نادي أتلتيك لكرة القدم

SINCE 2016

ATHLETIC FOOTBALL CLUB

DUBAI

AFC PERFORMANCE CENTER

DEVELOP PLAYERS.
BUILD CHARACTER.
UNLOCK POTENTIAL.

The AFC Performance Center is at the heart of our method. A unique environment in Dubai, designed to support every player in a global and sustainable development journey.

PARENT GUIDE



ATHLETIC FOOTBALL CLUB
DUBAI

AFC PERFORMANCE CENTER

INTRODUCTION TO THE PERFORMANCE CENTER

A GLOBAL METHOD
Structured, progressive and comprehensive.

A DEMANDING ENVIRONMENT
Caring, supportive and stimulating.

A PERSONALISED APPROACH
Individualised and player-centred.

A CLEAR VISION
Develop character. Unlock potential.

The AFC Performance Center is at the heart of our method. A unique environment in Dubai, designed to support every player in a global and sustainable development journey.

We believe that a high-performing player is first and foremost a balanced, well-educated and well-supported individual. This is why we have created a center where sport, education and human values come together every day.

OUR UNIQUE APPROACH

SPORT
Develop the player in all dimensions.

EDUCATION
Support academic success and personal growth.

VALUES
Instil respect, teamwork, discipline and self-confidence.

PERFORMANCE
Create the right conditions for each player to reach a higher level.



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THE AFC METHOD

OUR PHILOSOPHY. OUR COMMITMENT. OUR DIFFERENCE.

At AFC, we believe that a high-performing player is first and foremost a balanced, well-educated and passionate individual.

Our method places the player at the centre of their global development, in harmony with the game, others and themselves.

We shape complete players, ready to take on today's and tomorrow's challenges.



THE 5 PILLARS OF OUR METHOD

01 TECHNICAL DEVELOPMENT

Master the fundamentals and develop an effective technique for the game.

02 PHYSICAL DEVELOPMENT

Develop physical qualities to be stronger, faster and more resilient.

03 TACTICAL DEVELOPMENT

Understand the game, make the right choices and think intelligently.

04 MENTAL DEVELOPMENT

Strengthen the mindset to be focused, confident, resilient and in control.

05 INVISIBLE PERFORMANCE

Daily habits that make the difference and sustain performance in the long term.

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OUR AMBITION

MORE THAN FOOTBALL, A BRIGHTER FUTURE.

At AFC, our ambition goes far beyond results. We want to give every player the opportunity to reach their full potential, both on and off the pitch.

We aim to become a regional and international benchmark in player development, recognised for the quality of our method, our environment and our human values.

We believe in a generation of confident, educated and committed players, ready to make a positive impact in the world.



OUR OBJECTIVES

DEVELOP TALENT
In a structured and sustainable way.

PROVIDE OPPORTUNITIES
To progress to higher levels.

BUILD ROLE MODELS
On and off the pitch.

CONTRIBUTE
To the development of football in the region and beyond.

ATHLETIC FOOTBALL CLUB
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THE PLAYER PATHWAY

A STRUCTURED, PROGRESSIVE AND INDIVIDUALISED JOURNEY



At AFC, each player benefits from personalised support adapted to their age, level and ambitions.
Our single goal: to help them become the best version of themselves, both on and off the pitch, and on the field as in life.

DISCOVER	LEARN	SPECIALISE	EXCEL	PERFORM
U5 – U8	U9 – U11	U12 – U14	U15 – U18	ADULT
GRASSROOTS FOOTBALL	PRE-ACADEMY	ACADEMY	ADVANCED ACADEMY	SENIOR / PRO
Discover football through play. Develop fundamental motor and social skills.	Acquire technical and tactical foundations. Learn the rules of the game and develop game understanding.	Refine technical and tactical skills. Develop individual and collective performance.	Prepare for performance. Strengthen mental, physical and tactical skills. Open up to international opportunities.	Access to amateur or professional level. Sporting career and personal development.

OUR PROMISE

We believe in the potential of every player.
We support them with high standards, care and passion to help them become the best version of themselves.

> **“EVERY PLAYER HAS THEIR OWN STORY. WE HELP THEM WRITE IT.”**

ALL-ROUND SUPPORT

Sporting, educational, mental and human: we develop well-rounded players, ready to take on the challenges of tomorrow.

- SPORTING DEVELOPMENT
- ACADEMIC SUCCESS
- MENTAL PREPARATION
- HUMAN VALUES

THLETIC FOOTBALL CLUB
DUBAI

DEVELOPMENT PATHWAY

AMBITION
FAMILY
COMMITMENT



FIVE PILLARS FOR A GLOBAL AND SUSTAINABLE DEVELOPMENT

Our method is based on five complementary pathways.
Together, they build the player in all dimensions and give them the keys to perform today and succeed tomorrow.

TECHNICAL DEVELOPMENT

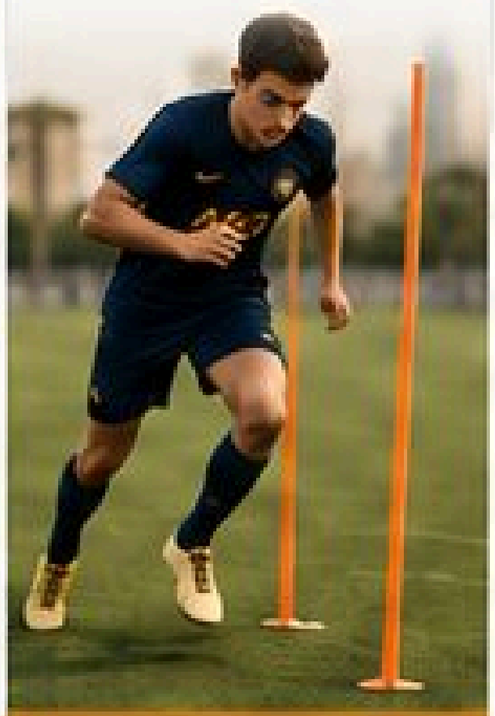
Master the fundamentals and develop effective technique, in the service of the game.



BE SKILLED WITH THE BALL

ATHLETIC DEVELOPMENT

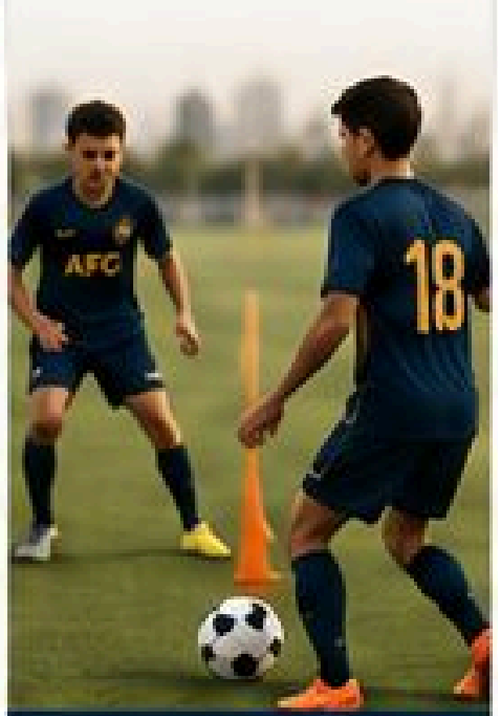
Develop physical qualities to become a more performant, stronger and more resilient player.



