

# X-PRO SOCCER CAMP

## Camps & Clinics



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# **X-PRO SOCCER CAMP SUMMER SOCCER 2026**

**Camp Dates: July 27<sup>th</sup>-31<sup>st</sup> & August 3<sup>rd</sup>-7<sup>th</sup>.**  
**Venue: Sunnyvale Fair Oaks**  
**Powered By: SASC**

**“To be the Best you must prepare like the Best”**



# Day 1 Schedule Sample

## Day 1 Theme Attacking Principals

Time	Topic : Attacking Principal's
09.00-9.10am	Welcome/Introduction
09.10-09.30am	4's Warm Up (4 stations x 5 minutes)
09.30-10.00am	Focus on Skill (Ball Mastery), Speed (reaction) Physical Literacy Skill Session (Topics: Dominating 1v1 2v1 2v2 3v3 4v4)
10.00-10:30am	Attacking Patterns of play
10.30-11:30pm	Small Sided Games Game related (based on the daily theme)
11.30-12;00pm	Lunch, Relax and eat your healthy food.
12:00pm-2pm	Champions League Street soccer Tournament (SSG's) & Fun Games.



# SKILLS ZONE



## SKILL



### Skill Practice

Players dribble through gates and perform the right and left foot various moves. Players can play 1-2 passes with outside players. After set time change places with outside players.

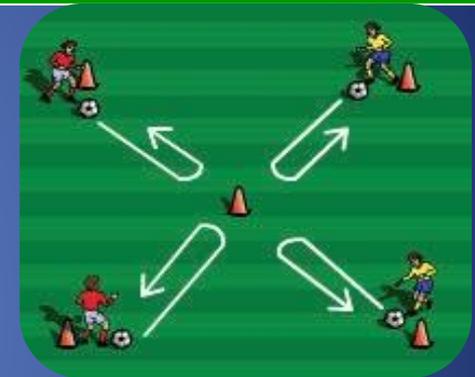


## SPEED



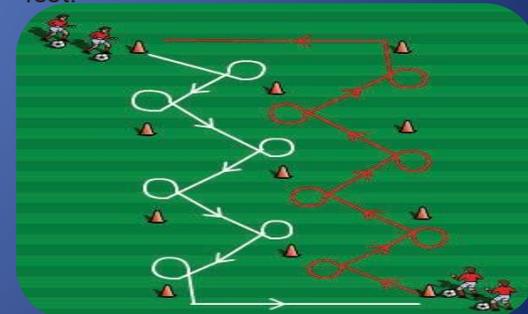
### Group Practice

Both sides go at the same time and are put under pressure by defenders in the center. Encourage good speed and timing of the move



### Skill Practice

Players meet each other in centre and practice inside and outside cuts with both feet.



### Group Practice

Players from both ends go together up the circuit performing the right foot and left foot twist offs. Once the first player reaches the second marker next player quickly follows.

## AGILITY



## BALANCE



4 x 4 minute stations  
1 coach per station  
All rotate on same signal

# Welcome / Intro



## Introduction-Start up at 9am

- Welcome
- Intro Coaches
- Intro day plan

## Camp Rules

# 4's Warm Up

9:10-9:30am



SKILL



SPEED



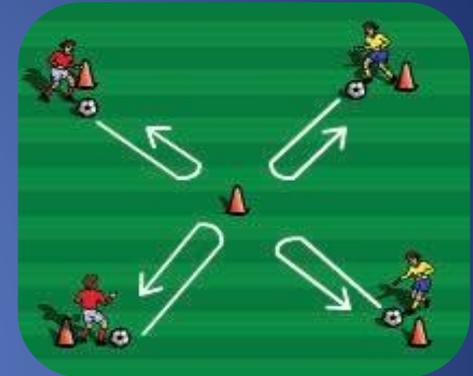
STAMINA



SUPPLENESS

## Skill Practice

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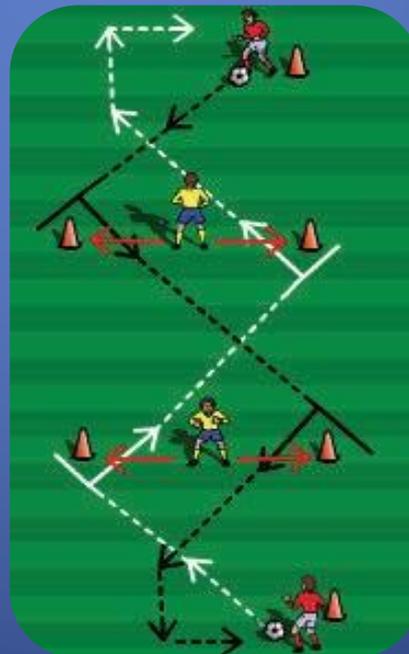


## Skill Practice

Players meet each other in centre and practice inside and outside cuts with both feet.

