

BARCELONA TRAINING RESIDENCE

WHAT IS BARCELONA TRAINING RESIDENCE



Barcelona Training Residence is an **exclusive football residence** located in Barcelona for only 8 players (boys and girls) from the ages of 18 to 24 years old.

We are official partners of FC Barcelona in Scandinavia, and we have a great network of collaboration with **football clubs in Catalonia** (Spain) and therefore, we will work to find the perfect club where you can develop your individual abilities and sport level.

In the daily life **the athletes** will experience a professional environment. They will receive Spanish classes, have **personalized training with an FC Barcelona coach** only for the athletes of the residence, injury prevention in the gym, swimming and training in your spanish club.



AGES: 18 - 24 YEARS OLD
ALL GENDER

FOOTBALL PROGRAM



HIGH LEVEL COMPETITION

SPANISH CLUB TRAINING

WEEKLY PRIVATE TRAINING

VIDEO ANALYSIS

SPANISH CLUB

Barcelona Training will find the right club, depending on your age and sport level.

To find the player's **new club**, there will be one or two training trials at various clubs, which will take place before starting their league.

The clubs will take responsibility for the player's **training and matches**, from September to the end of May.

At Barcelona Training, we assume the responsibility of personally monitoring each player, making the most of the player's **performance** and seeing how the player adapts to the sport and socially with his **new teammates**, coach, coordinator and club.

Barcelona Training will coordinate the **transportation** to training and to all matches that are played.



PRIVATE COACH

1 TRAINING

The members of the residence will have a training session once a week to **improve** their individual benefits in some aspects of the game.

2 COACH

Our **personal trainer** with a Uefa **Pro license** is linked to FC Barcelona and has extensive experience with professional teams.

3 ANALYSIS

All training sessions will be recorded with our **VEO camera**, and can therefor be analyzed by the players and the coach.

4 STREAMING

In addition, **the families** of the athletes will be able to see their evolution from home, also having **access to our videos**.



PHYSICAL PREPARATION PROGRAM

SPECIFIC WORK / EXERCISE PLAN



All **the residents** of the house will obtain a **specific work / exercise plan** in a gym, where they will participate in the mornings and prepare to be in the best **physical condition**, to train with their respective teams.

BETTER PERFORMANCE



A personal exercise program is aimed at **improving the athlete's performance** and reducing the risk of injury.

PHYSICAL TREATMENT



Players will also have the opportunity to use the **gym pool**, to strengthen the back and the muscles of the body in general and the **spa and sauna** for relaxing.

PHYSICAL PREPARATION PROGRAM



SPANISH COURSE

THE ACADEMY

The language academy is the ideal place to learn Spanish. There will be lessons 2 times a week.

CULTURE

During your stay, you will hear how people use language in their daily lives and this will increase your ability to speak and understand Spanish.

INTEGRATION

Learning Spanish is very important to integrate the players into the team as soon as possible.

ADAPTATION

Players will find that the Spanish lessons will help them in interactions during their stay, which is crucial for adaptation.

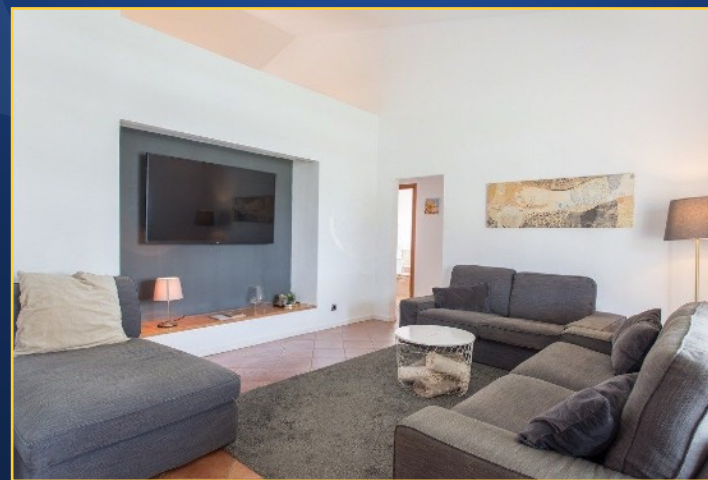
RESIDENCIAL ACCOMODATION

The house is an exclusive house fully equipped for 6-8 young players, in one of the best areas of the Catalan coast. The house is located 45 km north of Barcelona, in the city of **Caldes de Estrac**.