BE READY TO PERFORM

TACTICAL DEVELOPMENT

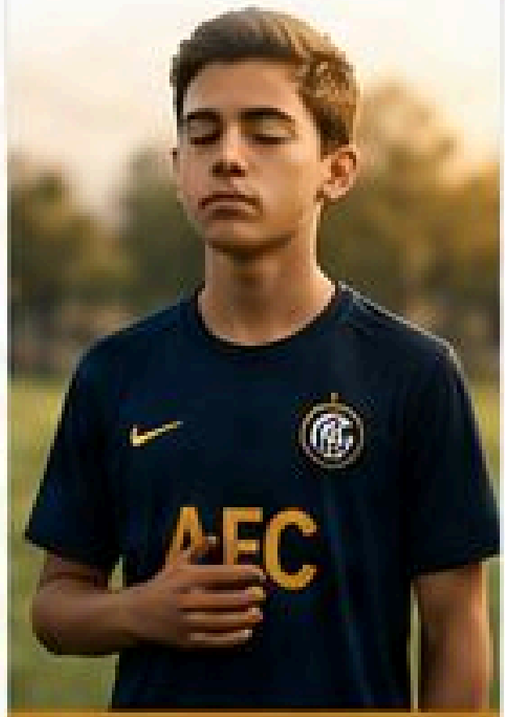
Understand the game to make the right choices, at the right time, with intelligence.



BE INTELLIGENT IN THE GAME

MENTAL DEVELOPMENT

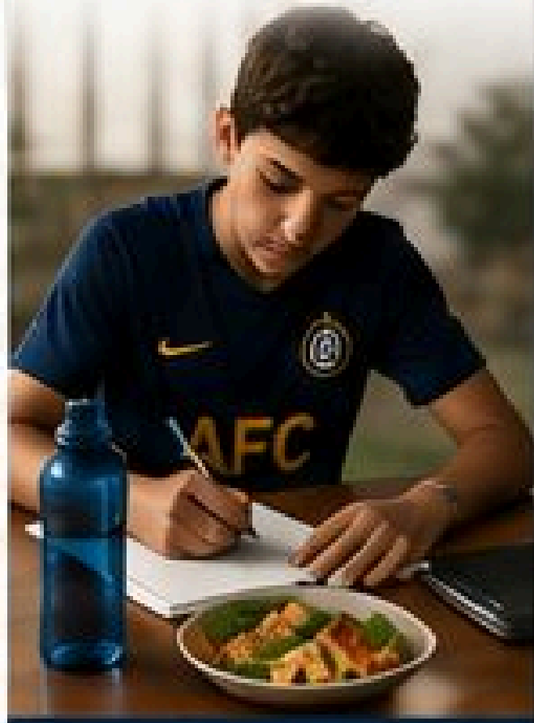
Strengthen mental skills to be focused, confident, resilient and in control of oneself.



BE STRONG IN THE MIND

INVISIBLE PERFORMANCE

Daily habits that make the difference and support long-term performance.



BE DISCIPLINED IN DAILY LIFE

A GLOBAL VISION

The combination of these five pathways allows each player to progress in a harmonious and balanced way, in order to reach their full potential.

= A COMPLETE PLAYER

ATHLETIC FOOTBALL CLUB
DUBAI

PLAYER AND FAMILY GUIDE

TECHNICAL DEVELOPMENT

Developing the player's technical skills to help them express themselves with confidence, efficiency and creativity in all game situations.



THE 4 KEY AREAS

- BALL MASTERY
- GAME UNDERSTANDING
- FUNDAMENTAL TECHNIQUES
- CONFIDENCE AND ENJOYMENT

U6 – U8 | 01 DISCOVER



By the end of the U6–U8 age group, your child will be able to:

01 BALL MASTERY

- Run freely in all directions.
- Change direction easily.
- Adjust their speed according to the situation.
- Develop coordination while running, jumping and avoiding.
- Be comfortable with and without the ball.

02 GAME UNDERSTANDING

- Discover the playing space and its partners.
- Play simply forward.
- Understand the basic principles of attack and defence.
- React to game situations.
- Respect the rules of the game.

03 FUNDAMENTAL TECHNIQUES

- Dribble the ball using both feet.
- Stop the ball safely.
- Pass the ball simply.
- Shoot at goal with appropriate accuracy.
- Dribble and protect the ball.

04 CONFIDENCE AND ENJOYMENT

- Enjoy playing and have fun.
- Be brave and try, even if they make mistakes.
- Encourage their teammates.
- Listen to the coaches.
- Develop a team spirit.

AFC VALIDATION — OBSERVATION IN TRAINING | OBSERVATION IN MATCH | INDIVIDUAL FOLLOW-UP

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PLAYER AND
FAMILY GUIDE



U9 – U11

02 BUILD

By the end of the U9–U11 age group, your child will be able to:

01 BALL MASTERY

- Control the ball using both feet.
- Pass the ball with accuracy.
- Keep control of the ball in different situations.
- Shoot at goal with the appropriate accuracy.
- Protect the ball.

02 GAME UNDERSTANDING

- Understand the basic principles of attack and defence.
- Find your position in the playing space.
- Make simple and effective decisions.
- Respect the rules and instructions.

03 FUNDAMENTAL TECHNIQUES

- Perform basic technical actions.
- Link actions together.
- Dribble and beat an opponent.
- Change direction with good control.
- Do simple and effective passes.

04 CONFIDENCE AND ENJOYMENT

- Enjoy playing and make progress.
- Stay focused and disciplined in training.
- Accept mistakes and learn from them.
- Encourage and support teammates.
- Develop a team spirit.

AFC VALIDATION

- OBSERVATION IN TRAINING
- OBSERVATION IN MATCH
- INDIVIDUAL FOLLOW-UP



U12 – U14

03 DEVELOP

By the end of the U12–U14 age group, your child will be able to:

01 BALL MASTERY

- Master the ball in all situations.
- Link passes and control the tempo of play.
- Shoot effectively with both feet.
- Keep the ball close and under pressure.
- Maintain possession under pressure.

02 GAME UNDERSTANDING

- Read the game and anticipate situations.
- Create and use spaces.
- Play with and for teammates.
- Understand the basic tactical principles.
- Make quick and relevant decisions.

03 FUNDAMENTAL TECHNIQUES

- Master technical actions in movement.
- Dribble with speed and efficiency.
- Link feints and changes of direction.
- Strike the ball with power and accuracy.
- Adapt to all playing surfaces and conditions.

04 CONFIDENCE AND ENJOYMENT

- Be competitive and determined.
- Manage emotions and stay focused.
- Be autonomous and responsible.
- Support and guide teammates.
- Aim higher and always push yourself further.

AFC VALIDATION

- OBSERVATION IN TRAINING
- OBSERVATION IN MATCH
- INDIVIDUAL FOLLOW-UP

ATHLETIC FOOTBALL CLUB
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PLAYER AND
FAMILY GUIDE



U15 – U18

04 OPTIMISE

By the end of the U15–U18 age group, your player will be able to:

01 BALL MASTERY

- Master the ball in all game situations.
- Be comfortable under pressure.
- Vary the use of techniques with efficiency.
- Create and use an advantage to unbalance opponents.

02 GAME UNDERSTANDING

- Read the game and anticipate complex situations.
- Analyse and exploit spaces.
- Make quick and relevant decisions.
- Understand and apply tactical principles.

03 FUNDAMENTAL TECHNIQUES

- Master technical actions in movement.
- Link actions using both feet with precision and power.
- Pass, control and shoot with accuracy.
- Defend, orient and protect the ball under pressure.

04 CONFIDENCE AND ENJOYMENT

- Be competitive, focused and resilient.
- Manage emotions and stay consistent.
- Take leadership and be a role model.
- Have a winning mentality and continuous progression.