## Group Practice

Both sides go at the same time and are put under pressure by defenders in the centre. Encourage good speed and timing of the move



## Group Practice

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4 x 4 minute stations

1 coach per station

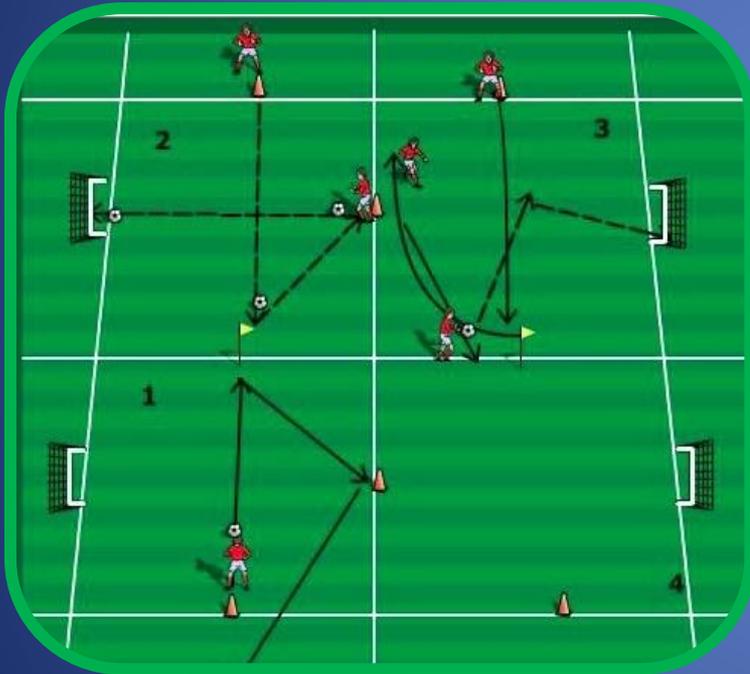
All rotate on same signal

# 4's Warm Up Station

## Speed Skills & Moves



**Purpose:** To warm up and improve reaction speed



**Action:**

### Skill / Game Tips

- Limited coaching points required.
- Encourage players to make their own decisions. Lots of positive comments

**Practice Time:** 30 minutes

**Set-up:** 30 x 20 yard box

# Skill Session



## Theme:

- Dominating 1v1 to 4V4

## Components required:

- Moves 1v1 (attack)
  - Speed
  - Combination play
  - Small group play
- 
- Principals of Attacking

- 1 hour session
- 1 coach per group



# Skill Drill 1

## Moves 1v1 (Step Over)



**Purpose:** improve players use of moves to create space either side of opponent to pass, shoot or run with the ball



### Action:

#### Variations:

- V1) player asked to make 2<sup>nd</sup> Step Over move
- V2) Ltd Pressure, add a passive defender at each centre cone, players pass to def, who passes back, player then dribbles to beat def with Step Over before passing to next group

### Skill / Game Tips

- When? Why? Where? is key
- Players must accelerate out of move

**Practice Time:** 20 minutes

**Set-up:** 20x20 yard box

# Speed Drill 1

## Speed Skills & Moves



**Purpose:** improve speed agility balance and 1V1 moves



**Action:**

Key points refer to OSA Key factors

**Practice Time:** 15 minutes

**Set-up:** 25x25 yard field



# Skill Drill 2

## Moves 2v1 3v2 (Full Pressure)

**Purpose:** improve players use of moves to create space either side of opponent to pass, shoot or run with the ball



**Practice Time:** 20 minutes

**Set-up:** 20x20 yard box

### Action:

- 2 teams
- when coaches call out a colour 2 players from that team sprints round goal verses 1 play from the team that was not called, this can progress to 4v3

Extension: set a time limit (i.e. attacker must be quick)

### Variations:

- V1) 2v1
- V2) 3v2

### Skill / Game Tips

- Players have decision to make: DO they use
  - 1 - Pure Speed
  - 2 - Moves 1v1
  - 3 - Combination Play

# Skill Drill 3

## Group Play



**Purpose:** improve decision making, combination plays, scoring and stopping goals



### Action:

4v4 plus GK's

Free play

Players encouraged to create diamond shape

Team can score in any of opponents 3 goals

GK defends all goals

If large numbers, have 3 teams with wall players

### Variations:

V1) Switch between mutli goal and 1 goal on whistle. Change constantly during game, this create confusion and players must adapt

### Skill / Game Tips

- Let them play!
- Game as teacher
- Encourage 1v1, speed, combination plays
- Attack where least defenders are (i.e. searching for space)
- If ball is lost win it back quickly

**Practice Time:** 30 minutes

**Set-up:** 40x25 yard field

# Small sided games

10:30am-11:00am



## Focus:

Dominating 1v1

## Conditions:

- Multi goal games to encourage 1v1
- Encourage 1v1 using Pure Speed, Combination play or Moves 1v1

