



# **BCN PRO Programs** **2023-2024**

**DREAM TO PLAY,  
PLAY TO DREAM**

[www.bcnprosoccer.com](http://www.bcnprosoccer.com)



# INDEX

**01**

**This is  
BCN PRO**

**02**

**Residential  
Programs with  
academics**

**03**

**Sports Programs**

**04**

**Facilities**

**05**

**BCN PRO  
Residence**

**06**

**Prices**

**07**

**Contact**





01

This is  
BCN PRO





# #ThisisBcnPRO

Passion for soccer



Barcelona PRO Soccer is a company that aims to promote excellence in training to produce high quality players for professional teams.



We design, organize and manage soccer academies, soccer camps in countries around the world, as well as residence programs in Spain.



Our training models stand out thanks to the level of it's coaches, the quality of the training methodology and the combination of training-competition.



All training programs have been created by our technical team led by **Dani Bigas**, former **FCB player** with a large coaching experience at the highest level.



We represent players and coaches, managing their professional career, training, promotion, assignment, image rights and transfers. All with the best professional teams.







02

**Residential  
Programs with  
academics**





# RESIDENTIAL PROGRAMS

Excellence both on and off the pitch

Our aim is for every player to develop a positive and proactive attitude towards learning both on and off the pitch.

An experience that will support them throughout their lives. Our programs not only include a professional sports program but also a strong academic co-curricular and extracurricular program.

Our programs will make possible to follow the curriculum that suits them best making it compatible with our high performance program.

We will provide tutors to follow up players's academic progression making sure everything goes according to their goals.

Hand in hand with the teachers, students who attend our programs are encouraged to discover that they have attributes in areas where they perhaps last expected.

IB Program  
SEK International  
School

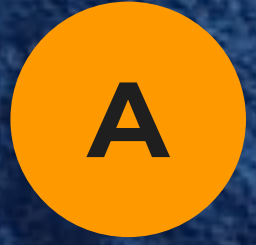
High school  
Blended  
Program

High School  
Spanish  
Curriculum

Gap  
Year

US college  
Program





# SEK INTERNATIONAL SCHOOL

*An international learning community*

BCN PRO has a tight collaboration with SEK International School located in La Garriga 25mins from BCN PRO Residence with daily school bus connections.

SEK International Schools are committed to offering each student a learning experience focused on personal perfection, preparing for success

SEK schools are multilingual and were the first schools in Spain to implement the International IB programs

SEK has a long-standing tradition of innovation in its educational model, placing us among the best schools in the country since our establishment in 1892.

SEK offers the possibility of boarding.







Providing boarders students with a warm, friendly and welcoming environment is the main objective of the professionals in charge of the SEK-Catalunya International Boarding House.

Every day we strive to offer our boys and girls a **unique experience of learning and personal growth**, in a **multicultural** and diverse environment where we learn from each other, take care of each other, have fun and grow through shared living experiences.

At the Boarding House we offer real-life experiences with students from many different countries, customs and cultures who have different ways of thinking and acting.

We learn to empathize and tolerate, attributes that are undoubtedly needed to facilitate global mobility.

Teaching at SEK International school is focused on learnings for real life, offering students all the tools they need to prepare for the future, combining arts, sports and technological activities...



## **B** High School - Blended Program

The blended program is an american curriculum program where athletes have full access to the Nebraska High School blended learning programme, which combines online education with face-to-face classes.

These blended learning programs are available for students from ages 14 to 18 (ninth to 12<sup>th</sup> grade). This is a program that allows our players to commit to our high performance program where morning and evening sessions are crucial.

Our athletes can pursue their passion, whilst also getting a top level academic education.







# Spanish curriculum

St Miquel Private School

Sant Miquel School is the most renowned school in Vic.

5 minutes walking from BCN PRO Residence, this is the best option for spanish speaking athletes but also for those athletes that want to immerse in the catalan culture.

