

 **IKERCASILLAS**  
ACADEMY

# SPRING CLINIC

HOSTED BY



## OUR VISION

Iker Casillas Academy **aims** to position itself as the most relevant academic and sports project in the European football market, offering a service that goes beyond the technical training of the players.



## OUR VALUES

The **philosophy** of the **Iker Casillas Academy** is shaped by the values that have marked Iker's entire career. Values that go beyond the football field, are present in everyday life and that will be essential in the progress of the player's training.

HUMILITY

EFFORT

INCLUSION

RESPECT

COMMITMENT

FELLOWSHIP





## A DREAM SHARED BY IKER CASILLAS



"I STARTED PLAYING FOOTBALL WHEN I WAS 4. AT ONLY 6 YEARS OLD, I JOINED THE JUNIOR TEAM OF REAL MADRID. NOW THAT I HAVE LIVED A CAREER OF 20 YEARS AS A PROFESSIONAL FOOTBALLER I REALIZE THAT THE **SUCCESS** HAS BEEN THE **RESULT OF THE EFFORT OF MANY AROUND ME** THAT HAVE HELPED ME TO IMPROVE, NOT ONLY MY SPEED OR MY REFLEXES, BUT CONTRIBUTING TO **SHAPE ME AS A PERSON**.

ONE OF MY **DREAMS IS TO HELP** CHILDREN, YOUNG PEOPLE AND PROFESSIONALS FROM ALL OVER THE WORLD TO SUCCEED AS ATHLETES IN AN HONEST AND VALUE-BASED WAY. WITH THE IKER CASILLAS ACADEMY PROJECT I FEEL THAT I AM PASSING ON PART OF WHAT I HAVE LEARNED. I WOULD LIKE TO TEACH MANY OF THEM TO **ENJOY FOOTBALL**, A SPORT THAT IS **PASSION, EDUCATION, TEAMWORK, EFFORT** AND ABOVE ALL, **RESPECT**; TO ACCOMPANY THOSE WHO ONE DAY COULD MAKE THIS DREAM THEIR LIVELIHOOD ON A PATH THAT IS NOT FREE OF DIFFICULTIES AND OBSTACLES.

THIS PROJECT IS AN **INTERNATIONAL PROJECT**, WHERE WE WANT TO TRAIN PLAYERS FROM ALL OVER THE WORLD. IN ADDITION, THE IKER CASILLAS FOUNDATION, WHICH I HAVE CHAIRED FOR MORE THAN 8 YEARS, WILL GIVE YOUNG PEOPLE WITH LIMITED ECONOMIC RESOURCES THE OPPORTUNITY TO PARTICIPATE IN THESE PROGRAMS, BY GRANTING SCHOLARSHIPS.

THIS IS A DREAM THAT WAS BORN THANKS TO THE EFFORT AND ABOVE ALL THE ENTHUSIASM OF MANY PARTIES INVOLVED: THE FOUNDATION'S TEAM, EDUCATIONAL INSTITUTIONS, COACHES, PARENTS, CHILDREN, SPONSORS...  
**A PROJECT OF SHARED HOPES AND DREAMS.**



Iker Casillas Fernández

A handwritten signature in black ink, appearing to be 'Iker Casillas Fernández'.



## PROGRAMS BORN IN WORLD ELITE FOOTBALL

Program methodology led by **Iker Casillas**, **Juan Canales**, former goalkeeping coach of Real Madrid CF for over 5 seasons, and **Josué Linares**, goalkeeping coach with more than 12 years of experience in professional clubs worldwide.



