

Beach Volleyball Training Barcelona - Castelldefels

*Train in an European Sports city
& enjoy also his culture, gastronomy and "fiestas" !*



*Long sandy beaches and Mediterranean weather...
Barcelona is the ideal place to play over the year!*

Beach Volleyball program

Supervised by beach volley professionals, this course daily combines **technical and tactical** content to full fill your needs. Depending on your level and your wishes, our trainers will offer you **personalized sessions with video analysis** and optimal training conditions with **1 coach for 6 to 8 players per court**, all to help you to progress faster! Open to local and foreign players, the training sessions will be of 2 hours, in **English, Spanish, German and French**. Depending on your trip dates, you will have the possibility to participate in local tournaments suitable to your level.



There are tournaments organized in the area of Barcelona, every weekends.

Most of the tournaments are open for all category: MALE / FEMALE / MIXED in 2x2 and some 4x4 through AMATEUR & PRO's

Our beach volley training camps include :

- 8 Training sessions x 2 hours from Monday to Friday
- Technical and tactical advises with videos analysis and matches everyday
- 16 hours in total supervised by professional high level coaches
- Max 8 players/coach (International & local players)
- Languages spoken during the camp: Spanish & English

Others activities

We offer you a wide range of **sporting and cultural activities** to complement your day with: **language courses, visits** of Barcelona, Sitges, Montserrat... **water sports** (wakeboarding, kitesurfing, windsurfing), but also tennis, golf, mountain **bike**, rollerblading...

Accommodations

Selected with a lot of requirements, our private apartments, hotel's rooms and host families offers are made to suit your own needs and make sure your will be enjoying your stay !

Do not hesitate to contact us for more information!