Founded in **1862**, is an integrated modern school that covers all stages, from preschool (3-6 years) primary (7-12 years), as well as secondary (13-16 years) and high school (17-18 years).







# Gap Year programme

## Spanish language programme

A Gap Year programme immerses our athletes in the Spanish language, teaches them key language skills and provides them with the opportunities to put these skills into daily practice.

The Gap Programme enables to spend several months not only studying the language but experiencing the culture and customs of our country.

Athletes will come into contact with a set of attitudes, cultural norms and social values that will differ from their own.







# US College programme

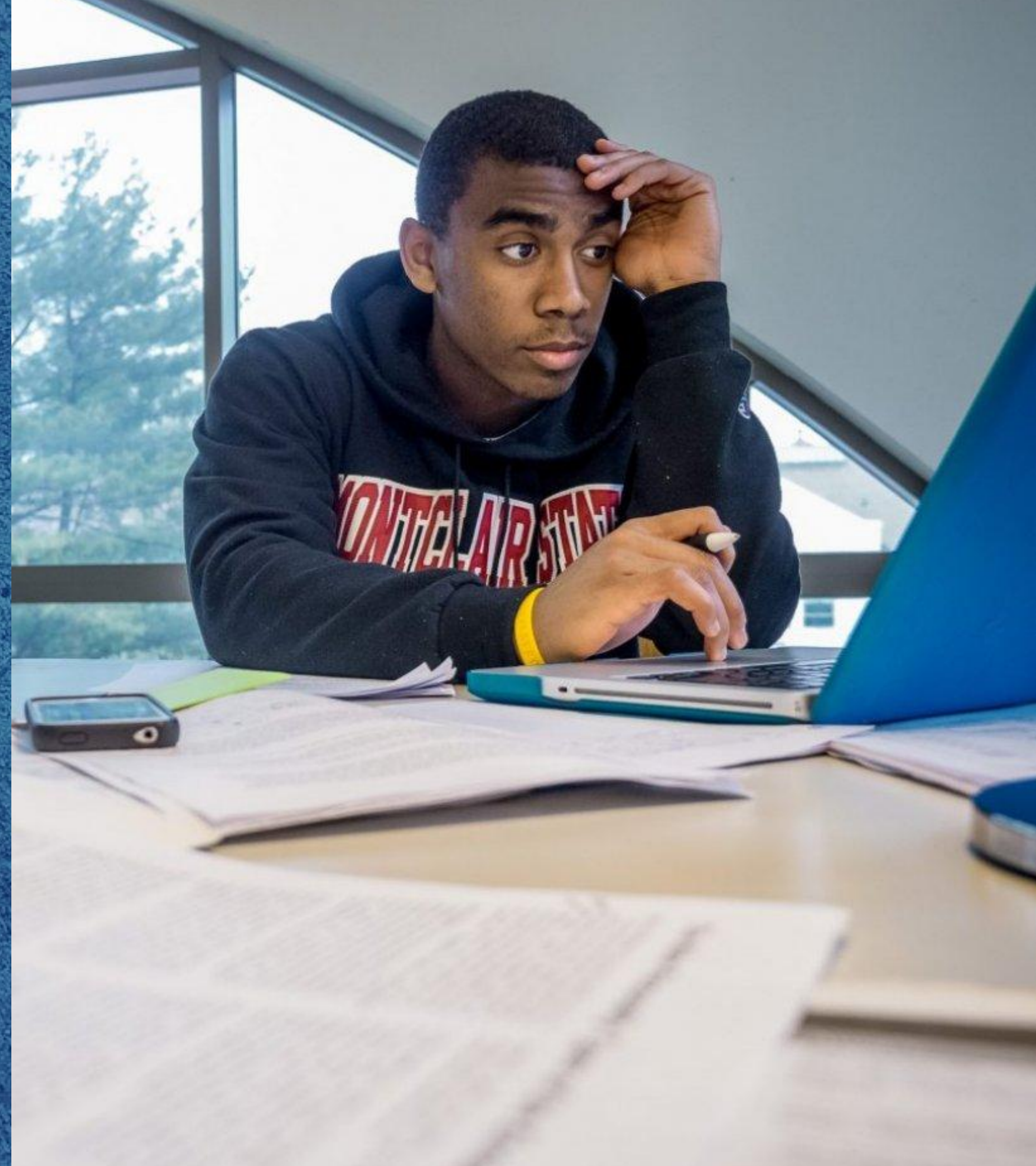
US College online programme

Online degrees are becoming a popular option for international students looking to advance their education.