**IKER CASILLAS**

Former Real Madrid CF, Spain and FC Porto goalkeeper

**Not coaching but will visit the Spring Clinic in Westminster**



**JUAN CANALES**

Former Real Madrid CF

**Leads Coaching Methodology remotely from Spain**



**JOSUÉ LINARES**

Coaching Director

**Leading a team of AMMSG coaches at the Spring Clinic in Westminster**

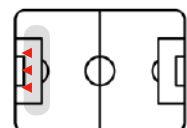
**High-performance elite methodology** that enhances players' performance through the implementation of new technologies and processes, developed and led by the technical team encompassed by prominent figures such as **Iker Casillas, Juan Canales and Josué Linares.**

## AN **INNOVATIVE** METHODOLOGY DESIGNED FOR ALL AGES

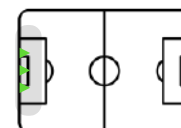
Always linked to the values of sports, the methodology has been designed by experts in the sports sector with the aim of **developing and enhancing the player's qualities.**







## TECHNICAL-TACTICAL DEFENSIVE



## TECHNICAL-TACTICAL OFFENSIVE

SPECIFIC

SPECIFIC

CATCHING

REBOUNDING

CONTROL

PASSES

FRONTAL/BOUNCING

LOW/HIGH

ORIENTED

THROWS

DIVING

DIVING

CLASSIC

FEET

DECISION MAKING

DECISION MAKING

AERIAL GAME

1 VS 1

AERIAL CATCHING

BODY SHAPE

CLEARANCE

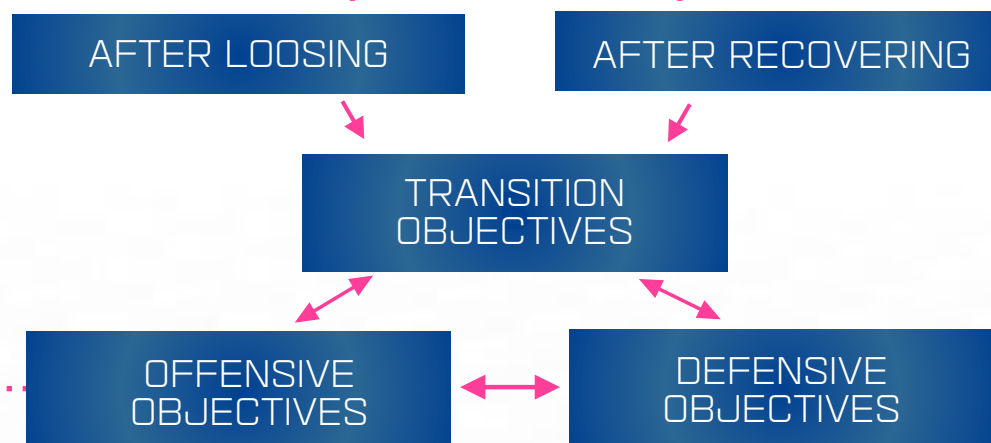
DECISION MAKING



## OFFENSIVE PHASE

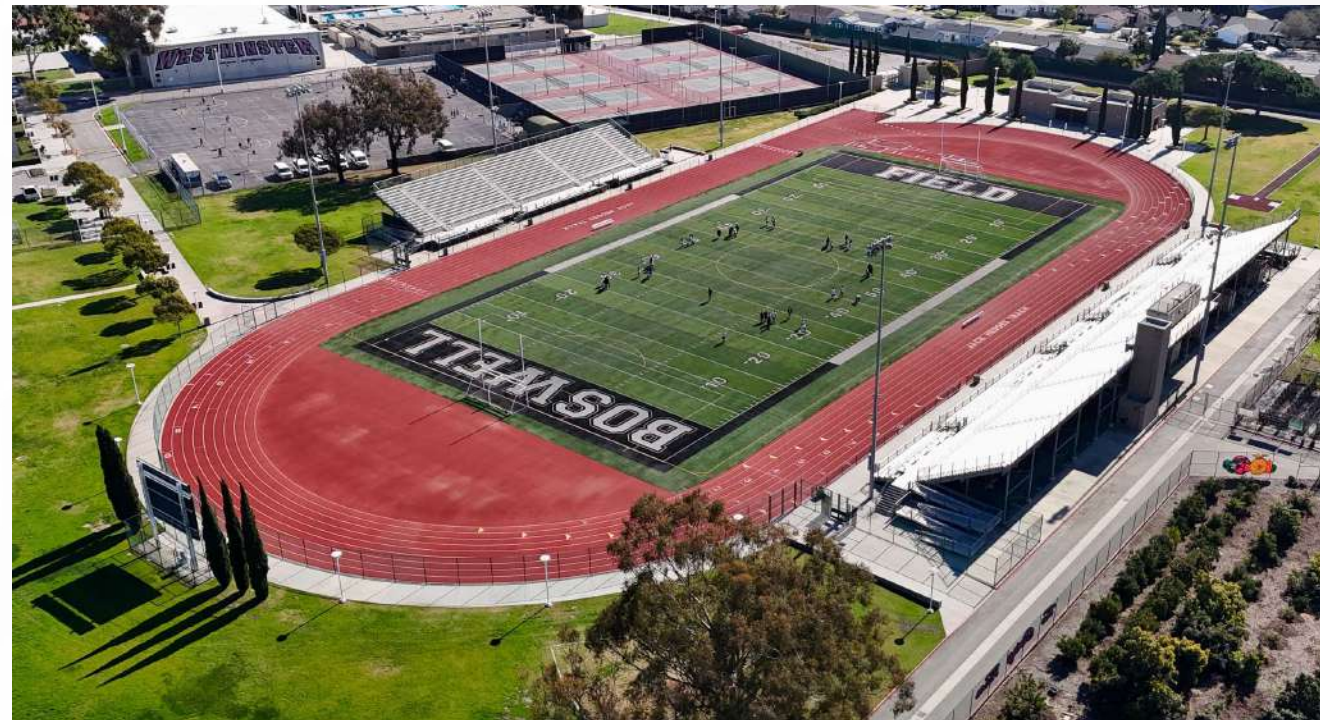
GAME START  
CONSTRUCTION  
PATHS TO ARRIVAL  
AND FINISHING

## TRANSITIONS



## DEFENSIVE PHASE

BALL RECOVERY  
AVOID  
CONSTRUCTION  
CLOSE ARRIVAL  
PATHS AND  
PREVENT FINISHING



**BOSWELL STADIUM**  
AT WESTMINSTER HIGH SCHOOL (HBUHSD)  
ASTONISHING SPORTS COMPLEX IN WESTMINSTER, CALIFORNIA.



# SCHEDULE

| TIME  | FRIDAY 19th                              | TIME  | SATURDAY 20th              | TIME  | SUNDAY 21st            |
