

# RESIDENTIAL SOCCER CAMPS

3-WEEK ELITE SOCCER  
EXPERIENCE IN PORTUGAL



A complete 3 week elite residential soccer experience in Portugal – designed to challenge, develop, and inspire players within a professional environment while providing a true insight into the modern game.



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# TRAIN, LIVE & PERFORM LIKE A PROFESSIONAL



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# ABOUT S.C. BEIRA-MAR

Founded in 1922, S.C. Beira-Mar is a respected club with deep local roots and a long tradition of supporting young players. The club blends community heritage with modern infrastructure and a clear focus on player development.

**Professional facilities:** competition-standard stadium and well maintained training pitches (natural and hybrid turf) suitable for daily practice and match play.

**Full player support:** changing rooms, physiotherapy and recovery spaces, kit and laundry facilities, and on-site catering to support team nutrition.

**Coaching environment:** experienced coaches and structured sessions focused on developing technical ability, physical conditioning and game intelligence.

**Competitive exposure:** regular fixtures and organised friendlies providing players with opportunities to perform in front of scouts and clubs.

**Club integration:** a community-focused club that welcomes visiting groups and supports youth progression.



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# AVEIRO CITY

Aveiro is a compact, safe and lively coastal city on Portugal's west coast where canals and colourful art-nouveau buildings meet wide sandy beaches. Often called the "Venice of Portugal," Aveiro combines relaxed seaside living with a vibrant student scene, warm local hospitality and pleasant year-round weather – an ideal base for gap-year students seeking both serious soccer development and cultural immersion.

**Scenic setting:** picturesque canals, moliceiro boat rides, riverside promenades and beach coastline just minutes from the town centre.

**Student life:** the University of Aveiro brings cultural events, cafés, libraries and a youthful atmosphere that complements study and social life.

**Safety and wellbeing:** very low crime rates and a welcoming community make Aveiro a secure place for international students.

**Outdoor lifestyle:** surfing, beach training, coastal runs and cycling routes support fitness, recovery and wellbeing.

**Culture & food:** markets, local seafood specialities, museums and festivals offer genuine Portuguese experiences outside training hours.

**Mild climate:** comfortable weather for outdoor training and year-round activity.



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# WHY AVEIRO & S.C. BEIRA-MAR

**Train and grow in a safe, inspiring setting:** Aveiro's combination of seaside recovery, student life and cultural richness creates the perfect backdrop for personal and soccer development.

**Professional environment:** S.C. Beira-Mar's facilities and coaching give players the platform to improve and showcase their talents.

**Cultural immersion:** language practice, local cuisine, festivals and coastal activities make for a rewarding gap-year experience off the pitch.

**Visibility and pathways:** consistent match play and club networks increase the chance of being noticed and progressing to higher levels.



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# CAMP OVERVIEW

Step into the world of Europe soccer through an intensive and immersive 3-week residential experience, designed for ambitious 16+ players who are serious about their development and future in the game.

This programme goes far beyond a traditional soccer camp. It is a carefully structured high-performance environment where players are exposed to the daily demands, expectations, and standards of professional soccer. Every aspect of the experience – from training intensity and match competition to lifestyle management and recovery – is designed to mirror the reality of life within a professional academy.

Players are not simply coached; they are educated, challenged, and developed within a system that encourages growth both on and off the pitch. The objective is to provide a clear understanding of what it takes to progress within the game, while delivering a memorable and transformative soccer experience in Portugal.



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# PATHWAYS AND OPPORTUNITIES

At MITSkills, we are committed to creating genuine pathways and opportunities for aspiring soccer players from around the world. Central to our programmes is the strong network of scouts, agents, clubs, and soccer industry professionals we have built through our connections across the game.

Throughout the year, our international students compete in fixtures, and showcase matches that provide valuable playing experience in a competitive environment. MITSkills regularly collaborates with professional clubs, independent scouts, player representatives, and recruitment specialists, inviting them to select matches and talent identification events.

These opportunities allow students to perform in front of people actively involved in player recruitment and development. Whether players are aiming for professional, semi-professional, academy, or university pathways, our network helps increase exposure and create meaningful industry connections.

By bridging the gap between talent and opportunity, we ensure players not only develop on the pitch but also gain access to environments where their abilities can be seen and assessed by the right people.

At MITSkills, we believe talent deserves an audience, and we work hard to help our players showcase their potential and take the next step in their soccer journey.