They cover a wide range of educational subjects and are offered by several different universities throughout the United States, United Kingdom and the world.

Whether a student is pursuing an undergraduate degree or a graduate degree, they will find studying online offers benefits and opportunities.

You will study at your own pace with the help of our tutors while you commit yourself to a demanding soccer program.







# 03

## Sports Programs



# SPORTS PROGRAMS

The training programs are based on the following fundamental principles:

## Group training sessions

- Game structure development
- Technical strategies
- Game moments (offensive, defensive)
- Tactical strategies
- System strategies

## Sports content

- Development of each player's objectives
- Games and trainings analysis
- Values
- Individual and team-based tactics
- Match play
- Nutrition
- Physical preparation and conditioning
- Psychomotor skills
- Preventing injuries & recovery
- Sports psychology

## Individual training in small groups

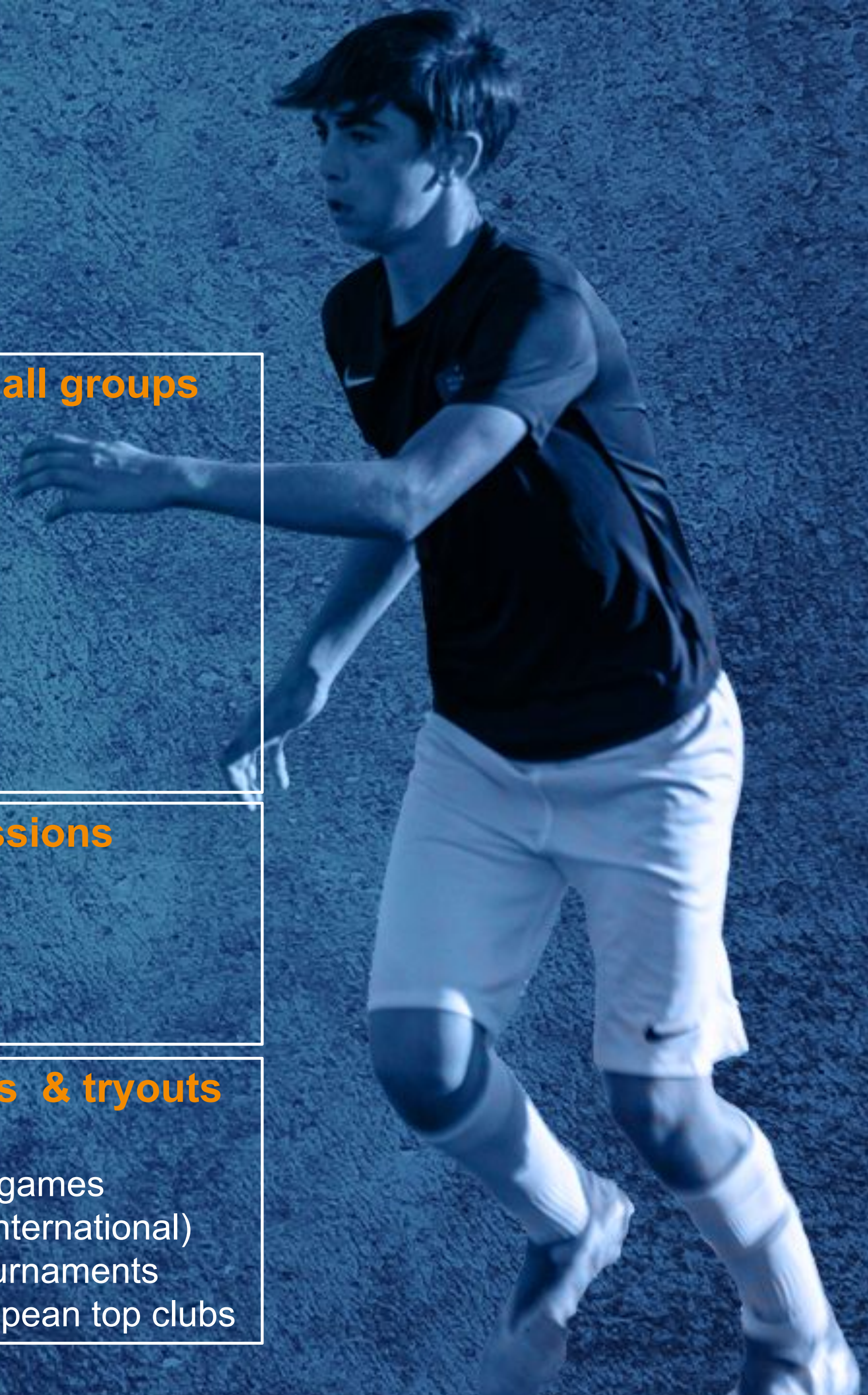
- Player structures development
- Technical structure
- Tactical structure
- Systemic structure
- Conditional structure
- Shooting
- Psychological structure

