ONEflow Sports

REGISTRATION DEADLINE 30 JULY 2026



ONEFLOW SPORTS | FOOTBALL ACADEMY

# ELITE ACADEMY IMMERSION WEEK

*Six days inside a football academy. For players and families.*

**DATES**
**24 TO 29 AUGUST 2026**

**FOR PLAYERS**
**MINIMUM AGE 12**

**LOCATION**
**SOMA BAY, EGYPT**



THE IMMERSION WEEK

# FOR PLAYERS AND FAMILIES

A six-day academy immersion program giving players and parents insight into the academy's approach to individual football development, performance habits, game understanding, dual-career planning and international player pathways.

WHO IT IS FOR

**PLAYERS**
Minimum age 12

**FAMILIES**
A combination of leisure, sport and academy lifestyle in Soma Bay

TWO PROGRAMS, EQUAL WEIGHT

## PLAYERS' PROGRAM

- Individual football development
- Performance habits
- Game understanding
- Dual-career planning

## PARENT PROGRAM

- Leisure, sport and academy lifestyle
- Selected player and parent conversations
- Roadtrip, footgolf, boat trip and social events

PROGRAM OVERVIEW

# THE 6-DAY JOURNEY

24 TO 29 AUGUST 2026 · SOMA BAY

*Six days, two tracks. Players and parents, side by side.*

DAY 01 MON 24 AUG

## THE INDIVIDUAL AT THE CENTRE

**PLAYERS**

Arrival, academy introduction, football baseline session, individual goal-setting meetings, welcome gathering

**PARENTS**

Welcome, academy introduction, selected individual meetings, beachside welcome gathering

DAY 02 TUE 25 AUG

## TECHNICAL QUALITY UNDER PRESSURE

**PLAYERS**

High-intensity football training, individual technical work, development conversations, mobility and recovery

**PARENTS**

Free time: golf, tennis, padel, beach or walking

DAY 03 WED 26 AUG

## FAST CHOICES AND CONFIDENCE

**PLAYERS**

Small-sided football games, decision-making training, individual conversations, beach volleyball

**PARENTS**

Free time: golf, tennis, padel, beach or walking

DAY 04 THU 27 AUG

## RELATIONSHIPS, COMPETITION AND ENJOYMENT

**PLAYERS**

Soma Bay roadtrip, team challenges, footgolf, social dinner, evening football session

**PARENTS**

Join roadtrip, footgolf, dinner and evening football experience

DAY 05 FRI 28 AUG

## READING THE GAME AND MAKING BETTER CHOICES

**PLAYERS**

Game-understanding football session, individual dual-career conversations, boat trip in the bay, diving and snorkeling, recovery

**PARENTS**

Join selected conversations, boat trip, diving, snorkeling and beach experience

DAY 06 SAT 29 AUG

## NEXT STEPS

**PLAYERS**

Match-related football training, final individual conversations, beach volleyball challenge, closing ceremony

**PARENTS**

Join selected conversations, closing ceremony and final social event



THE FOOTBALL PROGRAM

# INDIVIDUAL DEVELOPMENT AT THE CENTRE

THE APPROACH

**01** INDIVIDUAL FOOTBALL DEVELOPMENT

**02** PERFORMANCE HABITS

**03** GAME UNDERSTANDING

**04** DUAL-CAREER PLANNING

**05** INTERNATIONAL PLAYER PATHWAYS

TRAINING ELEMENTS

| | |
|---|---|
| BALL MASTERY | FINISHING |
| PASSING AND RECEIVING | MOVEMENT QUALITY |
| FIRST TOUCH AND SCANNING | POSITION-SPECIFIC WORK |
| SMALL-SIDED GAMES | FAST DECISION-MAKING |
| TRANSITION MOMENTS | MATCH-RELATED TRAINING |
| 1V1 ATTACKING AND DEFENDING | |

DUAL-CAREER CONVERSATIONS

*Individual conversations covering:*

Football ambitions · Education and personal development · International transition · Family support · Life beyond football

THE COACHING

Training program delivered by an ex-professional player and UEFA-licensed coaches, with ONEflow Sports Academy Directors on the ground.





THE EXPERIENCE

# SPORT, LIFESTYLE AND EDUCATION

*What is included, and what can be booked on site.*

## INCLUDED IN THE PRICE

- Full board at the Sports Hotel (Kaktus)
- Shuttle within Soma Bay
- Training program with an ex-professional player and UEFA-licensed coaches
- Social activities
- Introduction to Soma Bay's sport, lifestyle and education
- Transport from the airport
- Snorkeling and yacht experience
- Private beach
- ONEflow Sports Academy Directors on the ground
- Information on all academic questions

## ADDITIONAL SPORTS, BOOKED ON SITE

- Golf (ranked #92 worldwide)
- Padel courts
- Tennis (ATP venue, with ex-pros)
- State-of-the-art fitness facility

*All bookings are made on the ground; coordination and sport utilization are organized on site.*