- 4v4 games
- Multi goals

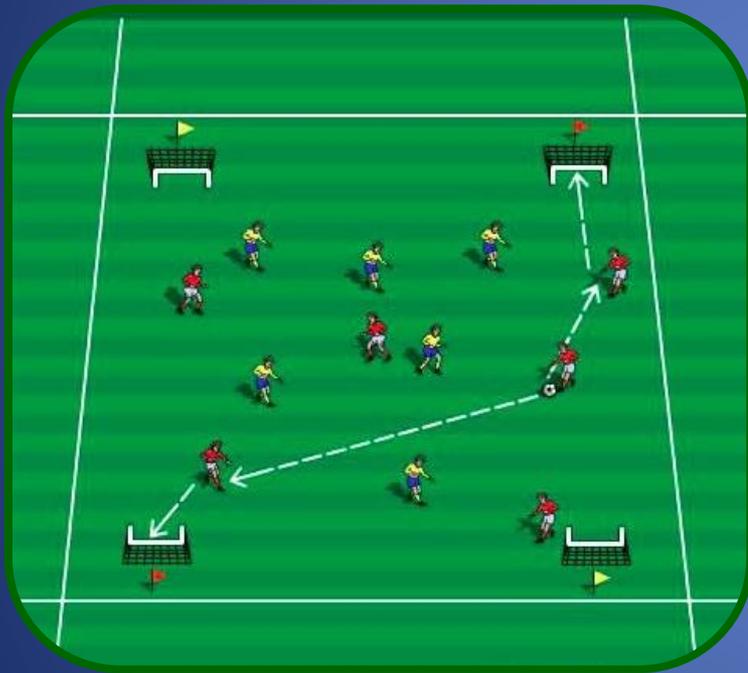


# Small sided games 1

## Conditioned Games



**Purpose:** To Warm up improve reaction speed



### Action:

Players play 6v6 on one field with one goal in each corner of the field. Players are able to score on either of the goals with their colour (diagonally located). Red attacks the Red flagged goals and yellow attacks the yellow flagged goals. The coach does not coach the players actively. Players are encouraged to make their own decisions. The coach should be prepared to guide the players.

### Skill / Game Tips

Limited coaching points required. Encourage players to make their own decisions. Lots of positive comments

**Practice Time:** 15 minutes

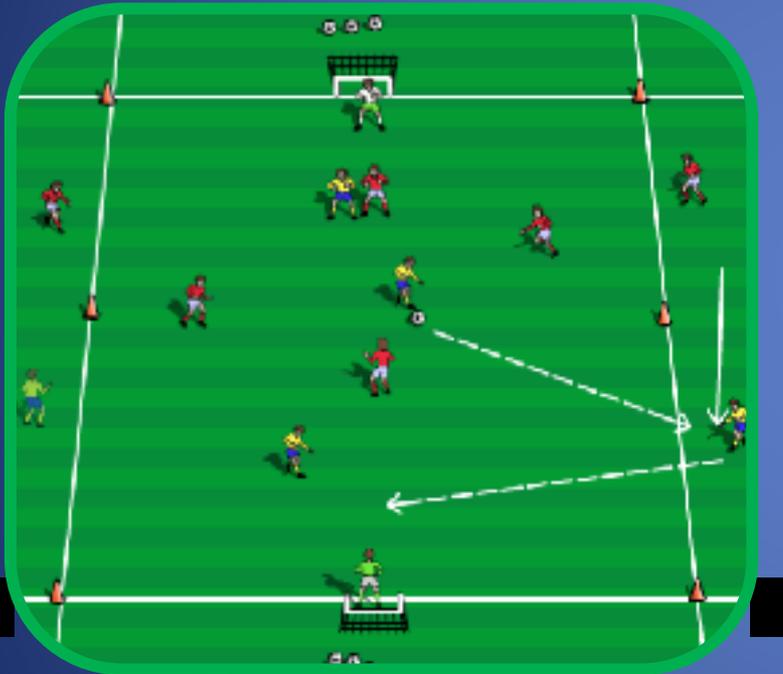
**Set-up:** 30 x 30 yard box with 10 cones placed randomly in centre

# Small sided games 2

## Conditioned Games – Game awareness



**Purpose:** To improve purposeful possession in the wide areas of the field



**Practice Time:** 12 minutes

**Set-up:** 30x30 x 5 yards

### Action:

Players play normal game in middle area, look to utilise wide players to cross into box as shown.

- Red and yellow players are passive in wide area don't tackle each other, and no-one can enter wide channel area. Wide players cannot run length of the channel with the ball and must exchange pass from players in middle area
- Wide players now active against each other in wide area
- Wide players can cut inside for strike at goal, other wide player cannot follow
- Wide players can attack back post area when cross coming in from opposite side

### Skill / Game Tips

Awareness: when to pass dribble forward or wide



# Break (snack)

11:00-11:30am

- Break changing area
- 2 coaches supervise kids
- Players have snack



# Developing

# Proficient Players

We are committed to supporting each individual player in their efforts to achieve their personal best

Measuring Player Progress

Support System

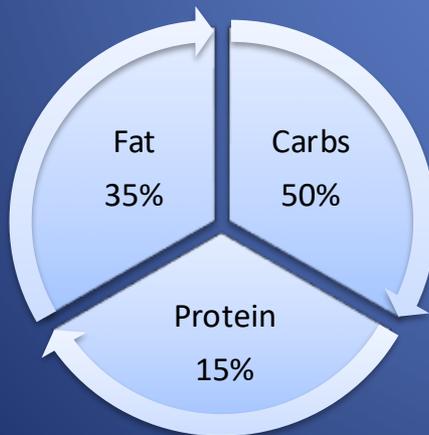


Practical Support

Role-model the importance of proper athlete nutrition/hydration and recovery

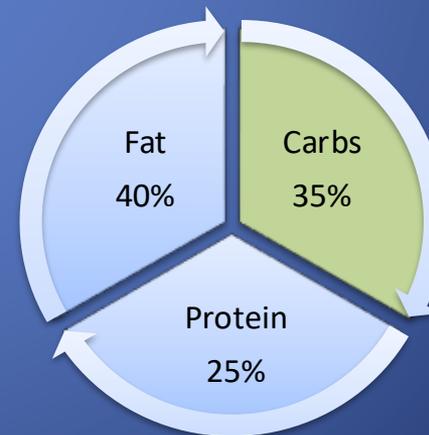
Dinner

Breakfast / Lunch



Minimize sugar in drinks

17oz of water per meal



Less weight

# Small sided games 3



## Group Play

**Purpose:** improve decision making, combination plays, scoring and stopping goals



### Action:

- 4v4 or 4v4 plus GK's
- Free play
- Players encouraged to create diamond shape

### Skill / Game Tips

- Let them play!
- Game as teacher
- Encourage 1v1, speed, combination plays
- Attack where least defenders are (i.e. searching for space)
- If ball is lost win it back quickly

