



**FC ANDORRA
ACADEMY**





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.





HOW TO GET ACCES AND WHO IS IT FOR?

The first step is to click '**SCHEDULE A CALL**' in the last page.

Parents must be present—we do not take calls with the player alone. Also, make sure you're at home during the call.

This opportunity is for players between 11-23 years old committed to spending a full season in Spain.

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 ALVAREZ
VILLARREAL CF



NIL GARRIDO
REAL BETIS



IVAN MARTOS
UD ALMERIA

A LEGACY OF SUCCESS

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 professional 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 development 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





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.



COMPREHENSIVE PLAYER SERVICE



FCA RESIDENCE



FC ANDORRA EXPERIENCE



REPORTS



CLUB TEAM INTEGRATION



SPORTS PROGRAM



METHODOLOGY AREA



CONDITIONAL AREA



NUTRITIONAL AREA



PSYCHOLOGY AREA



HEALTH-PREVENTION AREA

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

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-200 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-200 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.



FCA ACADEMY

FC ANDORRA EXPERIENCE

FCA ACADEMY















SCHEDULE A CALL