



AC MILAN ACADEMY



EXPERIENCE

SUMMER CAMP 2026



in Partnership with **Sportech**/Academy

FOOTBALL

AC MILAN ACADEMY EXPERIENCE ÉLITE

AGES 8-16 | RESIDENTIAL & DAY | SPORT | ENGLISH B1+ | FOR BOYS AND GIRLS

Unparalleled football training under the guidance of **AC Milan's** Youth Team coaches and Meet&Greet with **AC Milan's Legends**. AC Milan has opened its doors to its official training facilities, enhancing the true Rossoneri experience.

WEEKLY PROGRAM

- + 30 hours of football coaching with the official Milan Academy coaches
- Tournaments & Friendly games
- Specialized training for players who are goalkeepers

WHAT'S INCLUDED

- Individual football coaching
- Recordings on camera
- Performance certificate
- AC Milan's official kit
- Accommodation: Quark Hotel

SPECIAL CAMP EXCURSIONS

- Casa Milan Museum
- Milan sightseeing
- Visit the Lake Como



125 YEARS OF HISTORY

A FUTURE OF EXCELLENCE

In 2025, AC Milan is not only celebrating a birthday, but a century and a quarter of legendary history. Since its foundation in 1899, the Rossoneri club has embodied a vision of football that goes far beyond the game: a **philosophy of growth, constant challenge, and continuous improvement.**

The **AC Milan Academy Experience Élite** was born from this DNA: not just a simple summer camp, but a comprehensive training project that carries on the legacy of the great champions who have worn this jersey. A pioneering initiative that redefines the very concept of youth sports development.



LOCATION

AC Milan's Official Vismara Sports Center

The AC Milan Academy Experience Élite will take place at **AC Milan's iconic training center**. This exclusive location is only available to our Elite experience players. The training center is comprehensive of 7 training pitches, changing rooms, cafeteria, gym and relax areas.

MODEL —

The **AC Milan Academy Experience Élite** is not a simple summer camp, but a growth path that combines athletic development, personal training and innovation through:



**Advanced Technical
Tactical Training**



**Focus on
Individual Skills**



**High-Performance
Athletic Preparation**



**Mental
Coaching**



**Nutrition and
Recovery**



**Match
Analysis**

All this will take place in the club's elite facilities, including the Puma House of Football – Vismara, the beating heart of the Rossoneri youth team.



APPROACH

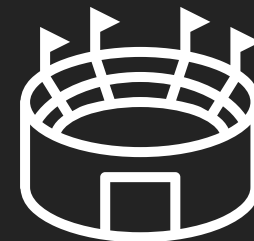
A sustainable and innovative model

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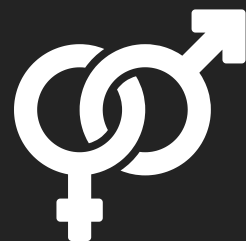
Advanced Technical Tactical Training

- *Personalized Milan method for developing future talents.*
- *Mental Coaching & Resilience for leadership and pressure management.*
- *Performance Technology with video analysis, GPS tracking, and tailored programs.*
- *Nutrition and Recovery for physical and mental well-being.*



An experience beyond the field

- *Training integrated with Sportech Academy, combining sport and education.*
- *Visits to Casa Milan, meetings with Milan Legends.*



Inclusion and gender equality

- *Programs that equally enhance male and female talent.*
- *A respectful, inclusive environment for growth.*



Sustainability and social impact

- *Zero food waste and environmental awareness.*
- *Sustainable youth training facilities.*
- *Social responsibility programs engaging the local community.*

THE PROGRAM

STRUCTURED FOR EVERY AGE GROUP

The **AC Milan Academy Experience Élite** ensures an experience that combines high-level sports training with an educational and stimulating environment, guaranteeing young athletes concrete tools for their growth.

MONDAY

Reception & evaluation

- *Registration and presentation of the camp*
- *Athletic tests and technical analysis*
- *First training session: ball control and dribbling*
- *Second training session: 1vs1 game situations*

TUESDAY

Technique & tactics

- *Role-specific training*
- *Individual technique sessions*
- *Custom video analytics*
- *Mental coaching session*

WEDNESDAY

Culture & Relaxation

- *Excursion to historical sites*
- *Local food experiences*
- *Activities for recovery*
- *Team bonding*

THURSDAY

Development & competition

- *Intensive training with GPS tracking*
- *I work on leadership on the pitch*
- *Mental preparation sessions*
- *Recovery and injury prevention techniques*

FRIDAY

Optimization & competition

- *Individual work with ACM technicians*
- *Session dedicated to set pieces*
- *Personalized feedback on performance and progress*
- *Closing ceremony with awards*

SATURDAY

Final tournament & celebration

- *Final tournament*
- *Awards and individual recognition*
- *Closing of the camp and farewell to the participants*
- *Meet&Greet with AC Milan Legends*



Saturday
Final tournament
Awards and individual recognition
Camp closing and farewell to the participants
CHECK OUT DAY
05/07
12/07
19/07

AC MILAN KIT

PLAYER KIT



GOALKEEPER KIT





BOARDING OPTION

- 4★ hotel – Quark Hotel Milano Close to the
- training facility Double rooms En-suite
- bathrooms in all rooms House parents at night
- (1:6 students – approx.) 3 nutritionally balanced
- meals per day



10 Reasons to participate

1

Exclusive access to training methods of the **AC Milan Youth Sector**

2

Tailor-made programs for each age group, provided by the **official AC Milan technical staff**

3

High-level facilities at the **Puma House of Football - Vismara**

4

Advanced technology: video analytics, GPS tracking and athletic testing

5

Receive **AC Milan's official kit**

6

Mental coaching to develop leadership and resilience

7

Gender equality and inclusion for all athletes

8

Meet&greet with **AC Milan Legends**

9

Integrated training with **Sportech Academy**, combining sports, technology, and cultural inclusivity in K-12 **learning.**

10

An unforgettable experience that combines sport, education and personal growth