

FC ANDORRA ACADEMY

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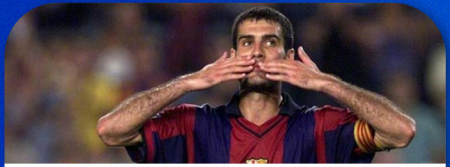
Gimnàstic Manresa, founded in 1966 in the province of Barcelona, has always stood out for being one of the best youth teams in Catalonia and having a long tradition in the development of young talent.

With the entry of the new ownership, headed by Gerard Piqué, the club has made a leap in quality in terms of infrastructure, resources and the implementation of a cutting-edge work methodology aimed at bringing young players to professional football with FC Andorra.



WALL OF FAME

FROM NÀSTIC MANRESA TO PRO



PEP GUARDIOLA
FC BARCELONA



TONI FUIDAS
REAL MADRID



MARC BERNAL
FC BARCELONA



MARC PUBILL
UD ALMERIA

WALL OF FAME

FROM NÀSTIC MANRESA TO PRO



LUIS LOPEZ
RCD ESPANYOL



ALEXIS OLMEDO
FC BARCELONA



ERIC MONTES
FC BARCELONA



IAN MARTINEZ
VALENCIA CF



ARNAU PRADAS
FC BARCELONA



IVAN RAMOS
VILLARREAL CF



JAN OLIVERAS
AS ROMA



RAUL MORO
REAL VALLADOLID CF



SERGIO SANDOVAL
RCD ESPANYOL



IKER ÁLVAREZ
VILLARREAL CF



NIL GARRIDO
REAL BETIS



IVAN MARTOS
UD ALMERIA

A LEGACY OF SUCCES

DEVELOPING FUTURE STARS

For over 50 years, Gimnàstic Manresa has been at the forefront of youth football development in Spain and beyond. The Academy's track record speaks for itself, having developed over 100 profeessional players in the last 15 years.

Some of the top talents produced by the academy include Pep Guardiola, Ilias Akhomach, Toni Fuidias, Marc Bernal and Raúl Moro.

This legacy of player depelopment has earned Gimnàstic Manresa a reputation as one of the world`s best academies for producing future football stars.

FC BARCELONA	38
RCD ESPANYOL	32
GIRONA FC	15
REAL MADRID	3
VALENCIA CF	3
REAL BETIS	3
VILLARREAL CF	2
LEVANTE UD	1
OTHERS	8
TOTAL	105

PROJECT PLAYERS AT FC ANDORRA







PROJECTING AND PROFESSIONALIZING TOP PLAYERS

Our order of priorities starts with the team and continues with the players. The most important thing is to provide the players with the necessary sports stimulus and optimize their performance.
Playing for the first team of FC Andorra or reaching professional football is our MISSION.



PROJECTING AND PROFESSIONALIZING PLAYERS INTO THE ELITE





Cami de L´atadia
08240 Manresa, Espanya

Our elite training program for soccer players combines training with advanced methodology, conditional sessions, specific nutrition and psychological support. It is designed to prepare players for the highest level with a comprehensive approach.



WEEK

For a full week, you will have the opportunity to work under the guidance of our expert coaches, who will provide you with personalized advice and strategies to take your game to another level.

Not only will you hone your skills on the pitch, but you'll also be part of a community of like-minded players, sharing experiences and fostering team spirit.

This week of training will not only prepare you physically and technically, but will also inspire you to pursue your passion for football stronger than ever.

MONTH

For four intensive weeks, you will work on a complete program that includes technical training, tactical sessions, physical preparation and training with performance teams.

In addition, this experience will offer you the opportunity to connect with other emerging talents, sharing knowledge, strategies and passions.

Our club provides an environment that encourages personal and sporting growth. Not only will you work on the physical and tactical aspects of football, but you will also develop leadership and teamwork skills that are essential on and off the pitch.

With a month of dedication, effort and learning, you will be closer to achieving your football dreams.

SEASON

Experience the ultimate transformation in your football career with a full season of work at our club.

Throughout the season, you will delve into a comprehensive plan that covers all the aspects necessary to become a better player with advanced technical training, in-depth game tactics, physical, psychological and nutritional development, as well as real matches that will test you in competitive situations.

Guided by a team of professional coaches, you will experience constant evolution, improving your skills, your game intelligence and your endurance.

Not only will our club provide you with the best facilities and resources for your development, but you will also have access to personalised specialised sports nutrition sessions and mental wellness programmes to ensure your peak performance.



