



LA MASIA

We educate people beyond sport



IMPROVEMENT THE
ATHLETE
PERFORMANCE IN ALL
AREAS

HAVE MORE
KNOWLEDG
E

KNOW
THEM
BETTER

MORE
SOCIAL AND
SPORTS
SUCCESS

HELP THEM
MORE

THE THREE MAIN PILLARS

Tutoring (17)



Sport
Psychologist
(4)



Clinical
Psychologist
(2)

SPECIFIC GOALS

Clinical Psychology

- Explore family environment.
- Detect risk factors and factors of protection in families and / or players.
- Intervene in cases of difficulties.

Tutoring

- Promote personal development both in life habits and in the dual career.
- Prevent risk factors
- Detect and intervene in the family and athlete' needs, and propose referrals when is needed.

Sport Psychology

- Optimization of the psychological variables that influence the sports performance
- Intervention with staffs and athletes in sport area

WORK CONTENT

Clinical Psychology

- Difficulties in family dynamics
 - Grief and chronic disease
- Difficulty derived from the personality traits of the athlete:
 - Anxiety disorders
 - Self- Image disorders
 - Behavior disorders....

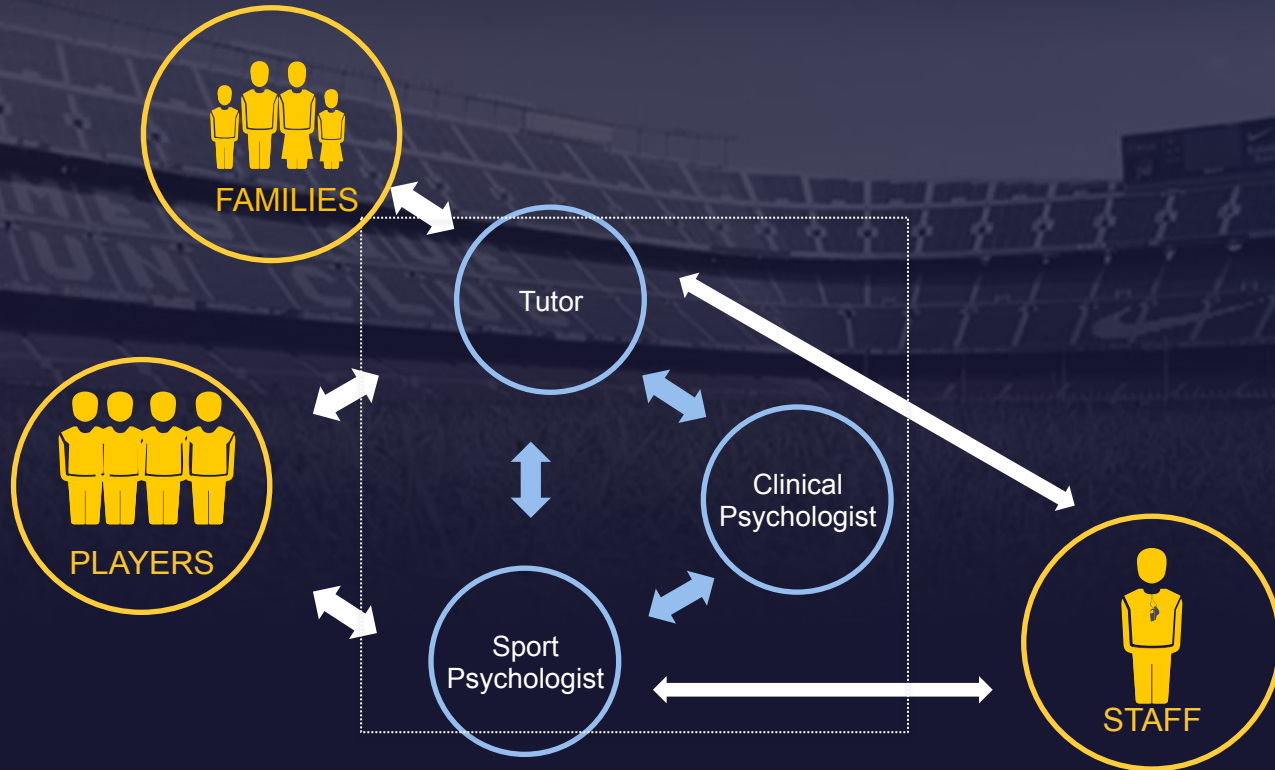
Tutoring

- Habits (sleep, rest, nutrition, autonomy)
- Time management
- Dual career
- Vocational orientation
- Management of difficulties
- Values learning and training
- Self-knowledge