AFC VALIDATION

- OBSERVATION IN TRAINING
- OBSERVATION IN MATCH
- INDIVIDUAL FOLLOW-UP



ADULT

05 PERFORM

At this level,
the player will be able to:

01 BALL MASTERY

- Dominate the ball in all phases and areas of the game.
- Accelerate play and create decisive differences.
- Pass, control and shoot with precision and efficiency.
- Master all types of surfaces and trajectories.

02 GAME UNDERSTANDING

- Read, anticipate and control the tempo of the game.
- Adapt to different systems and tactical contexts.
- Identify and exploit opponents' weaknesses.
- Communicate, guide and influence collective play.

03 FUNDAMENTAL TECHNIQUES

- Execute technical actions at high intensity.
- Use both feet with the same efficiency.
- Protect, conserve and progress with the ball.
- Be creative and unpredictable in duels.

04 CONFIDENCE AND ENJOYMENT

- Have a winning mentality on a daily basis.
- Be disciplined, demanding and professional.
- Manage pressure and stay focused.
- Be consistent, ambitious and always strive for excellence.

AFC VALIDATION

- OBSERVATION IN TRAINING
- OBSERVATION IN MATCH
- INDIVIDUAL FOLLOW-UP

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PLAYER AND FAMILY GUIDE

PHYSICAL DEVELOPMENT

Developing the player's athletic qualities in order to optimise their performance, prevent injuries and support their progress at every stage.



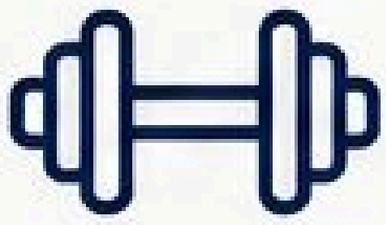
AFC VALIDATION | OBSERVATION IN TRAINING | OBSERVATION IN MATCH | INDIVIDUAL FOLLOW-U

THE 4 KEY AREAS



01 MOVEMENT & SPEED

- Improve the quality and effectiveness of movement.
- Develop speed, agility and reactivity.
- Optimise changes of direction and leg coordination.
- Gain coordination and balance.



02 STRENGTH DEVELOPMENT

- Develop functional and explosive strength.
- Strengthen the main muscle chains.
- Improve power and running speed.
- Optimise posture and body control.



03 ENDURANCE & PERFORMANCE

- Develop aerobic and anaerobic capacities.
- Improve resistance to effort.
- Learn to repeat high-intensity efforts.
- Recover faster and more efficiently.



04 MOBILITY & INJURY PREVENTION

- Improve joint mobility and flexibility.
- Strengthen stability and body control.
- Prevent injuries through targeted work.
- Develop good recovery habits.

ATHLETIC FOOTBALL CLUB
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U6 – U8

01 DISCOVER



By the end of the U6–U8 age group, your child will be able to:

THE 4 KEY AREAS

01 MOVEMENT & SPEED

- Run freely in all directions.
- Change direction easily.
- Jump, hop, land and balance.
- Develop basic coordination.

02 STRENGTH DEVELOPMENT

- Discover basic movements (push, pull, lift, carry).
- Have fun with adapted bodyweight exercises.
- Use the body correctly in simple actions.
- Develop core strength.

03 ENDURANCE & PERFORMANCE

- Run, play and move for longer periods.
- Develop basic aerobic endurance.
- Manage effort during short activities.
- Recover quickly between activities.

04 MOBILITY & INJURY PREVENTION

- Discover flexibility movements.
- Improve balance and stability.
- Learn good posture.
- Avoid injuries through simple habits.

AFC VALIDATION

- OBSERVATION IN TRAINING
- OBSERVATION IN MATCH
- INDIVIDUAL FOLLOW-UP

ATHLETIC FOOTBALL CLUB
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U9 – U11

02 BUILD



By the end of the U9–U11 age group, your child will be able to:

THE 4 KEY AREAS

01 MOVEMENT & SPEED

- Accelerate, decelerate and change direction effectivesly.
- Master a variety of running techniques.
- Improve agility and reactivity.
- Develop dynamic coordination and balance.

02 STRENGTH DEVELOPMENT

- Strengthen the main muscle groups.
- Develop functional strength.
- Improve power and running speed.
- Work on strength with proper technique and safety.

03 ENDURANCE & PERFORMANCE

- Increase the capacity to sustain effort.
- Develop aerobic and anaerobic abilities.
- Manage intense and repeated efforts.
- Recover better to maintain performance.

04 MOBILITY & INJURY PREVENTION

- Improve joint mobility.
- Strengthen stability and body control.
- Prevent injuries through targeted work.
- Adopt good recovery habits.

AFC VALIDATION

- OBSERVATION IN TRAINING
- OBSERVATION IN MATCH
- INDIVIDUAL FOLLOW-UP

ATHLETIC FOOTBALL CLUB
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U12 – U14

03 DEVELOP

By the end of the U12–U14 age group, your child will be able to:



THE 4 KEY AREAS

01 MOVEMENT & SPEED

- Improve speed and explosiveness.
- Change direction effectively.
- Develop advanced coordination.
- Optimise running technique and use of support.

02 STRENGTH DEVELOPMENT

- Build power and explosiveness.
- Develop core strength.
- Improve sprinting and movement speed.
- Build a strong foundation for future physical development.

03 ENDURANCE & PERFORMANCE

- Develop aerobic and anaerobic endurance.
- Improve the ability to repeat efforts.
- Increase tolerance to high-intensity work.
- Optimise recovery between efforts.

04 MOBILITY & INJURY PREVENTION

- Improve joint mobility and flexibility.
- Strengthen stability and body control.
- Prevent injuries through targeted work.
- Develop good recovery habits.

