

GUEST PROGRAM



ALICANTE
SPORTS ACADEMY

EXPERIENCE

The **ASA Guest Football Program** is the best opportunity for international football teams and players who want to learn the **ASA** methodology at our high-performance centre in Alicante, where they will train and discover different places along the Mediterranean coast.

The mission of ASA is to provide a **high-performance environment** for athletes of all ages and levels, focused on developing their physical, mental and social capabilities. We are guided by core values such as respect, discipline and passion, encouraging hard work, teamwork and a commitment to continuous improvement. We believe in sport as a tool for all-round development, helping every athlete reach their **full potential** in sport and in life.

PROGRAM INCLUDES

- ▶ Accommodation for the entire stay
- ▶ Full board
- ▶ 24/7 support from the ASA team
- ▶ Elite football training methodology
- ▶ Physical preparation and strength work
- ▶ Physiotherapy and nutrition services
- ▶ Scouting opportunities and sports scholarships
- ▶ Airport transfers and activities



PROGRAM STRUCTURE

MORNINGS – Individual training

Technical and tactical training

Focused on refining individual skills and improving decision-making in real game situations.

Physical preparation

Supervised by a strength and conditioning coach, with exercises designed to improve endurance, speed and strength, making sure players are in peak physical condition.

Daily competitive matches

Friendly matches against professional youth teams and clubs, plus a daily internal league with a final tournament.

AFTERNOONS – Competition and review

Video analysis

At the end of each day, players take part in video self-assessment sessions to review their performance in matches and training.

Leadership workshop

These workshops develop skills such as leadership, communication and teamwork, both on and off the pitch.

WEEKEND – Showcases and assessments

Performance assessment

At weekends, players undergo formal assessments with detailed feedback from the coaches.

Intensive competition

A final weekend tournament gives players the chance to showcase their skills and how far they have come.

PROGRAM EXTRAS

Sessions with professionals

Sessions led by professional players and coaches and by sports psychologists, offering insight into professional football and mental preparation.

Personalised follow-up

Every player receives a final report summarising their progress, areas for improvement and a personalised training plan to keep working on after the camp.

The ASA Guest Football Program combines intensive training, competition and assessment to drive the all-round development of players alongside the ASA coaches and professionals over the summer.



PROGRAM

DAY 1

- ▶ **Team arrival**
- ▶ **Welcome meeting**
Lunch
- ▶ **Skills assessment**
- ▶ **Team training**
Dinner

DAY 2

- Breakfast
- ▶ **Physical preparation**
- ▶ **Team training**
Lunch
- ▶ **Sports psychology**
- ▶ **Internal competition**
Dinner

DAY 3

- Breakfast
- ▶ **Physical preparation**
- ▶ **Team training**
Lunch
- ▶ **Video analysis**
- ▶ **Internal competition**
Dinner

DAY 4

- Breakfast
- ▶ **Individual development**
- ▶ **Team training**
Lunch
- ▶ **Friendly match**
- ▶ **Free time**
Dinner

DAY 5

- Breakfast
- ▶ **Physical preparation**
- ▶ **Team training**
Lunch
- ▶ **Video analysis**
- ▶ **Internal competition**
Dinner

DAY 6

- Breakfast
- ▶ **Day at Terra Mítica (theme park)**
Dinner

DAY 7

- Breakfast
- ▶ **Individual development**
- ▶ **Team training**
Lunch
- ▶ **Free time**
- ▶ **Friendly match**
Dinner

* The information in this table is **for guidance only and may vary**.



PRICES

With this program you will experience what it means to **train and compete** under the methodology of a top-level sports academy, developing every aspect of your game.

You will live and train **every day of the week with the ASA team.**

Price for 10 DAYS: **€1,800**

Price for 14 DAYS: **€2,100**

Price for 21 DAYS: **€2,800**

Price for 30 DAYS: **€3,800**

Price for 60 DAYS: **€7,200**

NOT INCLUDED: Flights, personal expenses and anything else not specifically mentioned in this document.





ALICANTE SPORTS ACADEMY

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