



FOOTBALL AREA



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DEAR FAMILIES,

From the NSA football department, we hope you are all doing very well. First of all, we would like to thank you for the trust you have placed in our work. With that in mind, we would like to take this opportunity to inform you about the work we carry out in our department.

Our work is always guided by the two main objectives we have set at NSA:

- » That players enjoy football and learn from a holistic perspective, embracing obstacles and difficulties as part of the learning process and their development as athletes.
- » That players improve individually within a context that promotes understanding and development of the game.

Thanks to our team, made up of highly qualified coaches with top-level licenses and both national and international experience in youth player development, we implement a holistic training plan.

By always focusing on the player—both personally and athletically—the demands, rigor, and professionalism of our system allow us to achieve the objectives we have set.

We have designed a comprehensive training plan, organized into different types of sessions:

Position-Specific Training Areas:

- » Physical Conditioning (AC) – once a week
- » Individual Skill Development (API) – twice a week
- » Comprehensive Training (EI) – once a week

Team Training:

- » With their assigned team – three times a week
- » Physical Conditioning (AC) – once a week + one additional session based on individual needs (explained in the Physical Conditioning section)



Through these four interconnected areas, we provide the necessary tools for players to develop and progress. We have a complete work plan for each player's individual growth, adapting to each player's learning pace.

Alongside the daily coaching staff, players also have access to a sports tutor, who focuses on the individual development of each player under their supervision. This tutor will be the main point of contact for families, a trusted figure for the players, and will carry out thorough and detailed monitoring according to the player's needs.

At NSA, we ask for your trust in our professionals. We are fortunate to have an excellent group of people, as well as highly knowledgeable experts in the field.

We are a team with extensive experience, and we fully understand parents and their concerns regarding the work and day-to-day development of their children in football.

Thank you very much for your time and trust.

DAVID RODRÍGUEZ

NSA Football Director

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Below we provide information on the topics covered in each area of our NSA football department.





NÀSTIC FOOTBALL ACADEMY

MANAGEMENT + METHODOLOGY + SOCCER

AREAS:

- » Conditional training
- » Individual improvement
- » Integral training
- » Goalkeepers
- » Physiotherapy
- » Nutrition
- » Sports psychology
- » Team coordination

TRAINING PLANNING

TRAINING SESSIONS BY AREA

SPECIFIC

MONDAY TO THURSDAY:

- » Entrenamiento por áreas
- » 4 entrenamientos por semana
- » Grupos reducidos

TEAM TRAINING

MONDAY TO FRIDAY:

- » 3 team training sessions
- » 2 conditional training sessions

WEEKENDS:

- » Competition



CONDITIONAL AREA

PROTOCOL OF FUNCTIONAL ASSESMENTS

From the conditional area we develop different assessments to evaluate the initial state and capabilities of the player. We study their range of mobility in different joints, as well as their strength and functionality in jumps with both legs, only with the right and later, only with the left.

The values obtained in the different tests allow us to generate a profile of each player knowing their strengths and individual needs to improve to increase their performance and reduce the risk of injury.

STRENGTH ROOM TRAINING PROTOCOL MOMENT I

These sessions, in which the players perform strength work by groups with the objective of improving strength levels, learning and/or perfecting motor patterns, focusing on stabilizing muscle work, reducing the risk of soccer injuries and increasing the players' motor control.

STRENGTH ROOM TRAINING PROTOCOL MOMENT II

All players have a day of strength work with their teams. Primarily, the specific qualities present in soccer (jumping strength, wrestling, movement and ball performances) are worked on. Secondly, the members of the NSA program have a space of needs, the main objective is to give a more individualized attention to the players by working in smaller groups where common objectives prevail.

READAPTATION TRAINING PROTOCOL

From the conditional area, we will also carry out specific readaptation sessions. These are aimed at injured players who must follow a specific process from the time of injury until they return to normal training with their team. In conjunction with the medical services, an initial assessment of each case is made and a specific program is developed to ensure that the player returns to training with the group in the best possible conditions.

LOAD CONTROL PROTOCOL

Throughout the week, all players receive a questionnaire, with the aim of knowing their state of well-being and the load that the training session has entailed. Once we receive these results, we inform the coaches of the state of each player with the objective of controlling the weekly load to avoid overtraining.

CONDITIONAL TRAINING PROTOCOL IN THE FIELD

Finally, the different teams receive conditional attention when they carry out their sessions in the field. It should be noted that depending on the day of the week the proposal varies. The important contents that need to be reinforced in order to arrive in the best conditions for the weekly match are taken into account.





INDIVIDUAL IMPROVEMENT AREA

PROTOCOL OF INDIVIDUAL IMPROVEMENT AREA

From the area of individual improvement we try to internalize and improve more general technical and tactical actions so that the players feel an individual improvement. The objective of individual improvement is that players can carry it out with their teams and improve the collective, having at their disposal more tools for the day of competition.

