



IN COLLABORATION WITH REAL SPORTING DE GIJÓN



1st EDITION

WIMS SELECT - NORTH ATLANTIC, USA | AUG, 2025



MAIN FOCUS

Our program was built with 1 main goal in place - to give our players the material necessary for their **DEVELOPMENT**.

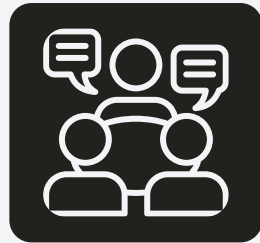


METHODOLOGY

Daily masterclasses taught by Real Sporting de Gijón professional coaches

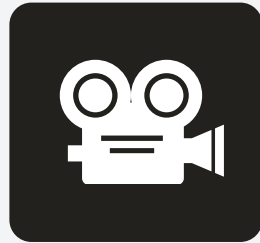


MASTER CLASSES



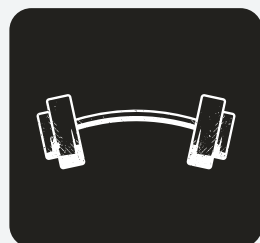
CLUB METHODOLOGY

Information on how the host club runs their Meso/Micro cycles and how their playing style is. An overview of Spanish methodology.



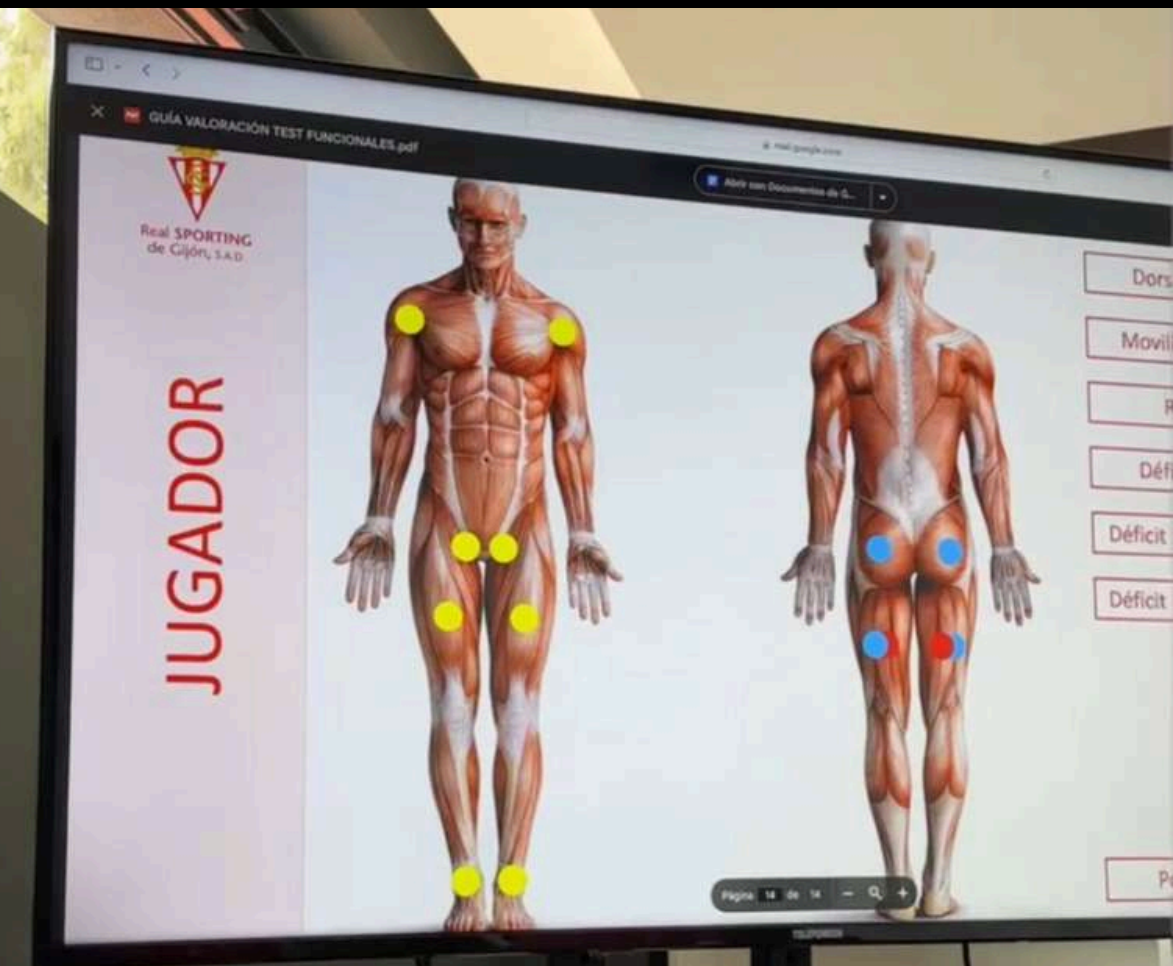
VIDEO ANALYSIS

Analyzing the games and training sessions for a visual look on specific plays both mistakes and good actions.



PHYSICAL TRAINING & RECOVERY

Understanding the importance of when to do which exercise at each given moment. Before and after training, before and after matches.





OUR HOME FOR 10 DAYS

OFFICIAL TRAINING GROUNDS OF REAL SPORTING DE GIJÓN



TRAINING PLAN



TRAININGS

MATCHES

RECOVERY

DOUBLE SESSIONS

- Daily double sessions with specific practices planned out before hand by the Real Sporting coaches.
- Controlled environment with physical load metrics directed by the physical trainers of the club.
- Mixed in gym plyometric activations + mobility exercises + specific upper body workout to level our cortisol levels.
- Light recovery sessions working on specific habits to ensure 100% on game days.





COMPETITION



3 MATCHES AGAINST ACADEMY CLUBS



LEARNING PROCESS



CLOSING CEREMONY



BROTHERHOOD