The house is 2 minutes walk from **the beach** and 5 minutes from shopping centres and train station.

The residence amenities include:

- Single rooms
- Living room with Smart TV
- Equipped kitchen
- Garden
- 3 bathrooms
- Laundry availability
- Cleaning service twice a week.
- WiFi
- And more...



FC BARCELONA EXPERIENCE

The **FC Barcelona Experience** is a completely exclusive offer for our players in the residence.

Barcelona Training will find a day during the stay, where all the players are available and do not have activities with their respective clubs.

In which we will start at **Ciutat Esportiva Joan Gamper “La Masia”**, where we will see a match by the young talents of FC Barcelona.

Then we will spend some time in the city and later on in the afternoon / evening, we will see an FC Barcelona match at the **Camp Nou**.

What the FC Barcelona experience will **include**:

- See **FC Barcelona young talent** at the Ciutat Esportiva Joan Gamper “La Masia”
- Spend **quality time** in Barcelona city
- Lunch and dinner in **Spanish restaurants**
- See FC Barcelona **match in Camp Nou**
- This day will have **no cost** for our players in the residence

MORE ACTIVITIES



Barcelona Training believes that it is important to spend free time in social activities and also to have time to do **other activities**.

Thanks to the fact that the residence is located in one of the most exclusive areas of the **Catalan coast**, it has the advantage of offering its residents a wide range of leisure activities.

The house is 2 minutes walk from one of the best beaches in the area. It is also surrounded by mountain trails, ideal for **mountain biking or hiking**, there are nearby golf courses, a wide variety of restaurants, shops and the **city of Barcelona**, near by in train.

PROGRAMS FEE

9 MONTHS

FOOTBALL PROGRAM

SEPTEMBER - MAY

18 - 24 years old

FULL SEASON
ACCOMONDATION
EDUCATION
PRIVATE TRAINING

PRICE
19.500€

6 MONTHS

FOOTBALL PROGRAM

SEPTEMBER - FEBRUARY

18 - 24 years old

HALF SEASON
ACCOMONDATION
EDUCATION
PRIVATE TRAINING

PRICE
14.500€

3 MONTHS

FOOTBALL PROGRAM

SEPTEMBER - NOVEMBER

18 - 24 years old

PRE-SEASON
ACCOMONDATION
EDUCATION
PRIVATE TRAINING

PRICE
10.000€

* 9 Months program has preference in the sign up process, if the residence has space it is possible to sign up for 3 and 6 months.

WHAT'S INCLUDED

RESIDENCE PROGRAM	9 M	6 M	3 M	FOOTBALL PROGRAM	9 M	6 M	3 M
Accommodation in modern living residence	X	X	X	2 to 3 club training days per week (Spanish Club)	X	X	X
House cleaning service	X	X	X	Weekly private focused training sessions with FC Barcelona Coach	X	X	X
Full gym membership	X	X	X	Full season competition league games	X	-	-
Laundry availability	X	X	X	VEO Camera to use for training sessions and some matches	X	X	X
Cultural Activities	X	X	X	Professional weekly video analysis reports	X	X	X
All transportations to club league games and training	X	X	X	Feedback from the Spanish club coach / coordinator	X	X	X
Barcelona Training Academy training kit	X	X	X	Medical test upon arrival	X	X	X
FC Barcelona experience	X	X	-	Pre-season training program	X	X	X
24/7 personal contact	X	X	X	Specific exercise plan for gym	X	X	X
Full medical insurance from Catalan Federation	X	X	-	Physiotherapist sessions in the club	X	X	X
Visa application assistance	X	X	-	Sports nutrition guidance	X	X	X
Airports transfers on program-specified dates	X	X	X	Full training kit from Spanish club	X	X	X

THANKS!

Do you have any questions?
Send us an e-mail to:
info@barcelonatraining.dk

Barcelona Training ApS
Strandpromenaden 40
4900 Nakskov - Denmark

+45 22 55 6419
www.barcelonatraining.dk