We mark four cycles of work:

- » The first cycle, offensive technical content, focusing on performing the technical action, in addition to giving objectives in each session
- » The second cycle, offensive technical aspect, we relate it to tactical aspects where we can use it and especially understand when we need it (understanding the game)
- » The third cycle, is oriented to a technical aspect, but this time defensive
- » The fourth is tactically related to the defensive technical aspect

After each session, we briefly delve into a very important part for us, the final feedback. This is an interaction with the players through questions with the ultimate goal of observing if the kids are internalizing the concepts and also to know first hand their point of view of the session.

The objective of the sessions, as we have explained, is not conditional, the physical loads are regulated so that the player can arrive in the best conditions to training with his team and therefore to the matches, avoiding overtraining, all regulated from the conditional area.

API TRAINING PROTOCOL MORNING SCHEDULE OFFENSIVE ASPECTS

Within the offensive moment we deal with different aspects throughout the year, among others:

- » Ball control
- » Dribbling
- » Shooting
- » Passing
- » Dribbling
- » Ball protection



For example, if we take ball control as an example, this is how we would develop the session; we conducted a session divided into three tasks in which we sought repetition of control, in addition, we set four objectives for the player on control:

- » Receive active control
- » Orientate the control to the next action
- » Lower the center of gravity a little (greater turning ability and stability)
- » Fint the opponent to gain time

The second session of the week, we relate the control with tactical aspects. On this occasion, we worked on two fundamental aspects:

- » Ball circulation (increase and decrease the pace of play)
- » Ball conservation (securing possession after regaining the ball)

At the end of all sessions we made a “feedback” to remember the session objectives, anecdotes of the session or points of improvement of each gesture. It is very important for us to make them think about what we are working on, so they can internalize it in a better way.

API TRAINING PROTOCOL DEFENSIVE ASPECTS

Within the moment without ball, we deal with different aspects throughout the year. Among others:

- » Entry
- » Interception
- » Clearance

The second session of the week is related to defensive tactical aspects, in this case we focus on:

- » Player marking
- » Covers and swaps
- » Assists and passing marks

At the end of each session we give feedback to remember the objectives of the session, anecdotes of the session or points of improvement of each technical expense.

INTERRELATION WITH THE INTEGRAL TRAINING AREA

A lo largo de la semana, nuestros contenidos son vistos y analizados en el área de entrenamiento integral (EI), dónde el objetivo principal es ver y analizar diferentes acciones a nivel táctico en general y que los jugadores sean capaces de aprender a través de lo visual lo que explicamos en campo. Además, en esta área se busca que el jugador desarrolle su intelecto futbolístico y encuentre (en lo videos grabados de sus partidos) acciones que se asemejen a lo explicado y argumenten el porqué de cada acción.





INTEGRAL TRAINING AREA

OBJECTIVE OF THE INTEGRAL TRAINING AREA

The main objective that we set in EI is that the player thinks, reflects, analyzes and understands better all the situations and moments of the game, both with and without the ball. Within the integral training we use different strategies and tools so that in their on-field training they can perform much faster the pertinent actions in each moment, making the best possible decisions in all actions.

STRUCTURE OF THE SESSION

The session is divided into four parts:

- » INTRODUCTION: In the first part we introduce the content of the session
- » DISCUSSION: Once the content is introduced, we generate a debate where the players give their opinion on the proposed topic and among them try to find the best way to solve each proposed situation
- » EXPLANATION: Once the players have given their opinion and tried to find the best way to solve that game situation. The coach explains all the important points about that content so that the player can understand much better the concepts that are being talked about
- » VIDEO ANALYSIS: Finally, we work in small groups to make video cuts of their own games through the 360 player application, trying to find situations of improvement or appropriate actions on all the concepts that have been discussed during the session.

CONTENTS

The contents that are worked on are divided into two blocks marked by API. We follow the same work cycles that are carried out in API (individual improvement area) so that during the week we improve the objective set both in practice, in the field, and in theory, in the classroom.



GOALKEEPER AREA

NASTIC SPORTS ACADEMY is fortunate to have SERPORTERO, the world-renowned goalkeeping school created and directed by Ernesto Garcia, as trainers for the goalkeepers in our program. We share ideals and ways of doing things, so it has been a pleasure to meet, grow and work together.

"I feel a great vocation and I love teaching, so I say that I stopped being a coach to be a teacher, to teach everything that I lacked: someone to give me answers and to bring out the dormant talent that every goalkeeper carries inside" Ernesto Garcia.

SERPORTERO is a world reference in methodology because of its formula for working with large groups of goalkeepers, all interacting with each other and at high intensity, a methodology born of necessity and creativity, applicable from initiation to high professional performance.