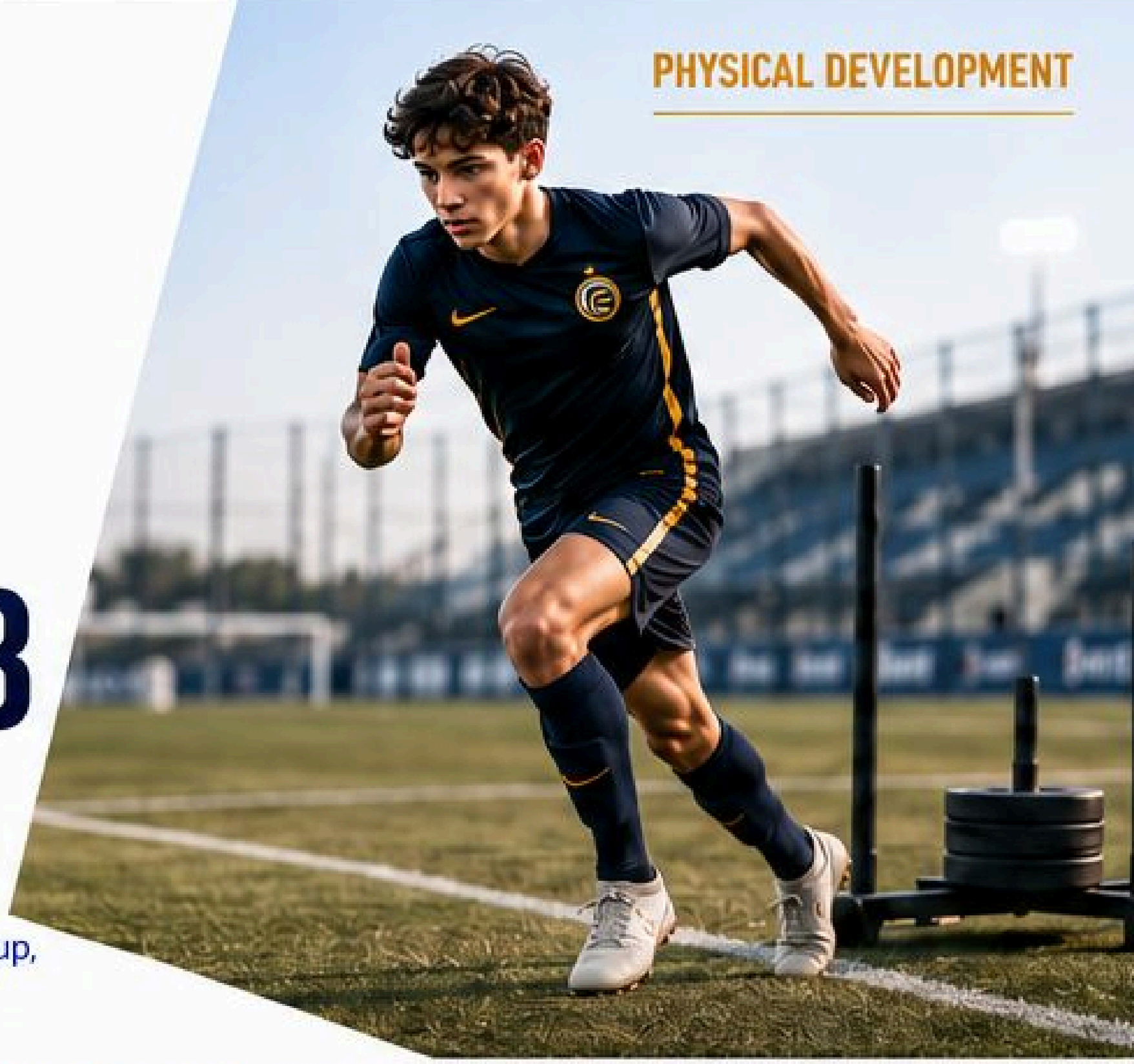
AFC VALIDATION

- OBSERVATION IN TRAINING
- OBSERVATION IN MATCH
- INDIVIDUAL FOLLOW-UP

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U15 – U18

04 OPTIMISE



By the end of the U15–U18 age group, your player will be able to:

THE 4 KEY AREAS

01 MOVEMENT & SPEED

- Maximise speed, explosiveness and agility.
- Master high-intensity changes of direction.
- Develop dynamic and specific coordination.
- Optimise running technique and use of support.

02 STRENGTH DEVELOPMENT

- Develop maximum strength and explosive power.
- Improve functional strength throughout the body.
- Optimise the prevention of muscle imbalances.
- Use strength to enhance performance.

03 ENDURANCE & PERFORMANCE

- Develop football-specific endurance.
- Increase the ability to maintain high intensity.
- Improve the aerobic and anaerobic systems.
- Optimise recovery and manage training loads.

04 MOBILITY & INJURY PREVENTION

- Maintain optimal and functional mobility.
- Strengthen stability and muscle control.
- Prevent injuries through individualised work.
- Develop advanced recovery habits.

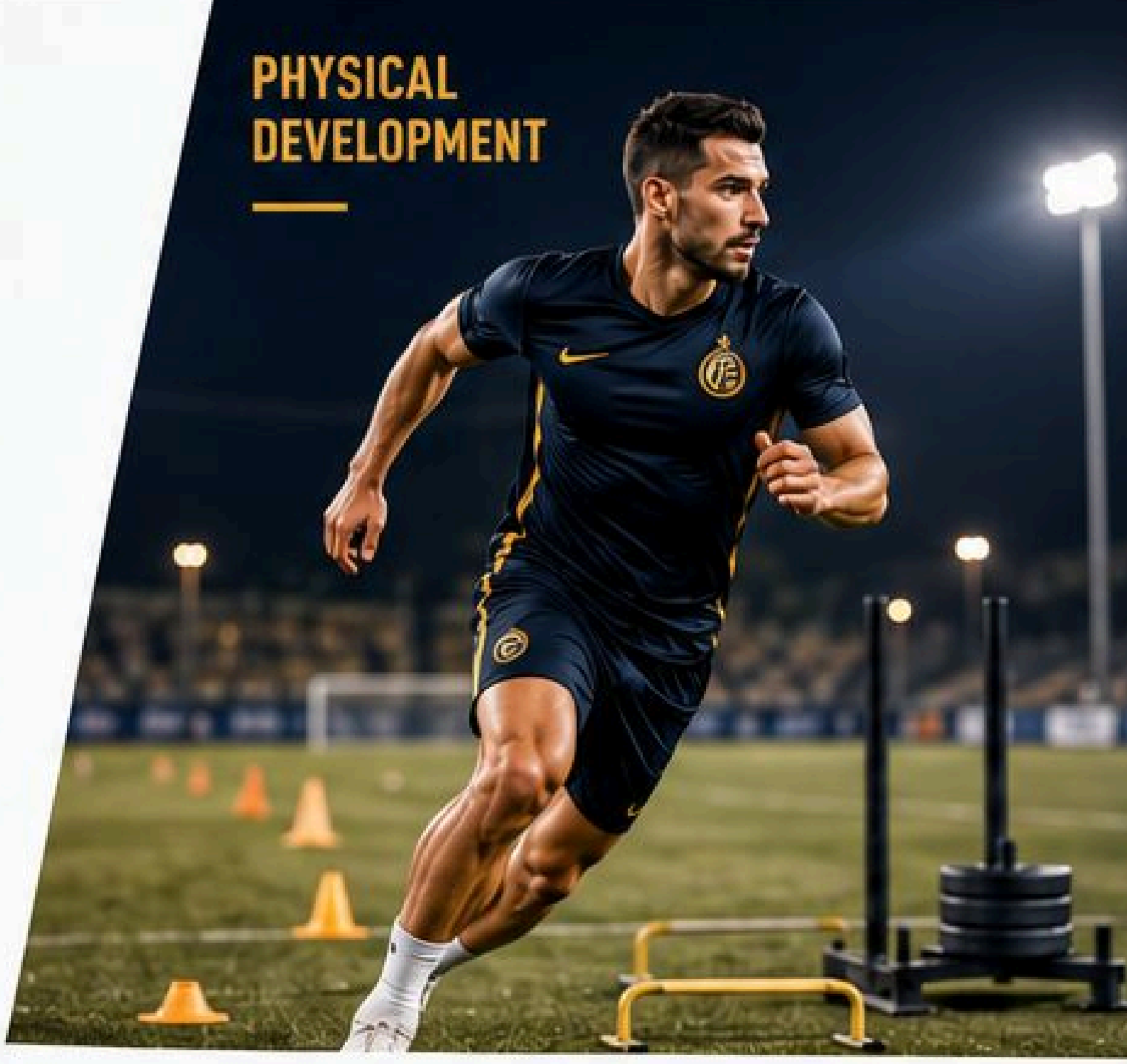
AFC VALIDATION

- OBSERVATION IN TRAINING
- OBSERVATION IN MATCH
- INDIVIDUAL FOLLOW-UP

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ADULTS

05 PERFORM



By the end of the development pathway, the player will be able to:

THE 4 KEY AREAS

01 MOVEMENT & SPEED

- Maximise speed, explosiveness and agility.
- Master high-intensity changes of direction.
- Develop dynamic coordination and sport-specific agility.
- Optimise running technique and the efficiency of support.