COMPREHENSIVE PLAYER SERVICE

- FCA RESIDENCE
- FC ANDORRA EXPERIENCE
- REPORTS
- CLUB TEAM INTEGRATION
- *SCHOOLING



*Optional in the season program



SPORTS PROGRAM

- METHODOLOGY AREA
- CONDITIONAL AREA
- NUTRITIONAL AREA
- PSYCHOLOGY AREA
- HEALTH-PREVENTION AREA

PLACES AVAILABLE

+ GROUP P. ESPORTIU	10 PLACES
UNDER 15	6 PLACES
UNDER 16	6 PLACES
UNDER 17	6 PLACES
UNDER 18	6 PLACES
UNDER 19	6 PLACES
UNDER 23 FC ANDORRA C	14 PLACES

SPORTS PLANNING

WEEKLY

- 1 FCA TEAM SESSION
- 3 SESSIONS GM TEAMS SPORTS COMPETITION
- 2 TECHNICALITIES INDIVIDUAL/COLLECTIVE FOUNDATIONS GROUPS
- INDIVIDUAL ROUTINES AND 2 SESSIONS WITH FITNESS COACH
- INDIVIDUAL ADVICE AND COLLABORATIVE SESSIONS
- INDIVIDUAL ACCOMPANIMENT AND COLLABORATIVE SESSIONS
- INDIVIDUAL ROUTINES AND GROUP SESSIONS

FCA ACADEMY

SPORTS PLANNING

FCA ACADEMY

MONDAY

BREAKFAST
7:00-9:00 AM
FCA RESIDENCE

METHODOLOGICAL AREA
NASTIC PARK
12:45-13:45H

LUNCH
14:15-15:00H
FCA RESIDENCE

TRAINING ACCORDING TO
TEAM SCHEDULE

DINNER
9:00 PM-10:00 PM
FCA RESIDENCE

TUESDAY

BREAKFAST
7:00-9:00 AM
FCA RESIDENCE

JOVIAT SCHOOL
9:30-13:00H

*NON-2BE PLAYERS
NASTIC PARK
12:45-13:45

LUNCH
14:15-15:00H
FCA RESIDENCE

*TRAINING TEAM

DINNER
9:00 PM-10:00 PM
FCA RESIDENCE

WEDNESDAY

BREAKFAST
7:00-9:00 AM
FCA RESIDENCE

METHODOLOGICAL AREA
NASTIC PARK
12:45-13:45H

LUNCH
14:15-15:00H
FCA RESIDENCE

*PERFORMANCE TEAM

DINNER
9:00 PM-10:00 PM
FCA RESIDENCE

THURSDAY

BREAKFAST
7:00-9:00 AM
FCA RESIDENCE

JOVIAT SCHOOL
9:30-13:00H

*NON-2BE PLAYERS
NASTIC PARK
12:45-13:45

LUNCH
14:15-15:00H
FCA RESIDENCE

*TRAINING TEAM

DINNER
9:00 PM-10:00 PM
FCA RESIDENCE

FRIDAY

BREAKFAST
7:00-9:00 AM
FCA RESIDENCE

METHODOLOGICAL AREA
NASTIC PARK
12:45-13:45H

LUNCH
14:15-15:00H
FCA RESIDENCE

*TRAINING TEAM

DINNER
9:00 PM-10:00 PM
FCA RESIDENCE

SATURDAY

COMPETITION

SUNDAY

COMPETITION



MONDAY TECHNICAL FUNDAMENTALS

Session Objective
To introduce INDIVIDUAL functional roles in game situations to help players understand the basic interactions that occur in specific tactical actions.

Key aspects to achieve during the season
To improve tactical understanding of offensive and defensive roles (possessor, near and far receiver, and defender) and develop the ability to adapt to different moments of the game.

Session Type
Exercises contextualized in basic game situations, such as rounds and reduced games with constant role changes between players.

KEY POINTS

READING THE GAME
Recognize when to act as a possessor or receiver, adjusting to the needs of the team.

COORDINATION
Adjust body position and orientation to prepare to receive or defend effectively.

ADAPTABILITY
React quickly to changes in the dynamics of the game to maintain tactical coherence.



TUESDAY/WEDNESDAY 2B FOOTBALLER - CONDITIONAL

Session Objective
Increase specific strength with a high load to prepare the body for the physical and tactical demands of football.

Key aspects to achieve during the season
Develop muscular explosiveness, resistance to intense efforts and the ability to generate rapid force in game situations.

Session Type
Intensive training in the gym with a focus on maximal and explosive strength exercises (hip thrust, box jumps, Olympic snatch).

KEY POINTS

READING THE GAME
Ensure loads adjusted to the player's capacity, maintaining appropriate progression.

COORDINATION
Prioritize movements that have a direct impact on actions on the field, such as quick turns or accelerations.

ADAPTABILITY
Ensure optimal technique during exercises to maximize their effectiveness.



TUESDAY/WEDNESDAY 2B FOOTBALLER - COACHING

Session Objective
Work on key psychological aspects for the individual and collective development of the footballer, such as attention, concentration, energy and confidence in competitive situations.

Key aspects to achieve during the season
Improve emotional management during moments of pressure, increase resilience in the face of adversity and promote a winning mentality in the players.

Session Type
Group dynamics (role-playing games, simulation of match scenarios) and individual work (personal reflection, breathing and relaxation techniques).

KEY POINTS

MENTAL FOCUS
Practicar tècniques per mantenir l'atenció en situacions crítiques, com moments decisius de partit.

EMOTIONAL MANAGEMENT
Practice techniques to maintain attention in critical situations, such as decisive moments in a match.