SECURE YOUR PLACE

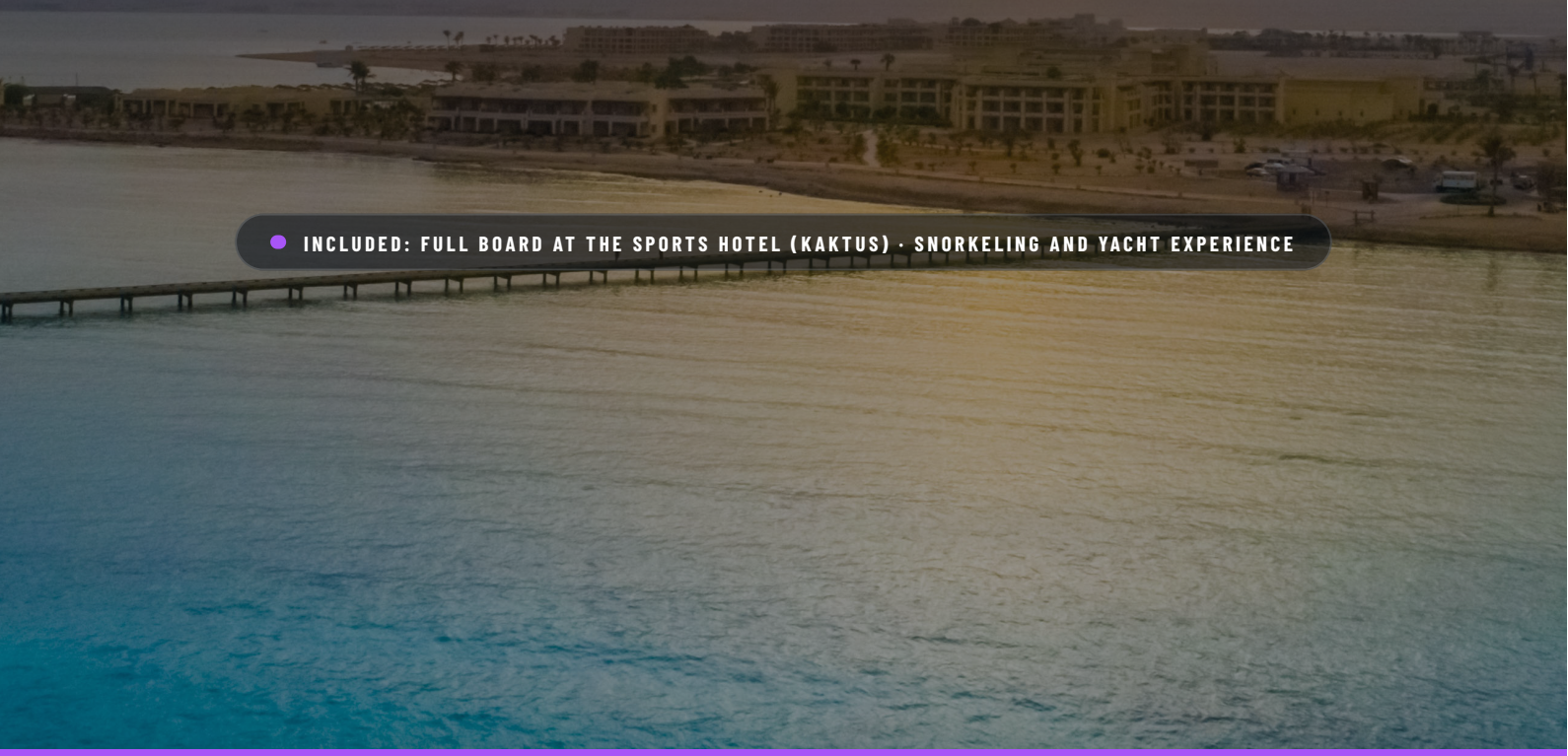
# JOIN THE ELITE ACADEMY IMMERSION WEEK

| DATES | LOCATION | FOR PLAYERS |
| --- | --- | --- |
| 24 TO 29 AUGUST 2026 | SOMA BAY, EGYPT | MINIMUM AGE 12 |

## ACCOMMODATION AT THE SPORTS HOTEL (KAKTUS)

| SINGLE ROOM | DOUBLE ROOM | TRIPLE ROOM |
| --- | --- | --- |
| €120 | €100 | €85 |
| PER PERSON, PER NIGHT | PER PERSON, PER NIGHT | PER PERSON, PER NIGHT |

**TRAVEL AND VISA** Visa and travel information for participants from Kenya: **visasin.com/kenya/egypt**



INCLUDED: FULL BOARD AT THE SPORTS HOTEL (KAKTUS) · SNORKELING AND YACHT EXPERIENCE

## REGISTER BY 30 JULY 2026

**ONEFLOW SPORTS EAST AFRICA**
east-africa@oneflow-sports.com
oneflowsports.com

ONEflow Sports