02 STRENGTH DEVELOPMENT

- Develop maximum strength and explosive power.
- Optimise functional strength and gestural power.
- Strengthen the main muscle chains and prevent imbalances.
- Use strength to enhance performance.

03 ENDURANCE & PERFORMANCE

- Develop football-specific endurance.
- Maintain a high intensity over longer periods.
- Optimise energy systems (aerobic/anaerobic).
- Manage recovery and training load.

04 MOBILITY INJURY PREVENTION

- Maintain optimal and functional mobility.
- Strengthen stability and neuromuscular control.
- Prevent injuries through targeted and individualised work.
- Develop advanced recovery habits.

AFC VALIDATION

- OBSERVATION IN TRAINING
- OBSERVATION IN MATCH
- INDIVIDUAL FOLLOW-UP

AFC PERFORMANCE CENTER

ATHLETIC FOOTBALL CLUB
DUBAI

PLAYER AND FAMILY GUIDE

TACTICAL DEVELOPMENT

Developing the player's game intelligence so they can understand situations, make good decisions and act effectively, with or without the ball, in the service of collective performance.



AFC VALIDATION | OBSERVATION IN TRAINING | OBSERVATION IN MATCH | INDIVIDUAL FOLLOW-UP

THE 4 KEY AREAS



01 GAME UNDERSTANDING

- Develop reading of the game and situation analysis.
- Anticipate opponents' intentions (adversaries and teammates).
- Recognise spaces, periods of play and imbalances.



02 PLAY WITH THE BALL

- Make the right decisions in possession.
- Keep progressing and create imbalances.
- Adapt your game to the context and the team's objectives.



03 PLAY WITHOUT THE BALL

- Move intelligently to provide solutions.
- Create spaces and passing lanes.
- Press, cover and balance the team's actions.



04 COLLECTIVE ORGANISATION

- Understand and apply offensive and defensive principles.
- Work together with teammates.
- Respect the team's game project and everyone's roles.

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U6 – U8

01 DISCOVER



By the end of the U6–U8 age group, your child will be able to:

THE 4 KEY AREAS

01 GAME UNDERSTANDING

- Identify the ball.
- Observe what is happening around them.
- Look for and go to help.

02 PLAY WITH THE BALL

- Dribble and keep the ball.
- Pass to a teammate.
- Move towards the goal.

03 PLAY WITHOUT THE BALL

- Move to be available.
- Be useful.
- Follow the play.

04 COLLECTIVE ORGANISATION

- Play together.
- Defend the goal.
- Respect teammates and instructions.

AFC VALIDATION

- OBSERVATION IN TRAINING
- OBSERVATION IN MATCH
- INDIVIDUAL FOLLOW-UP

ATHLETIC FOOTBALL CLUB
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U9 – U11

02 BUILD



By the end of the U9–U11 age group, your child will be able to:

THE 4 KEY AREAS

01 GAME UNDERSTANDING

- Read and analyse simple situations.
- Anticipate opponents' and teammates' intentions.
- Identify spaces and solutions.

02 PLAY WITH THE BALL

- Make the right decision.
- Keep possession, progress and create imbalances.
- Vary passes and control.

03 PLAY WITHOUT THE BALL

- Make intelligent runs to create solutions.
- Create passing lanes.
- Press, cover and balance spaces.

04 COLLECTIVE ORGANISATION

- Understand and apply offensive and defensive principles.
- Work together and communicate.
- Respect everyone's roles and the game plan.

AFC VALIDATION

- OBSERVATION IN TRAINING
- OBSERVATION IN MATCH
- INDIVIDUAL FOLLOW-UP

ATHLETIC FOOTBALL CLUB
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U12–U14

03 DEVELOP

By the end of the U12–U14 age group, your child will be able to:

01 GAME UNDERSTANDING

- Read and analyse game situations.
- Anticipate opponents' and teammates' intentions.
- Recognise spaces, key moments and imbalances.

02 PLAY WITH THE BALL

- Make the right decision based on the context.
- Keep possession, progress and create imbalances.
- Use a variety of passes and adapted control techniques.

03 PLAY WITHOUT THE BALL

- Move to offer solutions.
- Create passing lines and angles.
- Press, cover and maintain balance in spaces.

04 COLLECTIVE ORGANISATION

- Understand and apply offensive and defensive principles.
- Work together and communicate.
- Respect everyone's roles, instructions and the game plan.

AFC VALIDATION

- OBSERVATION IN TRAINING
- OBSERVATION IN MATCH
- INDIVIDUAL FOLLOW-UP

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U15–U18

04 OPTIMISE



By the end of the U15–U18 age group, your player will be able to:

01 GAME UNDERSTANDING

- Analyse the game in a global way.
- Anticipate scenarios and intentions.
- Identify and exploit spaces and opponents' weaknesses.

02 PLAY WITH THE BALL

- Make quick and effective decisions.
- Keep possession, progress and create collective imbalances.
- Vary the tempo, passes and movements.

03 PLAY WITHOUT THE BALL

- Move intelligently according to the game plan.
- Create numerical advantages.
- Press, cover and balance the team.

04 COLLECTIVE ORGANISATION

- Master and adjust offensive and defensive principles.
- Communicate, coordinate and adapt.
- Take ownership of their role and contribute to the collective.

AFC VALIDATION

- OBSERVATION IN TRAINING
- OBSERVATION IN MATCH
- INDIVIDUAL FOLLOW-UP

ATHLETIC FOOTBALL CLUB
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ADULTS

05 PERFORM



By the end of the Adults category, the player will be able to:

01 GAME UNDERSTANDING

- Analyse the game in a global way.
- Anticipate scenarios and intentions.
- Identify and exploit spaces and opponents' strengths/weaknesses.

02 PLAY WITH THE BALL

- Make quick and effective decisions.
- Keep possession, progress and create imbalances.
- Vary the tempo, passes and movements.

03 PLAY WITHOUT THE BALL

- Move intelligently according to the game plan.
- Create numerical advantages.
- Press, cover and balance the team.

04 COLLECTIVE ORGANISATION

- Master and adjust offensive and defensive principles.
- Communicate, coordinate and adapt.
- Take ownership of their role and contribute to the collective.

AFC VALIDATION

OBSERVATION IN TRAINING

OBSERVATION IN MATCH

INDIVIDUAL FOLLOW-UP

AFC PERFORMANCE CENTER

ATHLETIC FOOTBALL CLUB
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COMPONENT 4

MENTAL DEVELOPMENT

OBJECTIVE

Develop the mental skills that enable the player to engage fully in training and competition, learn continuously, manage the demands of competition and make sustainable progress, both individually and as part of the team.

WHY IS THIS ESSENTIAL?

Talent and physical work alone are not enough. Mental development helps the player give their best, make the right choices under pressure and adopt a winning mindset.

It is a key lever for long-term performance, consistency and enjoyment of the game, today and tomorrow.



THE 4 KEY AREAS



01 COMMITMENT

The player adopts a positive attitude towards training and competition. They invest, make consistent effort and show a strong desire to improve.



02 CONCENTRATION

The player stays focused on important information before, during and after action. They maintain their attention despite distractions and changes in the game situation.



03 EMOTIONAL MANAGEMENT

The player learns to recognise, understand and regulate their emotions in order to maintain effective behaviour in all situations.



04 TEAM SPIRIT AND COMMUNICATION

The player works with their teammates, communicates in a constructive way, respects others and contributes positively to the team's dynamic.