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# THE 3-WEEK ELITE RESIDENTIAL PROGRAMME

This 3-week residential programme is designed to maximise player development within a short but intensive time frame. From the moment players arrive, they are introduced to a structured daily routine that reflects the expectations of a professional soccer environment.

Each day is carefully planned to balance high-intensity training, competitive match play, recovery, and education. Players are constantly engaged in activities that challenge their physical capabilities, technical skills, and mental approach to the game.

The programme is particularly suited to players who want to test themselves in a new environment, gain exposure to European soccer standards, and experience what it truly means to live as a soccer player. It provides a platform for players to step outside their comfort zone, develop resilience, and gain valuable experience that can influence their future pathway in the game.



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# ELITE SOCCER TRAINING

At the core of the programme is a high-level training model delivered by UEFA A-Licensed coaches with extensive experience across professional clubs and elite academy systems. Training sessions are designed to be intense, purposeful, and reflective of the demands of modern soccer.

Players are exposed to a variety of training methods that focus on improving technical execution at speed, tactical awareness, positional understanding, and decision-making under pressure. Sessions are structured to simulate real match scenarios, ensuring that all training has direct relevance to game performance.

A strong emphasis is placed on developing players who can think quickly, adapt to different situations, and perform consistently in high-pressure environments. Goalkeepers receive specialist coaching tailored to their position, while outfield players benefit from both individual development work and team-based tactical training.

The overall aim is to develop complete players who are technically confident, tactically intelligent, and physically capable of competing at a high level.



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# PERFORMANCE & ANALYSIS

In modern soccer, understanding the game is just as important as playing it. Through a structured performance analysis programme, players are given the opportunity to develop their soccer intelligence alongside their physical and technical abilities.

Using dedicated analysis facilities, both training sessions and matches are reviewed in detail. Players are guided through key moments, helping them understand their positioning, decision-making, and overall contribution to the team.

This process encourages players to reflect on their performances, identify areas for improvement, and take ownership of their development. It also introduces them to the analytical tools and methods used within professional soccer, providing valuable insight into how performance is assessed at higher levels of the game.



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# MEDICAL & PLAYER SUPPORT

Player health, wellbeing, and performance are fully supported throughout the programme by a professional medical and support team. A qualified physiotherapist is present on-site at all times, ensuring immediate response to any injuries and ongoing support for recovery and physical maintenance.

Players are also introduced to injury prevention strategies, including mobility work, recovery protocols, and load management techniques. This education is an important part of their development, helping them understand how to care for their bodies in a high-performance environment.

The presence of a dedicated medical team ensures that players can train with confidence, knowing that their wellbeing is being managed to professional standards.



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# PROFESSIONAL FACILITIES

All training and development activities take place within a high-quality soccer environment at S.C. Beira-Mar. The facilities are designed to reflect those found within professional clubs, providing players with the tools and environment required to perform at their best.

Players have access to elite training pitches, professional changing rooms, and a fully equipped gym and strength & conditioning suite. Recovery areas and medical rooms support physical wellbeing, while analysis rooms provide a space for tactical education and performance review.

Training in such an environment not only enhances player performance but also prepares them for the expectations of professional soccer settings.



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# COMPETITIVE GAMES PROGRAMME

The competitive match programme is a central part of the overall experience, providing players with the opportunity to test their development in real-game situations.

Fixtures are arranged against academy and professional-level opposition, ensuring a challenging and competitive standard. These matches are designed to replicate the intensity and structure of competitive soccer in Portugal, including the experience of playing under floodlights.

Players are expected to apply what they have learned in training, demonstrating their technical ability, tactical understanding, and mental resilience. Coaches use these matches as key evaluation points, providing feedback that supports ongoing development.



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# EUROPEAN SOCCER EXPERIENCE

Players benefit from a minimum of 18 hours of soccer activity per week, ensuring a high level of engagement and continuous development throughout the programme.

In addition to training and matches, players gain valuable exposure to elite soccer environments through experiences linked to top professional clubs.

These experiences provide insight into the facilities, culture, and expectations of top-level soccer, inspiring players while helping them understand the standards required to reach the highest levels of the game.