**Practice Time:** 40 minutes

**Set-up:** 40x25 yard field



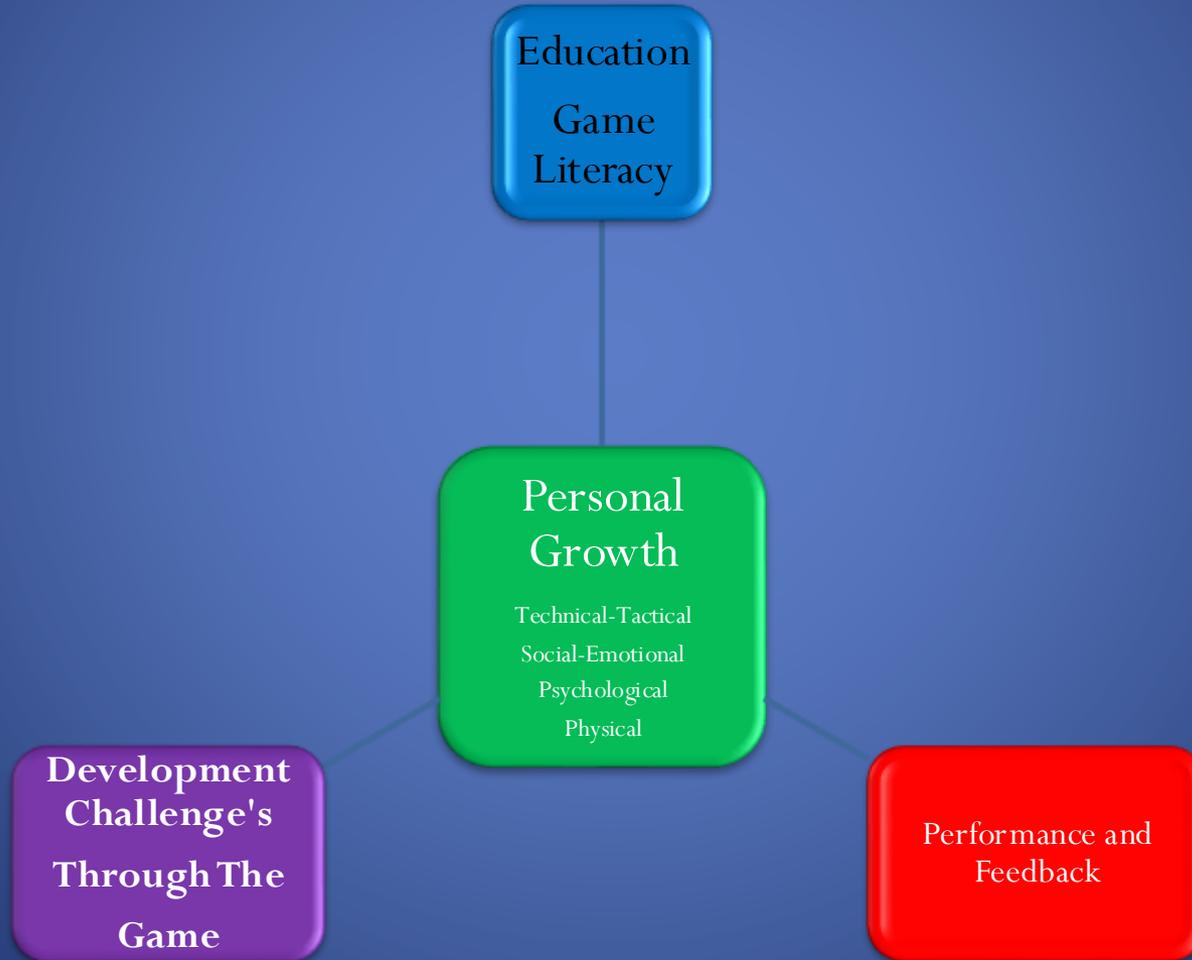
# Player Development Concept

- Individual
- Small Groups
- Game Literacy Templates
- Attacking /Defending Principals
- Diet & Nutrition
- Player Position Specific



# Developing Modern Players

We are committed to supporting each individual player  
in their efforts to achieve their personal best