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MENTAL DEVELOPMENT

U6–U8

01 DISCOVER

By the end of the U6–U8 age group, your child will be able to:



AFC VALIDATION

- OBSERVATION IN TRAINING
- OBSERVATION IN MATCH
- INDIVIDUAL FOLLOW-UP

01 COMMITMENT

- Take part enthusiastically in training sessions.
- Be willing to try all proposed exercises.
- Show perseverance despite difficulties.

02 CONCENTRATION

- Listen to instructions.
- Stay focused during activities.
- Refocus quickly after a distraction.

03 EMOTIONAL MANAGEMENT

- Accept success as well as mistakes.
- Keep playing after making a mistake.
- Respect the coach's decisions.

04 TEAM SPIRIT AND COMMUNICATION

- Encourage teammates.
- Share the ball.
- Respect the rules and other players.

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MENTAL DEVELOPMENT

U9–U11

02 BUILD

By the end of the U9–U11 age group, your child will be able to:



01 COMMITMENT

- Make consistent effort during all training sessions.
- Strive to improve at every training.
- Show autonomy in their involvement and commitment.

02 CONCENTRATION

- Stay focused throughout sessions.
- Identify important information.
- Refocus quickly after an interruption.

03 EMOTIONAL MANAGEMENT

- Manage frustration after a mistake.
- Maintain a positive attitude in difficult situations.
- Adapt their behaviour according to the situation.

04 TEAM SPIRIT AND COMMUNICATION

- Communicate with teammates.
- Encourage and help others.
- Respect roles and collective instructions.

AFC VALIDATION

- OBSERVATION IN TRAINING
- OBSERVATION IN MATCH
- INDIVIDUAL FOLLOW-UP

ATHLETIC FOOTBALL CLUB
DUBAI

MENTAL DEVELOPMENT

U12–U14

03 BUILD CONFIDENCE



By the end of the U12–U14 age your child will be able to:

01 COMMITMENT

- Make consistent and quality effort.
- Develop rigour and a taste for hard work.
- Show resilience and commitment, even when facing difficulties.

02 CONCENTRATION

- Maintain focus over time.
- Analyse game situations quickly.
- Make the right choices under pressure.

03 EMOTIONAL MANAGEMENT

- Identify and manage positive and negative emotions.
- Keep calm in difficult moments.
- Bounce back after a mistake or a setback.

04 TEAM SPIRIT AND COMMUNICATION

- Communicate effectively on the field.
- Support and encourage teammates.
- Respect roles and contribute to collective performance.

AFC VALIDATION

- OBSERVATION IN TRAINING
- OBSERVATION IN MATCH
- INDIVIDUAL FOLLOW-UP

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MENTAL DEVELOPMENT

U15–U18

04 PERFORM



By the end of the U15–U18 ager
your player will be able to:

AFC VALIDATION

OBSERVATION IN TRAINING

OBSERVATION IN MATCH

INDIVIDUAL FOLLOW-UP

01 COMMITMENT

- Adopt a performance-oriented mindset daily.
- Be disciplined, autonomous and professional.
- Push beyond their limits to achieve individual and collective goals.

02 CONCENTRATION

- Manage focus before, during and after action.
- Read the game and anticipate constantly.
- Stay efficient under pressure and in challenging situations.

03 EMOTIONAL MANAGEMENT

- Master their emotions to turn them into an asset.
- Develop resilience and self-confidence.
- Channel pressure into positive energy.

04 TEAM SPIRIT AND COMMUNICATION

- Be a positive leader on and off the field.
- Communicate with impact and intelligence
- Unite and raise the level of the team.

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MENTAL DEVELOPMENT

ADULTS

05 EXCEL

At the adult level, the goal is to maintain a winning mentality and balance performance in matches, during training, and off the field.



AFC VALIDATION

- OBSERVATION IN TRAINING
- OBSERVATION IN MATCH
- INDIVIDUAL FOLLOW-UP

01 COMMITMENT

- Show passion and discipline in training and matches.
- Adopt a professional attitude.
- Be a role model for younger players.

02 CONCENTRATION

- Manage focus before, during and after matches.
- Make quick and effective decisions.
- Stay clear and consistent under pressure.

03 EMOTIONAL MANAGEMENT

- Master your emotions to stay high-performing.
- Turn pressure into motivation.
- Bounce back after a mistake, a tough period or a setback.

04 TEAM SPIRIT AND COMMUNICATION

- Communicate with clarity and respect.
- Encourage, support and unite the team.
- Take on a leadership role on and off the field.

PLAY. GROW. BELONG. PERFORM.

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COMPONENT 5

INVISIBLE PERFORMANCE

OBJECTIVE

Develop the daily habits that support health, recovery and long-term performance, before, during and after training sessions and competitions.

WHY IS THIS ESSENTIAL?

Performance is not only built on what happens during training and matches. Sleep, nutrition, hydration, recovery and daily habits directly influence physical and mental development, availability and the ability to perform sustainably.

Invisible Performance brings together all these behaviours, which, although often unseen, make the difference on the pitch.



THE 4 KEY AREAS

01 SLEEP AND RECOVERY

Develop the habits that promote physical and mental recovery to be ready to train and perform.

02 NUTRITION AND HYDRATION

Adopt a balanced diet and adequate hydration adapted to the demands of training and competition.

03 HEALTHY LIFESTYLE

Build a lifestyle compatible with sport: sleep routine, screen time management, fatigue management and respect for your body.

04 AUTONOMY AND RESPONSIBILITY

Learn to take ownership of your performance by preparing your equipment, respecting instructions and progressively adopting good daily habits.

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INVISIBLE PERFORMANCE

U6–U8

01 DISCOVER



By the end of the U6–U8 age group, your child will be able to:

AFC VALIDATION

OBSERVATION IN TRAINING

OBSERVATION IN MATCH

INDIVIDUAL FOLLOW-UP

01 SLEEP AND RECOVERY

- Understand the importance of feeling well.
- Respect rest and sleep time.
- Arrive rested for training sessions.

02 NUTRITION AND HYDRATION

- Drink water regularly before, during and after activity.
- Discover a variety of balanced foods.
- Identify drinks suitable for sport.

03 HEALTHY LIFESTYLE

- Adopt good personal hygiene habits.
- Get ready for sport with help from an adult.
- Respect the rules and teammates before and after training.

04 AUTONOMY AND RESPONSIBILITY

- Arrive on time for sessions.
- Take care of their equipment.
- Listen to and follow instructions.

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INVISIBLE PERFORMANCE

U9–U11

02 BUILD



By the end of the U9–U11 age group, your child will be able to:

AFC VALIDATION

- OBSERVATION IN TRAINING
- OBSERVATION IN MATCH
- INDIVIDUAL FOLLOW-UP

01 SLEEP AND RECOVERY

- Understand the link between rest and performance.
- Adopt habits that promote good recovery.
- Respect rest periods after intense effort.

02 NUTRITION AND HYDRATION

- Drink enough water throughout the day.
- Make healthy food choices adapted to training demands.
- Understand the importance of a healthy breakfast and post-exercise recovery snack.

03 HEALTHY LIFESTYLE

- Manage screen time.
- Limit behaviours that interfere with recovery.
- Develop habits that support sporting practice.

04 AUTONOMY AND RESPONSIBILITY

- Prepare their own equipment.
- Respect schedules and commitments
- Become progressively responsible for their development.

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INVISIBLE PERFORMANCE

U12–U14

03 DEVELOP



By the end of the U12–U14 age group, your player will be able to:

AFC VALIDATION

- OBSERVATION IN TRAINING
- OBSERVATION IN MATCH
- INDIVIDUAL FOLLOW-UP

01 SLEEP AND RECOVERY

- Adopt good sleep habits adapted to the demands of sport.
- Use simple and effective recovery strategies.
- Understand the impact of fatigue on performance.

