

ELITE SUMMER FOOTBALL CAMP



NÀSTIC SPORTS ACADEMY
CAMPUS CAMP JOLIU

SUMMER CAMP

EXPERIENCE

The **NSA Summer Camp** is the best opportunity for international Football 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. From June 9th to July 20th.

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

OPTION 1

June 9 - June 19

OPTION 2

June 26 - July 6

OPTION 3

July 10 - July 20



LOCATION

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 football
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.

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 Football 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

SCHEDULE

DAY 1

TEAM
ARRIVAL
WELCOME
MEETING
LUNCH
SKILLS PLAYER
EVALUATION
COLLECTIVE
TRAINING
DINNER

DAY 2

BREAKFAST
STRENGTH
CONDITIONING
COLLECTIVE
PRACTICE
LUNCH
WORKSHOP SPORTS
PSYCHOLOGY
INTERNAL
COMPETITION
DINNER

DAY 3

BREAKFAST
STRENGTH
CONDITIONING
COLLECTIVE
PRACTICE
LUNCH
VIDEO
ANALYSIS
INTERNAL
COMPETITION
DINNER

DAY 4

BREAKFAST
INDIVIDUAL
DEVELOPMENT
COLLECTIVE
PRACTICE
LUNCH
BEACH
SESSION
FREE
TIME
DINNER

DAY 5

BREAKFAST
STRENGTH
CONDITIONING
COLLECTIVE
PRACTICE
LUNCH
VIDEO
ANALYSIS
INTERNAL
COMPETITION
DINNER

DAY 6

BREAKFAST

PORT AVENTURA DAY
(AMUSEMENT PARK)

DINNER

DAY 7

BREAKFAST
INDIVIDUAL
DEVELOPMENT
COLLECTIVE
PRACTICE
LUNCH
WORKSHOP HABITS
SPEECH
INTERNAL
COMPETITION
DINNER

DAY 8

BREAKFAST
STRENGTH
CONDITIONING
COLLECTIVE
PRACTICE
LUNCH
VIDEO
ANALYSIS
INTERNAL
COMPETITION
DINNER

DAY 9

BREAKFAST
INDIVIDUAL
DEVELOPMENT
COLLECTIVE
PRACTICE
LUNCH
NSA
WORKSHOP
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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