# Building the Modern player

A football curriculum that is relevant and effective



# Developing the modern player

A football curriculum that is relevant and effective

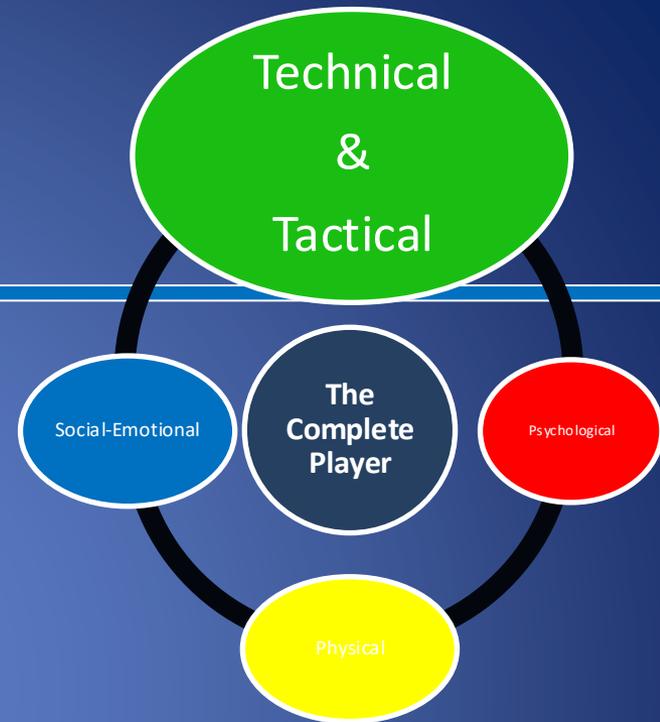


**D** Dribbling

**P** Passing

**R** Receiving

**S** Striking



# Developing the modern player

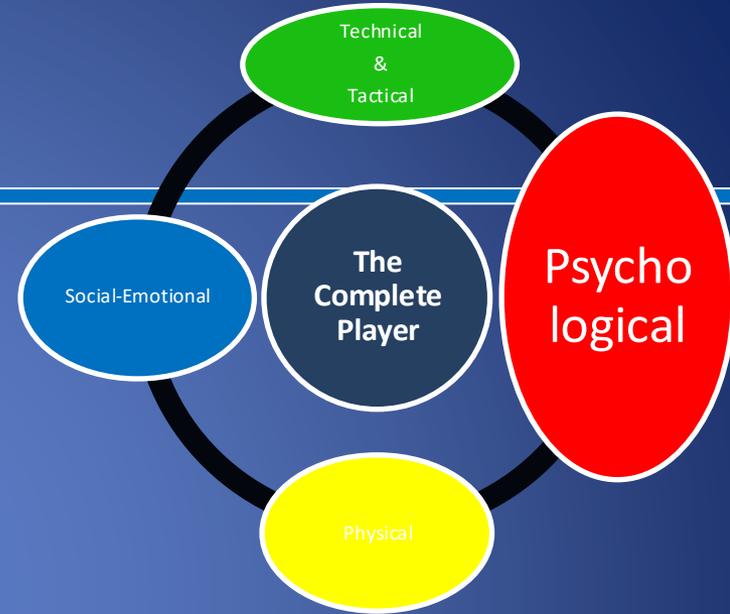
A football curriculum that is relevant and effective



**C** Confidence

**F** Focus

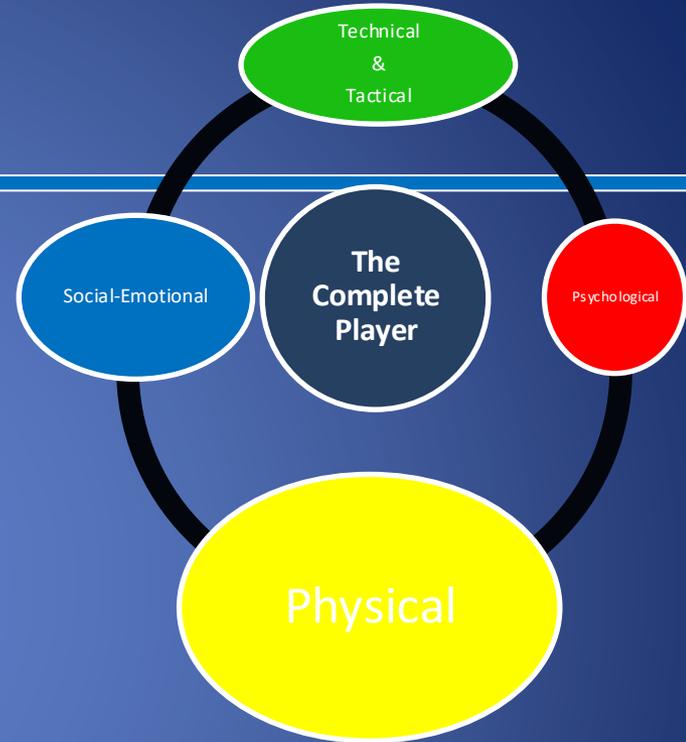
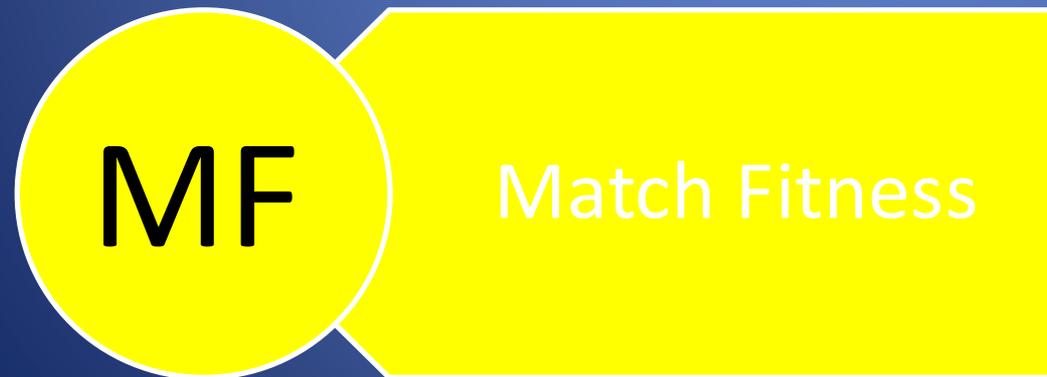
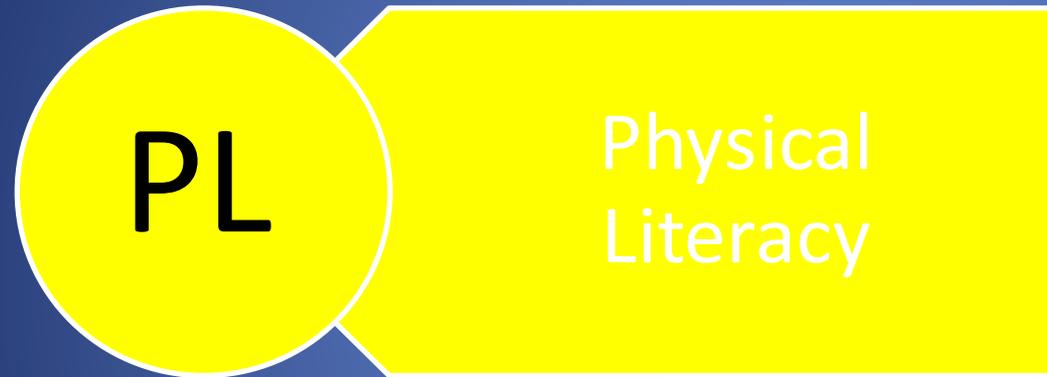
**C** Commitment