02 NUTRITION AND HYDRATION

- Maintain good hydration effortlessly.
- Make healthy food choices before and after training.
- Understand the energy needs related to sporting activity.

03 HEALTHY LIFESTYLE

- Organise their daily routine based on their sporting activity.
- Manage screen time reasonably.
- Maintain their health on a daily basis.

04 AUTONOMY AND RESPONSIBILITY

- Prepare for training sessions with seriousness.
- Respect the staff's instructions and recommendations.
- Gradually take responsibility for their sporting development.

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INVISIBLE PERFORMANCE

U15–U18

04 OPTIMISE



By the end of the U15–U18 age group, your player will be able to:

AFC VALIDATION

OBSERVATION IN TRAINING

OBSERVATION IN MATCH

INDIVIDUAL FOLLOW-UP

01 SLEEP AND RECOVERY

- Optimise recovery before and after competitions.
- Adapt sleep habits to training periods.
- Integrate recovery into their overall preparation.

02 NUTRITION AND HYDRATION

- Tailor their diet to training loads.
- Implement a personalised nutrition strategy.
- Understand the impact of nutrition on performance.

03 HEALTHY LIFESTYLE

- Maintain a lifestyle compatible with high-level performance.
- Effectively manage fatigue and stress.
- Prevent behaviours that could limit their progression.

04 AUTONOMY AND RESPONSIBILITY

- Be autonomous in their sporting preparation.
- Anticipate their needs before training and competitions.
- Show rigour in organising themselves.

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INVISIBLE PERFORMANCE

ADULTS

05 PERFORM



By the end of the Adults pathway, the player will be able to:

AFC VALIDATION

- OBSERVATION IN TRAINING
- OBSERVATION IN MATCH
- INDIVIDUAL FOLLOW-UP
- OVERALL ASSESSMENT

01 SLEEP AND RECOVERY

- Optimise recovery sustainably to maintain a high level of performance.
- Adapt recovery strategies to your workload.
- Prevent chronic fatigue and overtraining.

02 NUTRITION AND HYDRATION

- Manage your nutrition based on your specific goals.
- Adopt healthy eating habits adapted to training and competition periods.
- Use hydration as a performance enabler.

03 LIFESTYLE

- Maintain an exemplary lifestyle in the service of performance.
- Balance personal, professional and sporting life.
- Preserve your long-term health capital.

04 AUTONOMY AND RESPONSIBILITY

- Be fully accountable for your performance.
- Anticipate and manage the factors that influence your level.
- Develop a daily discipline in the service of performance.

PLAY. GROW. BELONG. PERFORM.

AFC PERFORMANCE CENTER

ATHLETIC FOOTBALL CLUB
DUBAI

PARTNER COMPONENT

ACADEMIC SUCCESS

IN PARTNERSHIP WITH AXIOM ACADEMIC



Because performance is not limited to the pitch, AFC places academic success among the key pillars of global player development.

High-quality academic support enables every player to build their future with confidence and ambition, both on and off the pitch.

OUR BELIEF

The dual development of sport and academics builds complementary skills: organisation, discipline, perseverance and time management.
These skills are transferable from the pitch to the classroom and to life beyond football.

A PARTNERSHIP OF EXPERTISE

To support this essential dimension, AFC relies on the expertise of our partner AXIOM ACADEMIC, specialised in academic support and guidance for expatriate families.

AXIOM ACADEMIC SUPPORTS EVERY STEP OF THIS JOURNEY.

OUR SHARED COMMITMENT

SUPPORT EVERY PLAYER

Implement tailored academic monitoring for each profile and each ambition.

DEVELOP INDEPENDENCE

Help the player become an active and responsible learner, on and off the pitch.

BALANCE SPORT AND STUDIES

Build a sustainable balance between sporting and academic demands.

PREPARE FOR THE FUTURE

Give each player the key tools to succeed today and to build their tomorrow.

axiom. academic

Academic support for **expatriates!**

AXIOM ACADEMIC, A COMMITTED PARTNER

Specialist in academic support for expatriate families, AXIOM ACADEMIC supports students from primary to high school, in French, British (IGCSE, A-Levels) and International Baccalaureate (IB) curricula. One-to-one and group tutoring, language preparation courses, exam preparation and guidance.

TOGETHER, WE DEVELOP THE ATHLETES AND CITIZENS OF TOMORROW.

“Well educated. Well supported. Well prepared. On the pitch as in life.”

ATHLETIC FOOTBALL CLUB
DUBAI

THE STRUCTURE OF AN AFC SESSION

Each session is designed to develop the player in all aspects, in a structured, challenging and supportive environment.

01 | ARRIVAL



- Attendance check
- Personalised welcome for each player
- Equipment preparation
- Mental and physical readiness

02 | ACTIVATION



- Joint mobility and dynamic movement
- Coordination and balance exercises
- Sport-specific physical preparation
- Ball activation

03 | DEVELOPMENT



- Individual technical work
- Tactical work in game situations
- Learning situations and games
- Immediate corrections and feedback

WHAT MAKES THE DIFFERENCE AT AFC

CLEAR INTENTIONS
Each session has a precise goal.

PLAYER AT THE CENTER
A personalised and adapted approach.

CONTINUOUS PROGRESSION
A structured method and regular evaluations.

HUMAN VALUES
Respect, hard work and the joy of playing.

THE SAME STANDARDS. THE SAME GOAL.

Help every player make progress every day.

PLAYER AT THE CENTER | CLEAR INTENTIONS | QUALITY SUPPORT | MEASURABLE PROGRESS

04 GAME PLAY



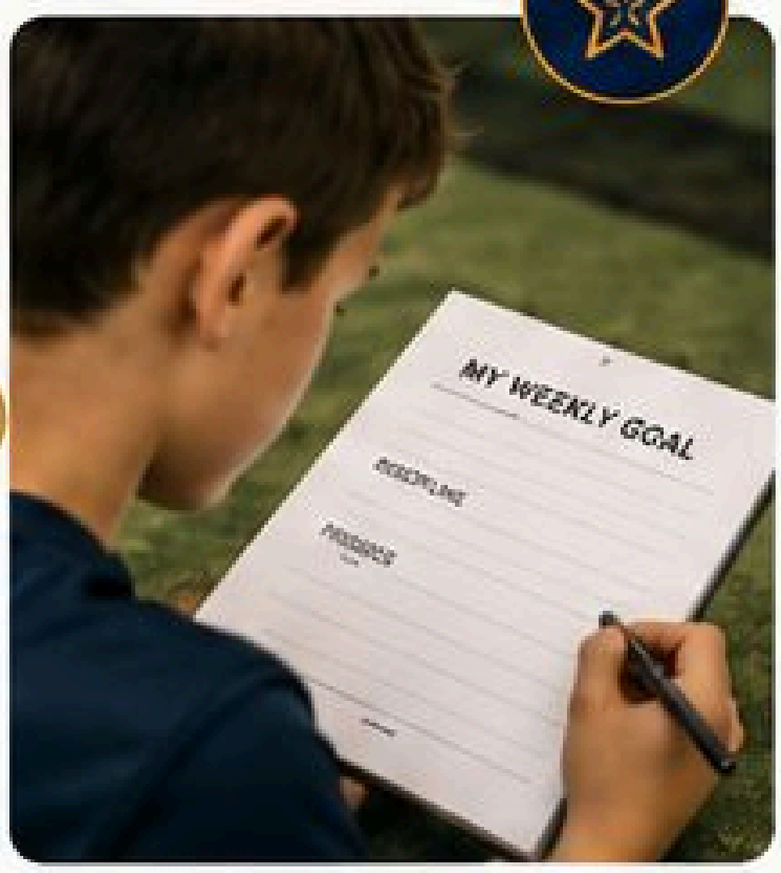
- Reduced games and real scenarios
- Opposition and game situations
- Decision-making and solutions
- Intensity, commitment, teamwork

05 COOL DOWN



- Active recovery and stretching
- Individual feedback
- Personalised follow-up
- Recognition of progress

06 WEEKLY MISSION



- Definition of a personal goal
- Practical advice for home
- Involvement of families
- Continuity between sessions

“EACH SESSION IS A STEP.
EVERY DETAIL MATTERS.
OUR COMMITMENT: HELP EVERY PLAYER MAKE PROGRESS, EVERY DAY.”