## Theory analysis sessions

- Constant evaluation of player
- Theory
- Athlete's psychology


## Competition, tournaments & tryouts

- Official spanish/catalan league games
- Friendly games (national and international)
- Participation in international Tournaments
- Showcase with clubs from European top clubs





# EXAMPLE OF WEEKLY SCHEDULE

DAY	SUN OCT 31	MOND NOV 1	TUE NOV 2	WED NOV 3	THU NOV 4	FRI NOV 5	SAT NOV 6
8:30h-9:00h	BREAKFAST 	BREAKFAST 	BREAKFAST 	BREAKFAST 	BREAKFAST 	BREAKFAST 	BREAKFAST 
9:00h-10:00h		RECOVERY TRAINING 	TECHNIFICATION TRAINING 	GYM TRAINING 	VIDEO ANALYSIS 	TECHNIFICATION TRAINING 	FREE TIME OR GAME   
10:30h-14:00h		STUDY TIME 	STUDY TIME 	STUDY TIME 	STUDY TIME 	STUDY TIME 	
14:15h-15:15h		LUNCH 	LUNCH 	LUNCH 	LUNCH 	LUNCH 	
16:00h-17:00h			FREE TIME ACTIVITY				
17:00h-18:00h	GAME 	GROUP TRAINING		GROUP TRAINING	GROUP TRAINING	GROUP TRAINING	
18:00h-20:30							
20:30h-22:00h	DINNER 	DINNER 	DINNER 	DINNER 	DINNER 	DINNER 	DINNER 

The weekly schedule is adapted to every player





# 04

## Facilities



# Academy Facilities



**Bcn PRO Soccer has several facilities in different locations throughout the Osona, Garrotxa and Anoia region in the Barcelona Province.**



**Unlike other clubs we are able to practice soccer in the best conditions at the best times of the day.**





# The Fields



Last generation artificial Turf Field with Field Lighting



The complex offer the perfect location for our BCN PRO players.







05

BCN PRO  
Residence





# BCN PRO Residence

## The city of Vic

The BCN PRO Residence is located in the heart of the Vic, a medieval city with a population of 45.000 people. Its strategic geographical situation makes it ideal as its just 45 mins from Barcelona and 1h from the French border.

The climate is mild during summer. Winters are not very long and temperature seldom drops below 5C.

## The building

The BCN PRO residence is located in a modernized Seminar in Vic, just a few minutes walking from the city center.