# Developing the modern player

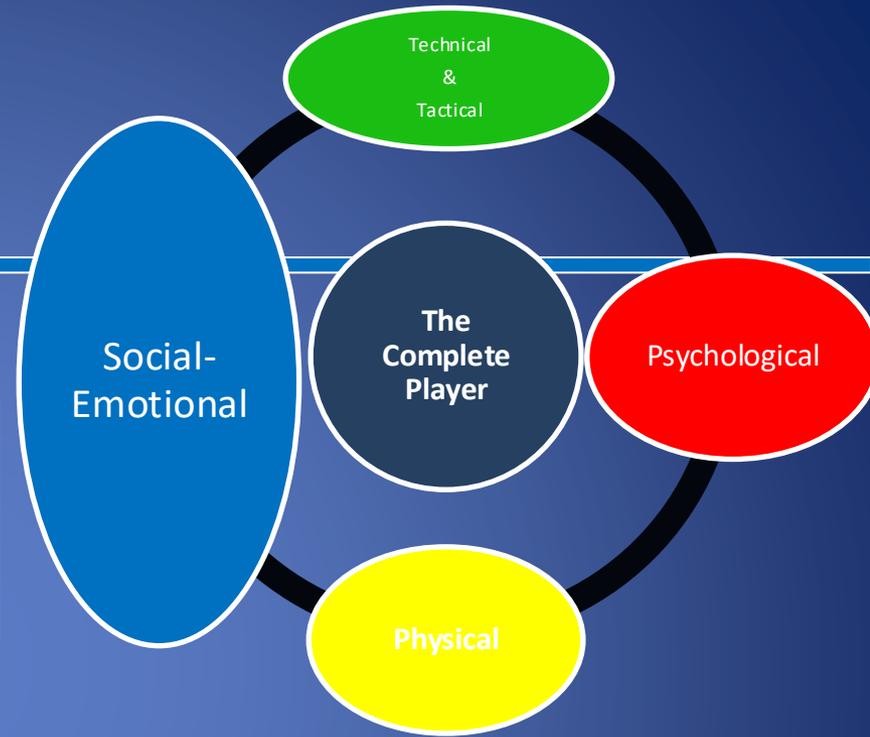
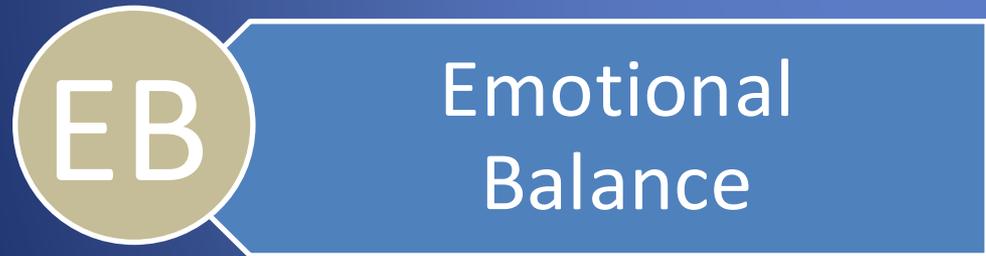
A football curriculum that is relevant and effective





