



**Silk Road** sports  
experience group



# Football Education Camps



## Stefan Maria Gast

Stefan Maria Gast is the General Manager of Silk Road Experience Group, Sports.

He conceived according to specifications of the DFB (German Football Federation) the training camp of the German National Soccer Team for the World Cup in Brazil 2014, one of the milestone of the success of Germany.

*“Our core philosophy is, and will always be, to make this world a better place by sports.”*

*“Welcome to our Silk Experience Group football and soccer training courses. We combine four aspects of personal growth in this programme:”*

- Personal fitness and techniques
- Understand soccer as a team strategy
- Understanding and experiencing of host cultures
- Personal inner growth: *challenge, fairness, teams*

To achieve these goals, we offer in 2018 this balanced program in the beautiful city of Madrid.

# Characteristics

- ❑ For boys & girls (ages to 12-14) students who have fun playing football and want to improve
- ❑ Duration: 1 week to 1 month
- ❑ Group number: 15-18 adolescents
- ❑ Program developed at China, Brazil, Germany and Spain
- ❑ Content and languages adapted to the nationality of the incoming groups
- ❑ Culture, habits, kind of food... everything is taking into account



# The program includes

Accommodation / Full Board

Double rooms

All transfers: arrivals / departures and also during the program included

2 kits clothing training (no shoes included)

Logos Football club / sponsor / promoter SREG

Nutritional counseling, adapted to the habits of origin country

Physical tests: strength, speed, flexibility, endurance

- Full medical insure
- Medical supervision in the training units
- Graduation certificate
- Enrollment as a member of the SREG Football Academy
- Enrollment in a federated competitive soccer club



# Training

Progressive training in specific position for improving tactical, technical and physically.

Monday to Saturday in the morning and evening.  
1 day of leisure and sightseeing.

Professional coaches recognized from first level (Uefa certified) lead and manage the programme.

- One competition
- Continued support in the aspects of soccer program by a personal professional coach
- Player progress evaluation
- Individually video analyze





# General Scheme of the Camp – Example of 1 week camp

## Day of arrival

Getting to know the installations / to get familiar with the program and the teachers

**6 days / similar daily routine program ( as proposed ) and 1 day of leasure**

Except:

- 1 day / Competitions - Game / Football Tournament
- 2 times special lessons Silk Road

## Visiting to Madrid during free time

**Sightseeing of the city including: Santiago Bernabeu Stadium and Real Madrid Museum**

## Day of departure \*

\* Plan will be adapted depending of the final schedule of arrival and departure



# 1 Day Routine\*

7.30 Waking up / get up

8.15 Breakfast

9.00 Meditation

10.00 First training session

11.30 End of morning training session

11.45 Rest / Break Snacks

12.00 Medical examination / health check

End of the morning program

12.30 / 12.45 Free time / Leisure

13.45 Lunch

14.30 Free time / Leisure

17.00 Second Training Session

18.30 End of afternoon training session

18.45 Rest / Break Snacks

19.00 Free time / Leisure

21.00 Dinner

21.45 Free time / Leisure

22.45 Night sleep / go to sleep

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\* 5 days a week school class (60min)

15.30 3 times: Football theory and tactics / Sports Psychology (1<sup>st</sup>, 3<sup>rd</sup>, 5<sup>th</sup> day)

19.30 Twice: Self-knowledge (2<sup>nd</sup>, 4<sup>th</sup> day)

\*Timetable will be adapted depending of average age of the group and sightseeing activities



# Program Addons

## Be one of us

How to live with and understanding locals  
Explore the city (Culture bike excursion to the city)

## Having fun

One day visit of a attraction-park (beach, nature...)  
Two culture evenings (cinema / theater / music)

## Be some more

Every morning before training, meditation (20 min)

## Going far beyond

- Twice during the training camp: reflection lessons (60 Min):  
Special Workshop: *“What could it mean to be a soccer star?”*  
(Inviting a famous football player )
- Self-knowledge : What does it mean to win or loose?  
(Conducted by a teen psychologist)

*“SREG methodology to make better persons for the future, building a better world together”*





# Our philosophy and final objective

We want to build intelligent players, who make the right decisions when faced with an array of options in play.

In the student's journey, happiness and excitement should always be a priority. We want the kids to have a creative outlet, to love soccer and to reap the rewards of a process that will accompany them through the rest of their sporting and emotional development.

Our job is to guide, discover and demand what each player is capable of contributing. To shape and polish their talent and offer them as many options as possible so they can learn which is the right path to take.

The player should learn to make decisions, know the limits of their talent and potential, continually self-manage and self-critique, understand what they are capable of and work within a group that will also serve their personal development.

***“We want to make good people and magnificent footballers”***



# SREG: The 6<sup>th</sup> Sense

## **Silk Road teaches Intuition**

Education through Silk Road values seek for the awakensness of the Sixth Sense walking the road of the five senses. Silk Road guides our life path focusing on balance and self-knowledge.

The Sixth Sense evokes ilusion, optimism and inspiration to reach growth via simplicity. Emotions compose the inner souls and spirits of this Sixth Sense.

## **Teamwork makes the Dream work**

Silk Road reclutes the best trainers, educators and partners with the same goal objective. The goal which allows to a student that his deepest dreams become a reality.



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