|-------|--|-------|----------------------------|-------|------------------------|
| 17:30 | Meeting Players                          | 10:30 | Meeting Players            | 08:30 | Meeting Players        |
| 17:45 | Opening Ceremony                         | 11:00 | Training 3                 | 09:00 | Training 5             |
| 18:00 | Training 1                               | 11:50 | Snack time                 | 09:50 | Snack time             |
| 18:50 | Snack time                               | 12:00 | Training 4                 | 10:00 | Training 6             |
| 19:00 | Nutrition, Strength and Recovery Session | 13:00 | <b>IKER CASILLAS VISIT</b> | 11:00 | Video Training Session |
| 20:00 | Training 2                               | 14:00 | Players pick up            | 11:45 | Closing                |
| 21:00 | Players pick up                          |       |                            | 12:00 | Players pick up        |

## WHAT DOES THE SPRING CLINIC INCLUDE?

- Official Iker Casillas Academy Kit
- Official training sessions delivered by the ICA Coaches plus an official certificate of completion.
- Technical and analysis video session
- Educational workshop by AMSEG Futbol Club Physical Therapist
- Prizes will be awarded to recognize players for top performances both on and off the field.





> > > WANT TO REACH THE NEXT LEVEL?

# SPRING CLINIC LOS ANGELES

19, 20, 21 APR 2024

GOALKEEPERS  
& PLAYERS

BOTH GIRLS  
& BOYS

FROM AGES  
10 TO 18

> > > REGISTRATIONS **OPEN!**

> > > LIMITED SPOTS

EARLY BIRD PRICING - \$350

GENERAL SIGN UP - \$375

LATE SIGN UP - \$400

[LINK](#)



PARTNERS





[WWW.IKERCASILLASACADEMY.COM](http://WWW.IKERCASILLASACADEMY.COM) | [INFO@IKERCASILLASACADEMY.COM](mailto:INFO@IKERCASILLASACADEMY.COM)