



THE BEST SOCCER ACADEMY IN SPAIN





ACADEMY AST
SEVILLA

THE ACADEMY

Advanced Sports Training (AST), a reference in the training of soccer coaches, launches its Academy for soccer players. Programs for development and learning in the world of soccer. At Academy AST we promote the development of individual player goals through competitive experiences that facilitate their development. We are specialists in the organization and management of first-class stages for teams from all over the world. We have high-quality facilities, a team of top coaches and a methodology created to get the most out of the players. All this in a city like Seville (Spain) where sports, culture and climate come together. All programs are available for boys and girls.



staff



Rogelio Sánchez ACADEMY AST DIRECTOR

- National soccer coach
- Former coordinator of displacements and trips at Sevilla FC Academy
- Former scouter for Villarreal FC
- Founder of Rosport Sports Management
- Sports director & FIFA Agent
- FIFA match intermediary



RFEF Intermediary



Pablo del Pino ACADEMY AST METHODOLOGY COACH

- National soccer coach
- Former director of methodology area of Real Betis U9-U21
- Andalusian U18 coach
- Expert in Human Resources Management
- Partner & Founder of AST



Ignacio Molina ACADEMY AST COACH

- National soccer coach
- Sports psychologist
- Regional Professor of the Spanish Football Federation (REFF) for football coaches
- Former U15-U18 Real Betis Coach



Rafael Tubío ACADEMY AST COACH

- Soccer coach since 1999 (UEFA Pro 2016 certification)
- Coach of all categories by ages, from fry to senior
- Runner-up Copa Andalucía 2020 accessing the first round to Third Federation (2020-2021)
- Stages at different countries, for work or studies reasons in the Netherlands, Italy, France and Morocco.

Sample July High-Performance Camp

DURATION

15 days

MATCHES

- Arrangement of friendly matches and analysis + individualized assessment of personal projection
- Training sports material included and exclusive use of the training field
- Attention service by our staff and transportation included

VISITS

- Visits to world-renowned clubs and stadiums

AMENITIES

- Room and full board at Academy AST Residence. All players stay in the same residence
- Specific sport diet by AST Nutritionists
- Injury insurance included and daily laundry for sportswear

ACADEMY AST METHODOLOGY

- 20 hours/week of soccer
- Video analysis of individual training sessions to determine aspects of improvement and recommend specific work to the player

ITINERARY

DAY 1	- Arrival to destination and Welcome Session	DAY 6	- M - Training Session - A - Free time	DAY 11	- M - Training Session - A - Gym Session
DAY 2	- M - Training Session - A - Real Betis FC Tour	DAY 7	- Full day: Trip to Córdoba	DAY 12	- M - Match - A - Visit: Cathedral
DAY 3	- M - Training Session - A - Gym Session	DAY 8	- Full day: Trip to Cádiz	DAY 13	- M - Training Session - A - Free Time
DAY 4	- M - Training Session - A - Visit: Old Quarter	DAY 9	- M - Training Session - A - Activity in the river	DAY 14	- Full day: Trip to Málaga
DAY 5	- M - Match - A - Sevilla FC Tour	DAY 10	- M - Training Session - A - Cádiz FC Tour	DAY 15	Flight home

M - Mornings // A - Afternoons

*The itinerary might subject to modifications and changes.





Individual Program

The intervention plan will be approached from several aspects, all coordinated with each other in order to maximize the aspects that have been considered most important about the game and the condition of the player. This plan consists of different activities: individual video analysis sessions, where the player becomes aware of the points of improvement that will be developed during the stay, which will be the first step in the transformation of the aforementioned qualities.

In addition, there will be specific physical training sessions for the most demanding actions in your position, as well as aimed at the weak links that have been detected during the analysis of the competition, which will serve as support for the development and improvement of technical actions - tactical. Finally, the technical-tactical training will be carried out on the soccer field, Academy AST will manage the tests in a federated club according to the level shown by the player under the criteria of our coaches and methodological director. The decision of a club to have the player or not is the sole and exclusive decision of the club on trial. Academy AST cannot force nor is subject to the player signing with said club. In any case, it will manage another club to carry out the tests. We currently have collaborations in clubs of 1º RFEF, 2º RFEF, 3º RFEF and the categories that go below those mentioned.



SEGUNDA
FEDERACIÓN



PRIMERA
FEDERACIÓN



TERCERA
FEDERACIÓN

July High-Performance Camp

The best soccer program in Spain

Camp program

Academy AST offers a complete program for an unforgettable summer experience that includes soccer academy, activities, and trips to nearby cities. Housing in brand new student residences with full board and opportunities to meet other students from all over the world.



The program includes



20 hours of soccer training per week



Lodging in student residence in private or double room with private bathroom



Trips to nearby cities



Full board: breakfast, lunch and dinner



Daily activities and cultural visits



Camp available for boys and girls



Emergency assistance 24 hours



Medical insurance included



Friendly matches

Stages by AST

Enjoy a complete soccer experience that you will always remember

We are specialized in organizing matches according to level, age, categories... For more than 20 years, Academy AST has been organizing pre-season stages for professional clubs where they manage their stay, organize matches and have all the necessities for sports practice. First-class facilities with a natural soccer field for sports practice Price dependent on seasonality, duration, and contracted services



Duration

Under petition. We are available 365 days.

Matches & Tournaments

- Arrangement of friendly matches and analysis + individualized assessment of personal projection
- Creation of customized tournaments against teams from all over Spain according to sex, category, age and level.
- Training sports material included
- Exclusive use of the training field
- Transportation included
- Attention service by our staff

Recreational activities

Visit different Spanish cities. Immerse yourself in its gastronomy, monuments, museums and unique atmosphere.

Accommodation

- Room and full board at Academy AST Residence
- All players stay in the same residence
- Specific sport diet by AST Nutritionists
- Injury insurance included
- Daily laundry for sportswear

La liga Experience

Visit the best stadiums in La Liga, get to know the clubs, their history and their facilities. Do you want to experience a Real Madrid, Real Betis, Cádiz or Sevilla FC match from the inside? We accompany you to live an unparalleled experience.



Training Sessions

Training sessions under the AST methodology, with a top-level coach and experience in La Liga clubs. Training sessions on the soccer field and viewing of the training sessions in the video room. Learn and know the game better from the inside.

Soccer Training Camp by AST

We take our soccer academy to any part of the world

Make an extensive assessment of technical, tactical, and physical abilities. Supported by the assessment, we will train the players in a very individualized way, looking for their personal development.

Develop skills through an intensive training program supported by elite Spanish methodology.



Pre-Camp Assessment

We will assess your technical skills and physical abilities through a detailed video-analysis of a small sided game, a scientifically supported method for the technical and tactical assessment.

Also, we will assess your physical abilities: strength, speed, power, agility, endurance... to make a player's physical profile and suggest an individualized pathway to develop your abilities.



Training sessions

Sessions will have two parts. Firstly, players will do some highly individualized tasks, based on position and player specific demands from the results of their technical assessments.

After that, session will be tactical-oriented and players will learn critical aspects of game tactics



www.academyast.com
info@academyast.com



AST



MERCURY