The **residence** is a large and unique building, whose history and background have made it a key part of the city of Vic. This character and personality has been maintained throughout the years and have made Seminari Vic a one-of-a-kind space in the city.







# The Rooms



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The bedrooms at Seminari Vic have all of the commodities needed so that our students feel at home.

The bedrooms are triple and quadruple with air conditioning and Wi-Fi.

Showers for the exclusive use of our athletes.

Athletes will be provided with room linen (sheets, duvet and towels) as well as weekly room cleaning.

All of the bedrooms are exterior, bright, and have great views.

Rooms are available for the academic year (September to June 15th)





# The Common areas

The **BCN PRO Residence** offers comfortable areas, ideal both for reading and studying. It also has a reading hall with 7,000 catalogued volumes.

The **library** offers also lending book service.

Our students get breakfast, lunch and dinner in **buffet**-style at the **restaurant**.

It has various lounges and common areas where our players can relax and meet up with friends.

It also has a 24-hour **gym** that together with our technical staff will be the place where our players will improve their physical condition.





# 06

## Prices



# Long Term Program Options

**A**

## IB Program SEK International School

- SEK International School
- Full boarding residence in double rooms in SEK
- 24/7 care service.
- Legal tutor
- Full sports program.
- Transportation
- Laundry service

10 months: 44.900€

**B**

## IB Program SEK BCN PRO Residence

- SEK International School
- Full boarding residence in double/triple rooms in BCN PRO Residence.
- 24/7 care service.
- Legal tutor
- Full sports program.
- Transportation
- Laundry service

10 months: 37.900€

**C**

## High school Blended BCN PRO Residence

- Online High School Program (US curriculum)
- Full boarding residence in double/triple rooms in BCN PRO Residence.
- 24/7 care service.
- Legal tutor
- Full sports program.
- Transportation
- Laundry service

10 months: 34.900€

**C**

## Gap Year BCN PRO Residence

- Full boarding residence in double/triple rooms in BCN PRO Residence.
- Language program.
- 24/7 care service.
- Legal tutor
- Full sports program.
- Transportation
- Laundry service

10 months: 29.900€

**D**

## High school Blended Program Girona

- Online High School Program (US curriculum)
- Full boarding residence in Girona FC Residence.
- 24/7 care service.
- Legal tutor
- Full sports program.
- Transportation
- Laundry service

10 months: On demand

\* **Registration Fees**

900€ for the 10 month (Adds to price for 1<sup>st</sup> year only)



# The **Short Term** programs

**A**

## Full Boarding Sports Program

- o Full boarding residence in multiple rooms with 24/7 care service.
- o National/international games/tournaments
- o Individual training and video analysis.\*\*\*
- o Conditional training.\*\*\*\*
- o Individual nutritional plan and more \*\*\*\*
- o Leisure activities
- o Transportation to and from airport and trainings

	LEVEL UP	NEXT LEVEL	PRO LEVEL
3 week:	2.690€	3.340€	3.990€
2 week:	1.690€	2.600€	3.100€
1 week:	1.200€	1.640€	1.790€

**A**

## Sports Program

- o Sports program.
- o National/international games/tournaments
- o Individual training and video analysis.\*\*\*
- o Conditional training.\*\*\*\*
- o Individual nutritional plan and more \*\*\*\*
- o Leisure activities
- o Transportation to trainings

	LEVEL UP	NEXT LEVEL	PRO LEVEL
3 week:	1.490€	2.640€	2.990€
2 week:	1.090€	1.840€	2.590€
1 week:	650€	1.040€	1.790€

**A**

## Off season Program

- o These 1 or 2 week programs are the best way for players to feel how it is to be a BCN PRO player.
- o Players will stay at our residence and live the same experiences as our players throughout the season.

2 week:	2.390€**
1 week:	1.290€**

\*\*\* For NEXT & PRO Level programs.

\*\*\*\* For PRO Level program.





# 07

## Contact





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