

# **ELITE SUMMER BASKETBALL CAMP**



**NÀSTIC SPORTS ACADEMY**  
CAMPUS CAMP JOLIU

# SUMMER CAMP

## EXPERIENCE

The **NSA Summer Camp** is the best opportunity for international Basketball teams and players to learn the NSA methodology in our high performance center located in Tarragona, where you will train and discover different places of the mediterranean area.

NSA's mission is to provide a high performance environment for athletes of all ages and levels, focused on enhancing their physical, mental and social skills. We are guided by fundamental values such as respect, discipline and passion, promoting effort, teamwork and commitment to continuous improvement. We believe in sport as a tool for integral development, encouraging each athlete to reach his or her maximum potential in both the sporting and personal spheres.



## ABOUT THE SUMMER CAMP

The objective is to maximize the technical, tactical and mental skills of young players, offering an experience that combines intensive training with competition.

The campus will last for 10 days and there will be two options.

**OPTION 1 - June 28 - July 8**

**OPTION 2 - July 10 - July 20**

If there is interest in ending both sessions, we will create complementary content between the two sessions and offer the option to stay at the residence from July 8-10 for additional training.

## LOCATION

**Nàstic Sports Academy** | Campus Camp Joliu | Tarragona, Spain.

## CATEGORIES

From **U12 - U18**

# SUMMER CAMP

## WHAT DOES IT INCLUDE?

1

Accommodation  
for 10 days

2

Full board

3

NSA official kit

4

NSA Staff  
support 24/7

5

Elite basketball  
practice method

6

Strength and  
conditioning

7

Physiotherapy  
and nutrition  
service

8

Visit to Port  
Aventura

9

Internal activities  
and tournaments

10

Scouters -  
scholarships

11

Transfer from  
airport and  
activities

12

Official NSA  
diploma



# SUMMER CAMP

## PROGRAM STRUCTURE

**MORNINGS** —→ Individual Technical-Tactical Training

### TECHNICAL AND TACTICAL TRAINING

Focused on perfecting individual skills (shooting, dribbling, defense, passing) and improving decision-making in real game situations.

### SIGNATURE MOVES

Specific sessions to learn iconic moves of professional players, with a practical focus on applying them in gameplay.

### PHYSICAL CONDITIONING

Supervised by a physical trainer, with exercises designed to improve endurance, speed, and strength, ensuring players are in peak physical condition.

**AFTERNOONS** —→ Competition and Evaluation

### DAILY COMPETITIVE MATCHES

Players are divided into teams and compete in a daily internal league, culminating in a final tournament on the last day.

### VIDEO ANALYSIS

At the end of each day, players participate in self- assessment sessions using video analysis to review their performance in games and training.

### LEADERSHIP WORKSHOPS

These workshops develop some skills like leadership, communication, and teamwork, both on and off the court.



# SUMMER CAMP

## PROGRAM STRUCTURE

**WEEKEND** —→ Exhibitions and Evaluations

### PERFORMANCE EVALUATIONS

On weekends, players undergo formal evaluations with detailed feedback from invited coaches.

### INTENSIVE COMPETITIONS

A final weekend tournament will showcase the players' skills and progress.



## PROGRAM EXTRAS

### SESSIONS WITH PROFESSIONALS

Throughout the program, there will be sessions led by former players, professional coaches, and sports psychologists. These sessions will offer a broader perspective on professional basketball and focus on mental preparation for success.

### PERSONALIZED FOLLOW-UP

Each player will receive a final report with progress summaries, areas for improvement, and a personalized training plan to follow after the camp.

This Elite Summer Basketball Program combines intensive training with the comprehensive development of players, offering the opportunity for competition and evaluation, while making the most of the time and expertise of the academy's coaches and staff over the summer.

# SUMMER CAMP

## PROGRAM STRUCTURE

### DAY 1

TEAM  
ARRIVAL  
WELCOME  
MEETING  
LUNCH  
SKILLS PLAYER  
EVALUATION  
FREE  
TIME  
DINNER

### DAY 2

BREAKFAST  
INDIVIDUAL TECHNICAL  
TACTICAL TRAINING  
PHYSICAL  
CONDITIONING  
LUNCH  
SMALL SIDED GAMES  
(COLLECTIVE)  
INTERNAL  
COMPETITION  
DINNER

### DAY 3

BREAKFAST  
INDIVIDUAL TECHNICAL  
TACTICAL TRAINING  
PHYSICAL  
CONDITIONING  
LUNCH  
SMALL SIDED GAMES  
(COLLECTIVE)  
INTERNAL  
COMPETITION  
DINNER

### DAY 4

BREAKFAST  
INDIVIDUAL TECHNICAL  
TACTICAL TRAINING  
PHYSICAL  
CONDITIONING  
LUNCH  
SMALL SIDED GAMES  
(COLLECTIVE)  
MENTAL  
COMPETITION  
DINNER

### DAY 5

BREAKFAST  
INDIVIDUAL TECHNICAL  
TACTICAL TRAINING  
PHYSICAL  
CONDITIONING  
LUNCH  
SMALL SIDED GAMES  
(COLLECTIVE)  
INTERNAL  
COMPETITION  
DINNER

### DAY 6

BREAKFAST  
PORT AVENTURA DAY  
(AMUSEMENT PARK)  
DINNER

### DAY 7

BREAKFAST  
INDIVIDUAL TECHNICAL  
TACTICAL TRAINING  
PHYSICAL  
CONDITIONING  
LUNCH  
SMALL SIDED GAMES  
(COLLECTIVE)  
INTERNAL  
COMPETITION  
DINNER

### DAY 8

BREAKFAST  
INDIVIDUAL TECHNICAL  
TACTICAL TRAINING  
PHYSICAL  
CONDITIONING  
LUNCH  
SMALL SIDED GAMES  
(COLLECTIVE)  
INTERNAL  
COMPETITION  
DINNER

### DAY 9

BREAKFAST  
INDIVIDUAL TECHNICAL  
TACTICAL TRAINING  
PHYSICAL  
CONDITIONING  
LUNCH  
SMALL SIDED GAMES  
(COLLECTIVE)  
INTERNAL  
COMPETITION  
DINNER

### DAY 10

BREAKFAST  
FINAL  
TOURNAMENT  
INTERNAL COMPETITION  
WITH FORMAL GAMES  
AND PROGRAM  
CLOSING

## PRICE

Starting from  
**1.550 €**

# CONTACT

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