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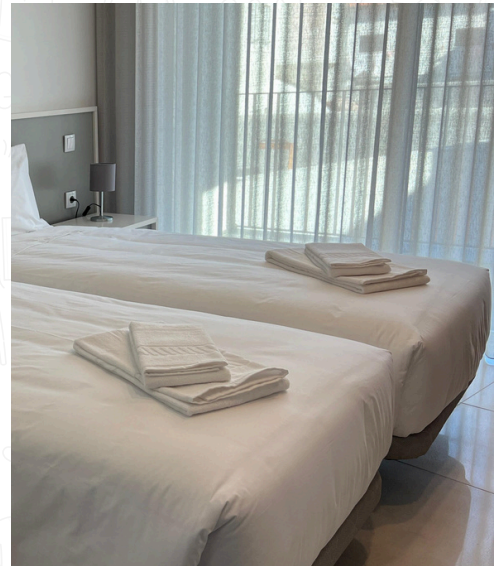


# ACCOMMODATION & PLAYER LIFESTYLE



Players are accommodated in high-quality hotels located within the Aveiro city, providing a safe, comfortable, and professional living environment.

Accommodation is carefully selected to support both performance and wellbeing, ensuring players have the space to rest, recover, and prepare for training and matches. Shared rooms encourage team bonding and social interaction, while maintaining a structured and disciplined environment.



Full board meals are provided daily, with a focus on nutrition to support performance and recovery. The overall lifestyle environment is designed to reflect that of a professional soccer player, where routine, discipline, and preparation are key.



# 24/7 PLAYER SUPPORT & WELFARE

Delivered in partnership with MITSkills, the programme provides a comprehensive support structure for all players throughout their stay.

A dedicated team, including a Programme Lead Coordinator, Safeguarding Officer, and Pastoral Care Lead, is available at all times to ensure player wellbeing, safety, and overall experience.

This level of care creates a secure and supportive environment where players can focus entirely on their development, while also giving reassurance to parents and guardians.



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# OFF THE PITCH EXPERIENCE

## Multi-Sport & Activities

To ensure a balanced and enriching experience, players take part in a variety of warm-down and skill-based activities that support recovery, team bonding, and overall wellbeing. These sessions provide valuable time to relax and reset, while continuing to enhance both physical and social development within the group.

The programme is further enriched by inspiring guest speaker sessions, offering insight from experienced professionals, alongside opportunities to explore and tour the city, strengthening cultural awareness and team connection. Players also benefit from access to high-quality gym and leisure facilities to maintain fitness and conditioning, while dedicated physio and recovery sessions focus on rehabilitation, injury prevention, and relaxation—helping every player perform at their best throughout the experience



## EDUCATION, HEALTH & WELLBEING, MENTORSHIP

An important part of the programme is the development of players beyond soccer. Delivered in partnership with MITSkills, players receive education and mentorship designed to support their long-term development.

Sessions include nutrition, mental wellbeing, lifestyle management, and career pathway guidance. Guest speakers, including former professional players, share their experiences, offering insight into the realities of pursuing a career in soccer.

This element ensures that players leave the programme not only as better soccer players, but as more informed and prepared individuals.



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# TRANSPORT & TRAVEL

All travel and logistics are professionally managed to ensure a smooth and seamless experience from arrival to departure.

Players are met at Porto airport, with a full meet-and-greet service. All internal transport is organised, including travel to training, matches, and excursions.

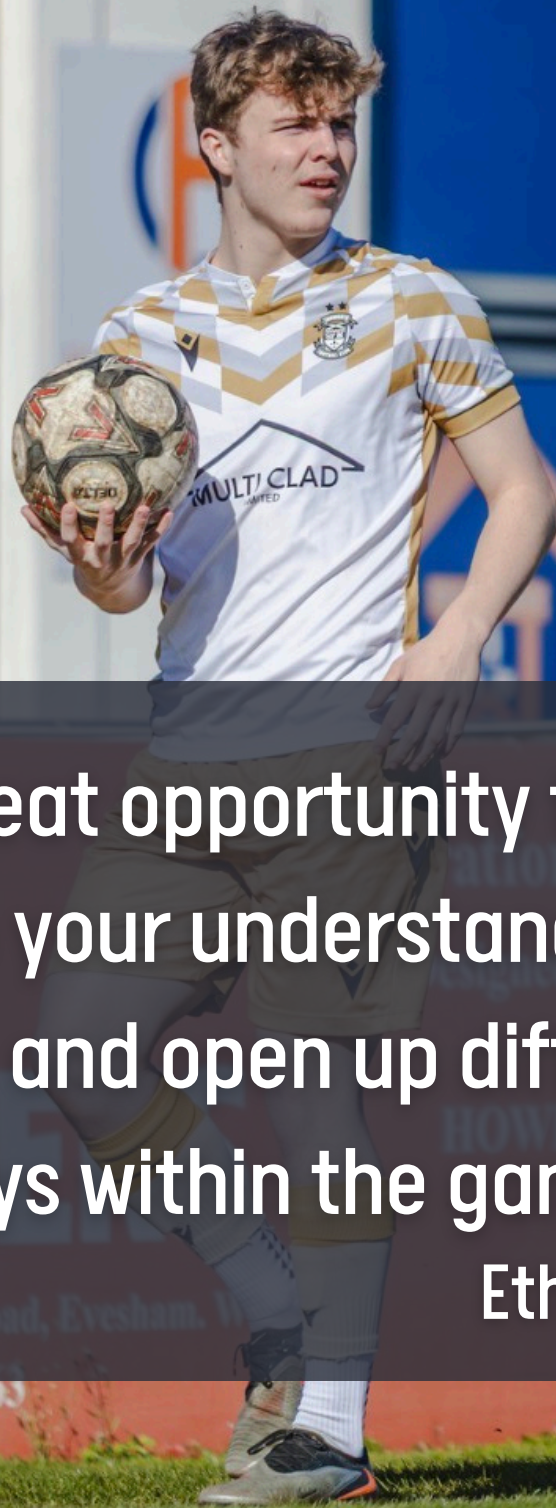
Throughout the programme, players remain fully supervised, ensuring safety, organisation, and professionalism at all times.