# Developing the modern player

A football curriculum that is relevant and effective



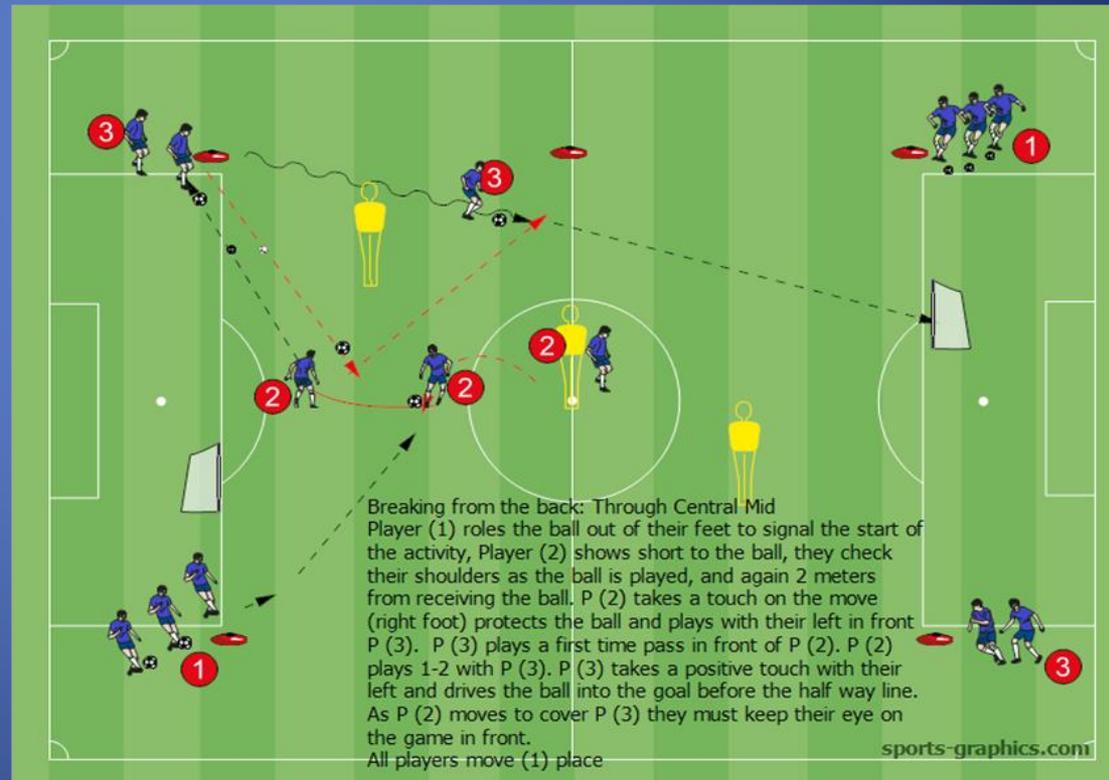


# Developing Game Awareness

## Proficient

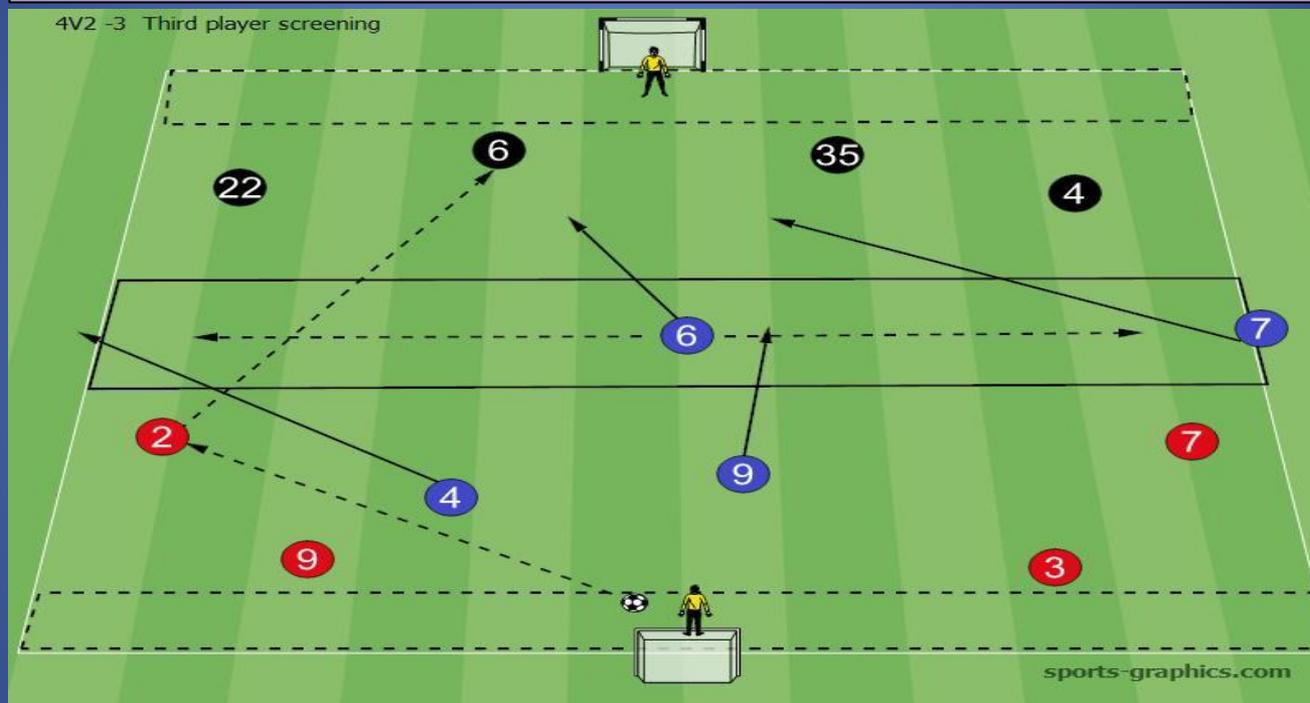
### EXAMPLE

Vision and Awareness  
Players 1, 2 and 3 show VA  
individually and high-level  
collectively



# TACTICAL

## 4V3 Penetrating in three zones



### Set Up

3 teams of 4, 2 GKs, 2 x 12 yards by 12 yards boxes or size appropriate to age and ability of group, coach with balls

### Conditions

4 reds keep the ball against 2 blues who also have 1 player in middle zone trying to stop ball through to blacks to give 4v3. After 3 passes the reds can play the ball through to any of the blacks to have a shot. The ball is then played to the 4 reds who keep the ball against *the* other 2 blues and so on. Change groups.  
Progression - Ball can go to next group when on/Limit touches of players.

