

# **AO2 FOOTBALL MASTERY CLASS**

Master the ball, Unlock  
your potential!

@ao2fmc



We are not a casual football program; we are an intensive, results-driven football development institution.

A full-time, residential program dedicated to transforming dedicated amateurs aged 15 - 22 years into professional-grade athletes. We impose the discipline, structure, and 24/7 focus required to compete at the highest level.

# WHO WE ARE



# WHERE ARE WE LOCATED?

Bwari, Abuja is the base for our unique residential mastery program, allowing us to provide 24/7 supervision and intensive, structured training for our players.

## Safety and Security

Bwari offers a more manageable and secure environment for a residential facility, which is paramount for parental trust and the safety of our high-value assets (the players).

## Focus & Reduced Distractions

Bwari provides a quieter, more focused environment, allowing players to dedicate their full attention to intensive training, academics, and recovery—essential for maintaining the discipline required by our "Mastery Model."

# THE AO2FMC ADVANTAGE

AO2FMC offers a premium, 24/7 Residential Program that solves the player consistency problem by turning the facility into a controlled developmental ecosystem.

01

## Dual Focus

We operate as a professional structure (Club/Academy) where the residence is the central operational asset, ensuring complete oversight of the player's life and schedule.

02

## Structured Control

We enforce strict daily schedules for training, nutrition, sleep, and supervised academics, building mental toughness and fitness simultaneously.

03

## Personalised Training

Each player receives an Individual Development Plan (IDP) based on deep initial assessments (technical, psychological, physical). Training is targeted to address their weaknesses and accelerate their unique path to mastery.

04

## Character and Life Skills Guarantee

We integrate character development (Discipline/Respect) into the daily routine. Our commitment extends beyond football, offering college placement support and vocational training to secure the player's future, ensuring parental trust and commitment.

# OUR PROGRAMS

Shorter Durations (1 & 3 Months): Ideal for technical sharpening, fitness boosting, and experiencing the AO2 structure.

Longer Durations (6 & 10 Months): Essential for players serious about securing a professional pathway. The commitment allows enough time for the "Mastery Model" to take effect and guarantees the crucial Trial Opportunity via our partnership clubs, academies & agencies.

## 1 Month Program

Accommodation  
Training  
Gym  
Access to pool

## 3 Months Program

Accommodation  
Training  
Gym  
Access to pool  
Nutrition guideline

## 6 Months Program

Accommodation  
Training  
Gym  
Access to pool  
Nutrition plan  
Trial Opportunity

## 10 Months Program

Accommodation  
Training  
Gym  
Access to pool  
Nutrition  
Trial Opportunity

# CONTACT US

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