



AFA INTERNACIONAL



BARCELONA EXPERIENCE

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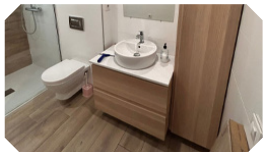
FACILITIES

Our **facilities** have two 11-a-side soccer fields and one 7-a-side soccer field, all of which meet high-performance standards. An environment designed to optimize the physical, technical, and competitive preparation of each player.



ACCOMMODATION

Located in Mollet del Vallès, just 10 minutes from our facilities, the home is designed to offer players a welcoming, safe space that is adapted to all their needs.



GYM

In our **private gym**, players complement their sports training with a program designed to enhance all the physical abilities necessary for modern soccer.





COMPETITION

Players at the AFA School have the opportunity to participate in the Catalan Football Federation representing UCF Santa Perpetua, playing official matches in their respective teams. This is a unique opportunity to compete in one of the most prestigious federations in the world, renowned for its high standards, demanding nature, and visibility.

SUCCESS STORIES

Here are some success stories of players who, thanks to the AFA Methodology, have developed their talent and achieved new sporting and personal opportunities, reflecting the real impact of our training.

ERIC GARCÍA

ÁLEX TORRES

FORMATIVE MULTI-CLUB

At our AFA School, we offer connections to a global network of academies and clubs, giving players the opportunity to advance their professional careers.

**The aforementioned institutions have participated in the strategic alliance by recruiting, training, and/or receiving talent for pre seasons, sporting experiences, or competitive teams.*



DAILY ACTION PLAN



7:00 a.m.

Wake up and eat a nutritious breakfast. Start the day with a balanced meal to activate the body and mind.



8:00 a.m. - 12:30 p.m.

Attend school/academic training. Formal education for personal and professional development.



10:00 a.m. - 1:30 p.m.

Balanced lunch. Meal adapted to the nutritional plan to maintain energy and promote recovery.



4:00 p.m. - 5:00 p.m.

Extra physical training. Personalized sessions to improve strength, endurance, and prevent injuries.



7:00 p.m. - 9:00 p.m.

Short rest/active recovery. Tactical and technical practice with the team, promoting integration and performance.



9:30 p.m.

Dinner and free time. Proper nutrition and leisure time to balance athletic life.



10:30 p.m.

Nighttime rest. Restful sleep to optimize performance the next day.



OTHER SERVICES

NUTRITION PLAN

We design personalized nutrition plans that optimize physical performance and recovery.

PSYCHOLOGICAL CARE

We provide emotional and mental support to promote the player's overall well-being.

PHYSIOTHERAPY

We provide specialized treatments to maintain physical health and speed up recovery.

ENJOY A COMPREHENSIVE EXPERIENCE



ACCESS TO THE SCHOOL



ACCOMMODATION



PHYSIOTHERAPY



PSYCHOLOGICAL CARE



PARTICIPATION IN THE LEAGUE



PRIVATE GYM



FULL BOARD



PERSONALIZED TRAINING



AFA INTERNATIONAL EQUIPMENT

CONTACT

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