PERSONAL CONFIDENCE
Use positive visualizations to mentally prepare yourself before a challenge.



TUESDAY/WEDNESDAY 2B FOOTBALLER - NUTRITION

Session Objective
Develop appropriate nutritional habits to optimize physical performance and ensure optimal recovery after each training session or match.

Key aspects to achieve during the season
Educate players on the importance of a balanced diet, encourage meal planning adapted to the sports calendar and ensure adequate hydration.

Session Type
Theoretical talks with practical examples, accompanied by personalized assessment sessions to identify the specific needs of each player.

KEY POINTS

FUNCTIONAL FOOD
Prioritize foods that contribute to muscle recovery and improved performance (proteins, carbohydrates, and essential micronutrients).

PREVENTION AND RECOVERY
Follow hydration and energy intake strategies to avoid drops in performance during training and matches.

AUTONOMY
Teach players how to prepare balanced meals and make responsible nutritional decisions off the field.



WEDNESDAY INDIVIDUAL TACTICAL FUNDAMENTALS

Session Objective
Work on dualities in game situations, both offensive and defensive, highlighting the interaction between two players in tactical actions.

Key aspects to achieve during the season
Master the tactical relationships between two players in key situations (such as support and breakdown, or coverage and pressure), improving the team's tactical cohesion.

Session Type
Reduced game tasks with an emphasis on duels and tactical interactions, such as combined passes, space creation and defense-attack transitions.

KEY POINTS

CONNECTION
Work on communication and synchrony in each action, ensuring that both players coordinate effectively.

PRESSURE AND COVERAGE
In defensive situations, ensure that one player presses the ball while the other covers the appropriate space.

CREATIVITY
In attack, promote controlled risk passes and clearances to generate tactical advantages.



FRIDAY COLLECTIVE TACTICAL FUNDAMENTALS

Session Objective
Improve complex relationships within a systematic game structure, between players in the specific game of football.

Key aspects to achieve during the season
Increase tactical cohesion, support between lines and the ability to adapt to changing situations, by the players.

Session Type
Positional and progression games with a focus on the connection between different lines of the team.

KEY POINTS

SYNCHRONIZATION
Treballar la coordinació entre línies ofensives i defensives per mantenir un equilibri tàctic.

COMMUNICATION
Utilitzar senyals verbals i gestuals per coordinar les accions entre jugadors.

SPATIAL ORGANIZATION
Respect the assigned spaces to ensure cohesion in the team structure.


Residència
d'Estudiants
Masnou Campus



La Salle Manresa

ESO (Compulsory Secondary Education)

J

2be Footballplayer course
Coaching - Nutrition -
Physical conditioning



OBSERVATIONS

- +16 years with ESO finishes homologated courses to obtain a study visa. (2be footballer - Joviat)
- -16 years and virtual studies allow the course but it will not allow you to obtain the visa (2be footballer - Joviat)
- -16 years that they take compulsory education in the country, they will present the program to the club. (ESO - La Salle) (2be footballer - GM)



HORARIS

Entrega d'horaris GRUPALS i INDIVIDUALS de forma mensual amb totes les tecnificacions i sessions a realitzar.

- Sessions matinals
- Sessions amb equips



REPORT MENSUAL

Report amb el TREBALL REALITZAT per els jugadors en les diferents TECNIFICACIONS MATINALS, amb un resum dels aspectes treballats en la sessió, per el responsable de la mateixa.



REPORT QUALITATIU

Report amb avaluació del jugador en ACCIONS TÈCNIQUES ESPECIFIQUES per avaluar el seu nivell, amb comparació als jugadors que estan al club. I donant importància a la IDIOSINCRÀSIA pròpia del MODEL DE JOC del club.



REPORT SUBJECTIU

Report amb avaluació per part de tots els RESPONSABLES DE LES TECNIFICACIONS MATINALS, tant del treball conjunt, com del treball individual del jugador.

Report per part de tots els ENTRENADORS DELS EQUIPS que forma part el jugador en les sessions de la tarda.



REPORT FINAL STATS

Report amb avaluació del jugador en tots els STATS GENERALS i de forma especifica que el jugador realitza en el futbol.

Report tant de les SESSIONS MATINALS com SESSIONS EN EQUIPS com en PARTITS DE COMPETICIÓ disputats.






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FCA ACADEMY

FC ANDORRA EXPERIENCE

FCA ACADEMY










MNÀSTIC
















CARACTERÍSTICAS COMIDA ANTES DEL PARTIDO 試合前
1. La última gran comida debe ser 3 horas anterior al partido.
2. ▲ CARBOHIDRATOS.
3. ▼ PROTEÍNAS i GRASA
4. Comer cantidades razona
5. Evitar salsas, picantes y
que provoquen gases como le
algunas verduras.
6. HIDRATACIÓN: Poco líquido durante la comida pero cerca de los dos litros de agua durante el día.













ETHAN GIRARD | UNDER 19



SOUFIANNE SGARAGLINO | UNDER 23



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