ATHLETIC FOOTBALL CLUB
DUBAI

THE STRUCTURE OF AN AFC SESSION

Each session is designed to develop the player in all aspects, in a challenging, caring and structured environment.



SESSION DURATION BY AGE GROUP AND FORMAT

CATEGORY	INDIVIDUAL SESSION	SMALL GROUP (2 TO 6 PLAYERS)
U6 – U8	45 MIN	60 MIN
U9 – U11	60 MIN	75 MIN
U12 – U14	75 MIN	90 MIN
U15 – U18	90 MIN	90 MIN
ADULTS	90 MIN	90 MIN

OUR VALUES IN EVERY SESSION

EXCELLENCE
A high level of commitment to progress.

CARE
A supportive and personalised approach.

CLEAR INTENTIONS
Each exercise has a precise goal.

QUALIFIED SUPPORT
Experienced and passionate coaches.

MEASURABLE PROGRESS
A clear method for concrete results.

THE SAME STANDARDS. THE SAME GOAL.

Help every player make progress every day.

PLAYER AT THE CENTER

CLEAR INTENTIONS

QUALITY SUPPORT

MEASURABLE PROGRESS

01 ARRIVAL



- Attendance check
- Personalised welcome for each player
- Equipment preparation
- Mental and physical readiness

02 ACTIVATION



- Joint mobility and dynamic movement
- Coordination and balance exercises
- Sport-specific physical preparation
- Ball activation

03 DEVELOPMENT



- Individual technical work
- Tactical work in game situations
- Guided learning situations
- Immediate corrections and feedback

04 GAME PLAY



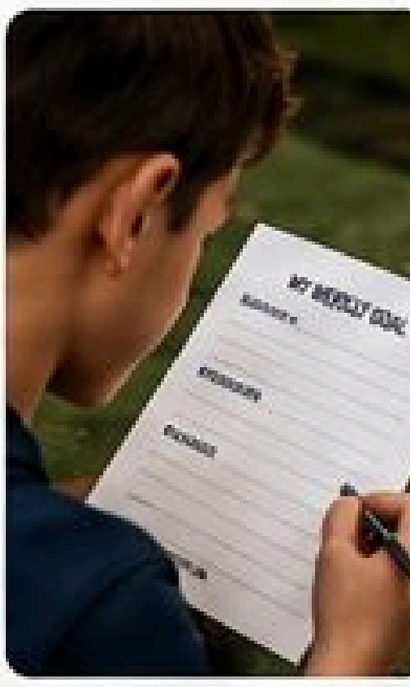
- Reduced games and real scenarios
- Oppositions and collective challenges
- Decision-making and solutions
- Intensity, commitment, team spirit

05 COOL DOWN



- Active recovery and stretching
- Group debrief of the session
- Personalised individual feedback
- Recognition of progress

06 WEEKLY MISSION



- Definition of a personal goal
- Practical advice for home
- Involvement of families
- Continuity between sessions

**“EACH SESSION IS A STEP.
EVERY DETAIL COUNTS.”**

OUR COMMITMENT: HELP EVERY PLAYER MAKE PROGRESS, EVERY DAY.



ATHLETIC FOOTBALL CLUB
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TRACKING PROGRESS

A PERSONALISED PATHWAY. MEASURABLE PROGRESS.

At the AFC Performance Center, every player benefits from individualised and structured monitoring to support their development and help them reach their full potential.



A CONTINUOUS DEVELOPMENT PATHWAY

01 — AFC ASSESSMENT
Initial evaluation of the player's level, profile, needs and potential.

02 — PLAYER PROFILE
Creation of a personalised profile with objectives and key performance indicators.

03 — PATHWAY SELECTION
Definition of the most suitable development pathway: Performance, Development or Elite.

04 — PERSONALISED PROGRAMME
Design of a training plan and specific objectives, measured in the short, medium and long term.

05 — TRAINING SESSIONS
Structured and adapted sessions, with regular follow-up of key indicators.

06 — REGULAR ASSESSMENTS
Periodic measurements of progress in all areas and adjustments based on needs.

07 — REVIEW
Comprehensive review of progress to identify areas for improvement, validate the level and set new targets.

08 — NEW GOALS
Definition of new goals to continue progressing and going further.

THE 6 KEY AREAS ASSESSED

A GLOBAL APPROACH TO PLAYER DEVELOPMENT

We assess the player across the essential areas of development, both on and off the pitch.



DATA. ANALYSIS. DECISIONS.

Our monitoring tool provides a clear, objective and evolving vision of each player.

OUR VALUES DRIVE PROGRESS

EXCELLENCE · COMMITMENT · PASSION · SOLIDARITY · RESPECT

OUR MISSION:

SUPPORT EVERY PLAYER ON THEIR JOURNEY TO REACH THE BEST VERSION OF THEMSELVES, ON AND OFF THE PITCH.

ATHLETIC FOOTBALL CLUB
DUBAI

OUR OFFERS
PERFORMANCE CENTER

Tailored support for every player,
at every stage of their development.

A CORE PACKAGE. OPTIONAL ADD-ONS TO SUIT YOUR NEEDS.

CORE PACKAGE
TECHNICAL + PHYSICAL

The foundation of individual development

- AFC assessment
- Player profile
- Personalised programme
- Technical development
- Physical preparation
- Progress monitoring
- Review and feedback



CHOOSE YOUR FORMAT

	AFC MEMBERS	NON-MEMBERS
1 TO 1 INDIVIDUAL SESSION	300 AED / SESSION	320 AED / SESSION
SMALL GROUP FULL SEASON	130 AED / SESSION	150 AED / SESSION
SMALL GROUP 10-SESSION PACK	150 AED / SESSION	180 AED / SESSION

FULL SEASON
36 WEEKS

AFC:	NON-AFC:
4,680 AED	5,400 AED

10-SESSION PACK

AFC:	NON-AFC:
1,500 AED	1,800 AED

ADDITIONAL OPTIONS – 1 TO 1

- Mental preparation
- Tactical support
- Lifestyle coaching / invisible performance

Each additional support is billed as an individual session.

AFC:	NON-AFC:
300 AED / SESSION	320 AED / SESSION

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ACADEMIC SUCCESS — WITH AXIOM ACADEMIC

EXCLUSIVE OFFER FOR AFC MEMBERS

2 HOURS FREE
WITH THE FIRST 10-SESSION PACK

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SINCE 2016

ATHLETIC FOOTBALL CLUB

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BUILD PEOPLE.
UNLOCK POTENTIAL."

+971 55 213 4933

afcsportacademy@gmail.com

www.afc.ae

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