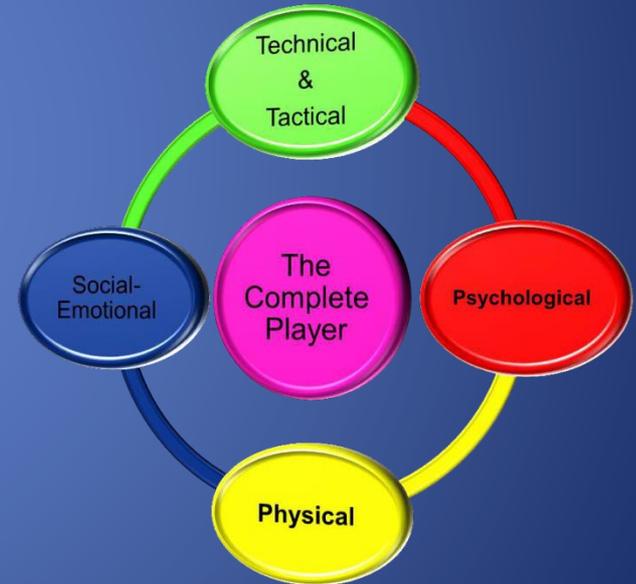
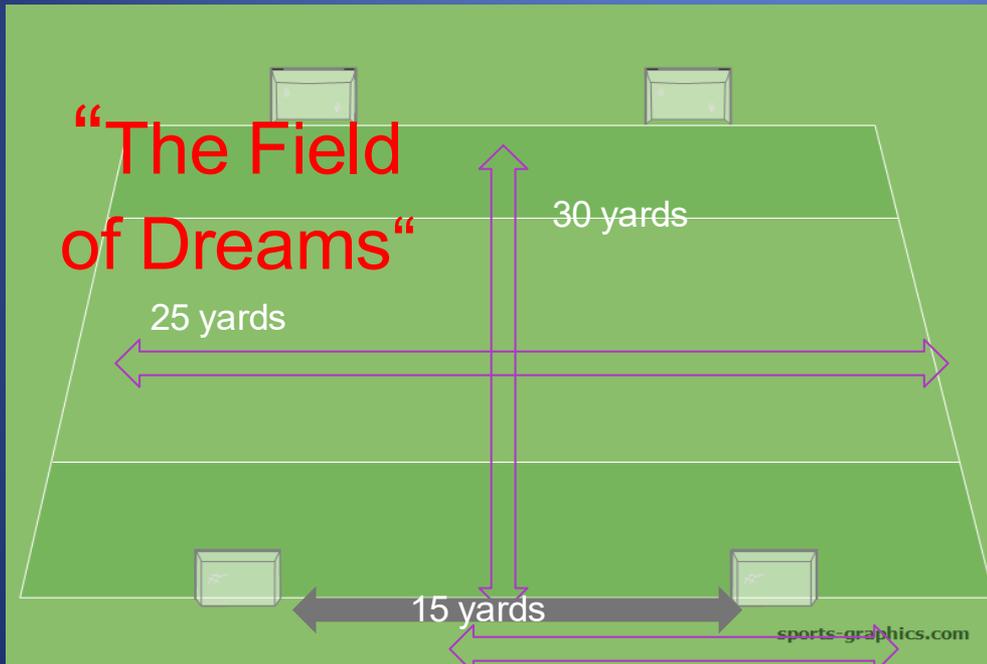
# Building the complete player

A football Program That is Player Specific Individually and collectively



## OUR SOCCER CURRICULUM

- Game related Sessions
- Game Literacy Conative
- Creative Players



# Testimonials

Colin Fyfe Miller is a Scottish-born Canadian professional football coach who captained the Canadian national team several times while earning 61 caps in total.

I had the privilege to coach at last years X-Pro Soccer and enjoyed it very much. I felt the coaching staff were of a very high quality and the sessions were both informative and challenging for the players. The players worked hard and improved a great deal as the camp progressed. I can strongly endorse the X-Pro Soccer Camps. You will not be disappointed.

Sincerely,

Colin Fyfe Miller. EX Canadian men's National team Head Coach.





## Players On UK Trial

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Coerver Soccer Camps-X-Pro has identified several young players over the last few years in Canada, last summer, four young players were identified to attend a week long, full expense paid UK tryout program. During their visit, the players were exposed to five days of training and two full games with four Scottish premier league teams.

They also had the opportunity to visit and tour several soccer stadiums including Glasgow Rangers, Glasgow Celtic, Aberdeen FC, Kilmarnock FC and the world soccer museum at the Scottish National stadium Hampden Park.

The players were also exposed to high profile training games which included several of the Scottish U17 national team players. The lads had a fantastic experience. There is continued interest in their ongoing progress by the Clubs involved.

Lucas U12 and his father Joao were invited over to the UK for a 10 day professional trial, with the English Premiership team Aston Villa, during this time Lucas played in all 4 pro youth games against Chelsea, West Ham, Tottenham, and Sunderland, He scored 2 goals and had several assists.

His time there was so successful that he has been invited back, he has also received invites from Manchester City, and Chelsea FC.

Coerver Directors have exposed several players from Canada to the EPL, SPL and MLS teams in the last few years including Canadian Internationals **Deandre Kerr** TFC,, also **Alistair Johnston** Glasgow Celtic both worked with David Thorburn Coerver TD Ontario.

Thorburn has taken players to Chelsea, Aston Villa, Leicester City, Birmingham City, Reading, Fulham, and Wrexham AFC, SPL teams include Rangers, Celtic, Aberdeen, St Johnstone, Motherwell, Kilmarnock, Hibernian, Ross County and Livingston.

USA is full of talented young players, I believe we will be sending many more overseas in the near future.