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It's a great opportunity to develop your understanding of football and open up different pathways within the game.

Ethan Bowley



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**Sasa Ilic**  
**Head of International Relationships / Recruitment**  
**Former Premier League Soccer Player**

As a former Premier League soccer player, I am proud to be leading and driving the MIT International Soccer Pathway programme. My role allows me to meet players, coaches, and clubs from around the world, building strong relationships and identifying talented young soccer players with the potential to succeed at the highest levels of the game. Through our international camps and development programmes, I am passionate about helping players access the right opportunities and guiding them on the best pathway to achieve their goals. Using my experience from professional soccer, I look forward to supporting and mentoring young talent, helping them develop both as players and as people, and giving them every chance to reach their full potential.



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**Craig Parry**  
**Worksop Town 1<sup>st</sup> Team Manager**  
**National League**

As First Team Manager, I believe the MIT International Programme provides a fantastic opportunity for young players to develop their soccer talent in a professional and ambitious environment. We are committed to creating a clear pathway for talented individuals to progress into our first-team setup. I look forward to meeting the players, supporting their development, and helping them reach their full potential both on and off the pitch.



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**Gavin Strachan**  
**Celtic 1st Team Coach**

"As First Team Coach at Celtic Soccer Club, I am delighted to be involved with the MIT International Programme as the lead mentor for our international students. My role is to help ensure that players receive high-quality coaching and development opportunities, drawing on my experience working within an elite professional soccer environment. Throughout the programme, I work closely with students to support their technical, tactical, and personal development, providing guidance, feedback, and mentoring to help them continually improve. I am passionate about helping young players maximise their potential and gain a deeper understanding of what it takes to succeed at the highest level of the game."



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# WHO THIS PROGRAMME IS FOR

This programme is designed for ambitious players, international academies, clubs, and educational institutions seeking a high-quality soccer experience in Europe.

It is particularly suited to players who are serious about their development and want to experience the standards, intensity, and culture of European soccer in a professional environment.



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# GIRLS & WOMEN'S TEAMS WELCOME

We are proud to offer an inclusive and supportive environment for female players, welcoming girls' and women's teams of all ages and abilities. Our programme is designed to ensure every player enjoys a rewarding, empowering, and memorable experience both on and off the field.

Training sessions are tailored to suit the needs of each group, with a focus on skill development, confidence building, and teamwork in a positive and encouraging atmosphere. Players benefit from access to high-quality facilities, including gyms and leisure centres, alongside dedicated recovery and physio sessions that support performance, wellbeing, and relaxation.

Beyond training, teams can enjoy a wide range of enriching experiences, from inspiring guest speaker sessions to organised city tours that promote team bonding and cultural exploration. Every aspect of the programme is carefully planned to ensure female players feel valued, supported, and fully included.

Whether developing grassroots talent or supporting elite performance, we are committed to delivering an outstanding experience where girls and women can thrive, connect, and have an unforgettable time.



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# PRICE AND ENQUIRIES

£5,000

Includes accommodation and 3 meals a day.

For further details or to request a quote,  
please visit [our website](#).



[www.mitsports.co.uk](http://www.mitsports.co.uk)

**Female only groups are welcome please send enquiries**



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# **FOLLOW YOUR DREAM CONTACT US NOW!**

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