

BFC HIGH PERFORMANCE CAMP

Train Like the Pros

Elite Training | Advanced Coaching | Premier Football Environment



INTRODUCTION

Step into the World of Pro Football

The BFC High Performance Camp is not just another football training programme it's a transformational experience built around professional standards and expert coaching.

Whether you're a player, coach or an academy owner, this is your gateway to be part of one of India's most professionally run football ecosystems.

Our exclusive residential programme is designed for young players who want to push their limits, widen their understanding of the game and experience the mindset of being a professional footballer. With licensed coaches, premium infrastructure and a comprehensive development curriculum, this camp is a game-changer for young athletes on the rise.



CAMP OVERVIEW

DURATION: 1 WEEK

AGE GROUP: 10 - 18 YEARS

SKILL LEVEL: INTERMEDIATE TO ADVANCED

CAPACITY: 30 PLAYERS PER CAMP

COACH-TO-PLAYER RATIO: 1:15

CAMP STRUCTURE

SESSION TYPE	FOCUS AREA
PHYSICAL CONDITIONING	STRENGTH, SPEED, ENDURANCE
TECHNICAL / TACTICAL	PASSING, SHOOTING, GAME SCENARIOS
CLASSROOM / VIDEO	TACTICAL CONCEPTS, MATCH ANALYSIS
TEAM PLAY / MATCHES	GAMEPLAY, COMMUNICATION, TRANSITIONS
RECOVERY AND REST	YOGA, POOL, STRETCHING

THE CAMP INCLUDES:

- ◆ Daily Focus Themes
 - ◆ Individual Performance Testing
 - ◆ Player Monitoring and Feedback
- ◆ Nutrition and Recovery
 - ◆ Sports Psychology sessions

COACHING STAFF & FACILITIES

**Train With Expert BFC Coaches with Proven Methods
Curriculum designed by-**



JASON WITHE

HEAD OF YOUTH DEVELOPMENT
AT BENGALURU FC



NISHAD NAGRAJ

PERFORMANCE AND TECHNICAL LEAD
AT BFC SOCCER SCHOOLS



PREMIUM INFRASTRUCTURE AND FACILITIES

**Train and stay at world-class sports facilities
across Karnataka:**



**INSPIRE INSTITUTE OF SPORT,
BELLARY**



**PADUKONE-DRAVID CENTRE
FOR SPORTS EXCELLENCE,
YELAHANKA**



**UNITED WORLD ACADEMY,
SARJAPUR**



**HARROW INTERNATIONAL
SCHOOL, DEVANAHALLI**



**THE SPORTS SCHOOL,
KANAKPURA**

LOCATION FEATURES:

- » FIFA-APPROVED STANDARD FOOTBALL PITCHES
- » INDOOR CLASSROOMS FOR THEORY/VIDEO CLASSES
- » RECOVERY ZONES: POOL, YOGA SPACES AND PHYSIO ROOMS, GYM
- » ON-SITE ACCOMMODATION AND DINING HALL
- » HIGH-QUALITY AIR CONDITIONED DORMITORIES
- » CLEAN WASHROOMS, MEETING ROOMS AND MEDICAL SUPPORT





WHO IS THIS FOR?

- » INDIVIDUAL PLAYERS
- » FOOTBALL CLUBS AIMING TO DEVELOP THEIR TALENT
- » ACADEMIES SEEKING ADVANCED TRAINING
- » CSR INITIATIVES SUPPORTING UNDERPRIVILEGED CHILDREN THROUGH NGOS
- » ASPIRING FOOTBALLERS WHO WANT TO TRAIN IN A PROFESSIONAL ENVIRONMENT

HEAR FROM OUR HPC CHAMPS

"I had a great time at the BFC High Performance Camp last season! I learned so much and got to play with kids who love football as much as I do. The coaches helped me improve my game and I even got to meet the BFC first team! I loved the overall experience."

- SURAJ SURESH, U15

"The BFC High Performance Camp was amazing! I got to play with some of the best players my age and learned so much from the coaches. I even bonded very well with my team. The facilities were incredible, and living like a real footballer made me more confident"

- HARSHIT, U13

**TRAIN WITH PURPOSE.
PLAY WITH PASSION.**

