21:00		REST	REST	REST	FOOTBALL NIGHT GAME	REST	REST	REST

	Monday 10th	Tuesday 11th	Wednesday 12th	Thursday 13th	Friday 14th	Saturday 15th
8:15	WAKE UP	WAKE UP	WAKE UP	WAKE UP	WAKE UP	DEPARTURES
8:45	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	
9:15	PORT AVENTURA	WARM UP ACTIVITY	WARM UP ACTIVITY	WARM UP ACTIVITY	WARM UP ACTIVITY	
10:15 - 12:00		1ST TRAINING	1ST TRAINING	1ST TRAINING	1ST TRAINING	
13:00 - 13:45		POOL	POOL	FEEDBACKS REPORTS	FEEDBACK REPORTS	
14:00		LUNCH	LUNCH	LUNCH	LUNCH	
15:00 - 16:45		VIDEO ANALYSIS	REST	WALK THROUGH SANT CUGAT	FEEDBACKS REPORTS	
17:00 - 18:15		2ND TRAINING	BEACH (beach tennis)	2ND TRAINING	FAREWELL TRAINING	
20:00		DINNER	DINNER	DINNER	DINNER	
21:00	REST	FOOTBALL NIGHT GAME	WALK THROUGH SANT CUGAT	REST	PACKING	

*Schedule subjected to changes that would be notified.



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Our visit to Spain's most popular theme park, PortAventura Park is always one of our participant's favorite days as they enjoy the twists and thrills of this iconic park with their new friends.



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The Camp Nou Tour will take you to all corners of the emblematic stadium where you can relive the history of FC Barcelona. It 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.



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A walk through the gothic quarter of Barcelona's city center is to walk back in time. Get to walk down La Rambla and visit iconic stops like Canaletas, La Boqueria, and the port.



WEEKEND ACTIVITIES



BEACH TIME

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



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'S INCLUDED

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



WHAT DOES THE CAMP INCLUDE?

SPORT (ONLY FOR PLAYERS)

16 TRAINING SESSIONS	<input checked="" type="checkbox"/>
2 TRAINING UNIFORMS (T-SHIRT, SHORTS, SOCKS)	<input checked="" type="checkbox"/>
MINERAL WATER FOR ALL TRAINING SESSIONS	<input checked="" type="checkbox"/>
FRUITS AND SNACKS AFTER EACH TRAINING SESSION	<input checked="" type="checkbox"/>
8 LAUNDRY SERVICES (TRAINING CLOTHES ONLY)	<input checked="" type="checkbox"/>
CAMP CERTIFICATE	<input checked="" type="checkbox"/>

ACCOMMODATION

12 NIGHTS, FULL BOARD	<input checked="" type="checkbox"/>
DOUBLE ROOMS	<input checked="" type="checkbox"/>
KSA RESIDENCE FACILITIES	<input checked="" type="checkbox"/>
ALL MEALS	<input checked="" type="checkbox"/>

ACTIVITIES

BARCELONA CITY WALK	<input checked="" type="checkbox"/>
FCB MUSEUM & STADIUM TOUR	<input checked="" type="checkbox"/>
PORTAVENTURA PARK	<input checked="" type="checkbox"/>
GAMES + POOL + BEACH	<input checked="" type="checkbox"/>

TRANSFERS

TRANSFERS FROM & TO THE BARCELONA AIRPORT (SPECIFIC ARRIVAL TIME)	<input checked="" type="checkbox"/>
3 SHUTTLE BUSES AVAILABLE	<input checked="" type="checkbox"/>
PRIVATE TRANSFERS TO ALL SCHEDULED ACTIVITIES	<input checked="" type="checkbox"/>

OTHERS

FULL-TIME MEDICAL INSURANCE	<input checked="" type="checkbox"/>
KSA REPRESENTATIVE 24/7 WITH THE GROUP	<input checked="" type="checkbox"/>
WELCOME PACK (BACKPACK, T-SHIRT, OTHER)	<input checked="" type="checkbox"/>



WHAT DOES THE CAMP **NOT** INCLUDE?



Airfare tickets from and to the origin country



Personal shopping



Visa fee (if necessary)



Extra uniforms



Anything not specified on this brochure



FEES

EARLY BIRD

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: Payment upon registration of 20% of the total due as non-refundable deposit.

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

***Cancellation insurance is included with the price.**



WHY SHOULD I JOIN?

- ✓ Exclusivity
- ✓ Train like a pro
- ✓ Individual reports
- ✓ Real level improvement
- ✓ Barcelona football hub
- ✓ Think global, act local
- ✓ Trials for Kaptiva Sports Academy
- ✓ More than a camp:
We build people.

APPLY NOW





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