The NSA has a group of coaches trained by Ernesto Garcia since their beginnings as goalkeepers, chosen by his person and built as technicians.

we work with materials created and designed by SERPORTERO. All with a theoretical and practical framework that supports its usefulness

Another thing that differentiates SERPORTERO is the way of transmitting. Just look at the training sessions

The will, humility and empathy are non-negotiable values in SERPORTERO.

SERPORTEROS METHODOLOGY

All the impact is the result of 20 years of experience and a totally disruptive and pioneering work methodology. A very characteristic method, materials designed and constructed by SERPORTERO, using and recycling wood, wheels, etc.

Another characteristic is that it is possible to train a seven year old child and a professional with the same methodology.



A group training dynamic has been designed, where attention and concentration levels are part of the objectives.

We work with the goalkeeper from awareness and not from automatism. What really differentiates SERPORTERO is the way it transmits and disciplines values. You only have to watch the training sessions to see what the sessions are all about.



SERPORTERO



PHYSIOTHERAPY AREA

The physiotherapy service attends to all injuries that occur on and off the playing field. In addition, future injuries are prevented in cases where any biomechanical affectation has been observed and is controlled to prevent the injury from occurring

Injured patients are treated by:

- » Evaluation of the injury in the current state and treatment
- » Physical / manual therapy
- » Pressure therapy: helps to promote venous return and muscle unloading tranajo lower extremities
- » Magnet therapy: helps in the cellular process, accelerating the recovery process both bone and skeletal muscle level and increasing a greater supply of oxygen to the tissue
- » Electrostimulation: in cases of severe muscle hypotonia

NUTRITION AREA

The player's condition and evolution is key to his growth. At NSA we have at the disposal of the player the service of a nutritionist, where the nutritional and composition follow-up of each individual is key for the growth of the athlete.

- » Initial visit: Initial assessment of the health and nutritional status of the athlete, study of body composition, explanation of the results and general or individualized recommendations, depending on each case
- » Follow-up visits: Assessment of the evolution of the athlete in terms of habits and body composition, resolution of doubts and assessment of the need for specific supplementation
- » Development of training content on specific topics for athletes, educators and coaches (athlete's plate, hydration, pre- and post-training snacks, injuries, etc). Adapted to the needs of the group and its evolution
- » Individualized follow-up in case of specific needs in any athlete
- » Communication with families via online
- » Intercommunication with NSA professionals and their areas

SPORTS PSYCHOLOGY AREA

ATEMPO, an expert company in sports psychology, brings to NSA its great experience and wisdom, fully aligned with the values and purposes of our great NSA project focused on the development of the person and the athlete.

Psychological work and preparation is focused on generating resources and strategies that players can use to optimize their performance and well-being. From ATEMPO we believe that psychological intervention is key to be able to add to the technical, tactical and physical work helping in a holistic way the team to continue growing.

During the month of September, individual sessions are held, with a large team of ATEMPO for a first initial interview, to all players in the NSA soccer area.

During the season at NSA we focus on the individual:

- » We work individually with the players through individual sessions adapted to the needs of the athlete
- » We work in the group environment according to the observations of psychologist and coaches demands
- » In room, with enriching and practical dynamics
- » In field, where we attend training dynamics where we carry out, when necessary, the established interventions

It should be noted that the intervention proposal is based on the initial needs expressed by the technical/managerial staff

We worked with the teams on

- » Team identity, where we talked about values, rules and objectives of the team
- » Strategic competition plans, where we have raised situations that usually occur in the matches in each team and we have given them an anticipated response (plans, strategies) so that everyone knows how to solve them with the same objectives

- » Communication between players during the game, where the keys to effective communication were provided and activities were carried out to put it into practice
- » Frustration management, this is the last work with the teams, where we will discuss emotional management focused on frustration during competition

In addition, we hold sessions with teams outside of the project guidelines, at the request of the coaches, to address issues that have arisen throughout the season. For example: training on bullying, planning for important matches, player commitments to the team, etc.

We also hold training sessions and talks with coaches on:

- » Personal organization with the teams
- » Personal management
- » Effective and effective coach-player communication





Breakdown of the €1,500 in extra costs

The **€1,500 in extra costs** included in the total cost of the program are allocated to cover different items related to the player's overall experience within Nàstic Sports Academy, distributed as follows:

» Sports area: €900

This amount is intended to cover needs and activities related to the player's sports development:

- » Sports clothing
- » Tournaments
- » Other activities and outings related to the sports area

» Residential area: €400

This amount is intended to cover:

- » Weekend activities
- » Other expenses related to residential life

» Educational area: €200

This amount is intended to cover:

- » Academic excursions
- » Books and educational materials



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