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# SPAIN SOCCER CAMP

## 1. FC Barcelona Soccer Camp



In partnership with Summerfuel

The FC Barcelona soccer camp is a unique and exciting opportunity for boys ages 11 – 18 to experience and enjoy exclusive access to FC Barcelona’s training methods for the true Barça experience, at their official home in Spain.

Participants will play at the Ciutat Esportiva, visit the Camp Nou, and have soccer workshops to learn about Barcelona’s strategies, tactics, pre- and post-game analysis, and sports nutrition and psychology.

Players will have privileged access to the various on-site artificial pitches and train in the very same place as the FC Barcelona first team, B team, youth categories and academy teams.

### FCB Workshops

On-field sessions are complemented by carefully designed soccer workshops to help participants improve their understanding of the game. These hour-long workshops meet every day and are led by FC Barcelona staff, guest speakers and experts in their respective field. All players follow the same workshop series. Topics include history of FC Barcelona, soccer theory, physical training, performance training, sports medicine, sports psychology, and an FC Barcelona Museum Tour.

### Goalkeeper Training

A specialized goalkeeping school is conducted under the guidance of a FC Barcelona goalkeeper coach.

Complete technical and tactical goalkeeping training includes topics ranging from shot stopping and dealing with crosses to 1v1s and distribution. Goalkeepers are integrated into small-sided games and full matches.



During this camp participants will:

- Improve technical precision
- Improve game intelligence
- Increase speed and agility
- Gain strength and power
- Improve flexibility and balance
- Develop mental toughness

# Sample Schedule

- 7:00 am Wake up and Breakfast
- 10:00 am Soccer Training Drills
- 1:30 pm Lunch at Sarria Residence
- 2:30 pm FCB Workshops
- 4:00 pm Soccer Training
- 6:30 pm Evening activity
- 9:00 pm Dinner
- 10:30 pm Room check & Lights Out



Coaching is from FC Barcelona Escola coaches - licensed, certified trainers from FC Barcelona's youth system. Technical Directors boast years of experience, including directing FC Barcelona's Escolas abroad.

Weekends offer campers the chance to get out of Barcelona, with excursions to nearby beaches and water parks. Additionally, cultural visits into Barcelona are offered after training sessions finish.



Accommodation

Campers will be accommodated at Sarria University Hall of Residence in Barcelona. Housing is in double rooms that enjoy AC and private bathrooms, Wi-Fi, games room, roof top, swimming pool, private cinema and access to the next door Can Caralleu sports club.



## Dates & Prices:

- Session I: July 2 – July 8 (1 weeks) \$2399
- Session II: July 9 – July 21 (2 weeks) \$3999
- Session III: July 23 – Aug 4 (2 weeks) \$3999

**Program fee includes:** coaching, housing, full board (except for meals out during trips), coaching, activities and some excursions. Price doesn't include flight to/from Barcelona.