Sport Psychology

- Group cohesion
- Leadership
- Communication
- Concentration and attentional focus
- Motivational Climate
- Self confidence
- Pressure management
- Problem solving and conflict resolution

EFFECTIVE COORDINATIONS



INTERVENTION FEATURES

HOLISTIC

ACTIVE/
PREVENTIVE

CONTINUED

PLANNED



SUCCESS



Rakuten

SUCCESS

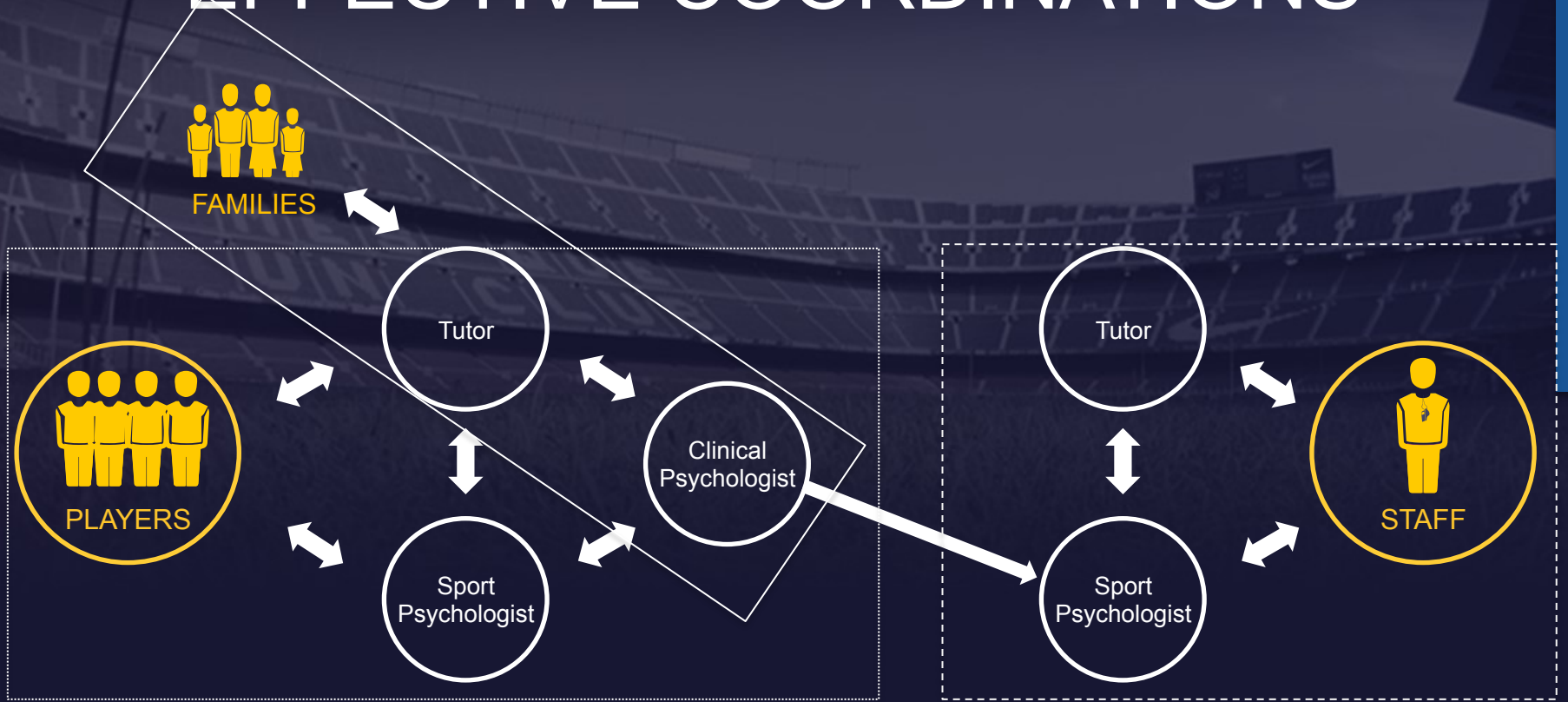


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EFFECTIVE COORDINATIONS



AN INTEGRAL VISION

To view each athlete from the perspective
of each professional:

SPORTS · ACADEMIC · NUTRITIONAL · HABITS ·



INTERVENTION FEATURES

BIDIRECTIONAL

HOLISTIC

PLANNED

CONTINUED

ACTIVE