



XPLAY EXPERIENCE



JUNE 23/29TH

BOOK NOW YOUR ROSSOBLÙ WEEK AT THE CAGLIARI TRAINING CENTER IN SARDINIA

CAGLIARI XPLAY TRAINING EXPERIENCE

Welcome to the CAGLIARI XPLAY EXPERIENCE, a football training initiative tailored for aspiring young footballers worldwide, aged between 12 and 17, aiming to enhance their technical, tactical, and physical abilities.

Participants will reside and train at the esteemed Sports Center in Assemini, Cagliari, which serves as the home ground of the Cagliari Calcio first team, providing an authentic Italian football experience.

The CAGLIARI XPLAY Team has studied individual and group training, allowing young players to improve their technical and motor skills and ability to play with intensity and rhythm.

Our program is structured to help young players identify the personal skills needed to improve their level of play.

At CAGLIARI XPLAY, we prioritize team cohesion, uphold values of respect, promote inclusivity of diverse lifestyles, and emphasize the significance of interpersonal relationships as foundational elements for personal and athletic development.





THE FOOTBALL PROGRAM

The football program comprises training sessions, workshops, and performance tests aimed at achieving the following objectives:

- Developing technical skills
- Learn to play at speed
- Acclimating to high-rapid gameplay
- Position-specific training sessions
- Focusing on gol-minded football
- Exhibiting style, speed, and precision in game play
- Comprehending the various phases of the game
- Technical evaluation sessions
- Video analysis sessions
- Individualized follow-up sessions
- Sessions aimed at enhancing personal attitude
- Personalized reports on technical progress
- Guidance on sports nutrition

EXTRA FOOTBALL ACTIVITIES

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- Tourist and Cultural excursion to Cagliari City
- Tour of the 'Unipol Domus' Stadium and the Club's museum
- Meeting with Club Managers: Youth Sector Manager and Scout
- Leader
- Closing Ceremony

PROFESSIONAL TEAM

The CAGLIARI XPLAY TEAM is carefully selected to impart skills and undergo training tailored to the specific requirements of the XPLAY TRAINING EXPERIENCE project. Activities will be conducted in both English and Italian languages. Participants will receive guidance from coaches, trainers, and scouts affiliated with Cagliari Calcio and Xplay throughout training sessions, tests, and workshops.



ACCOMODATION

Participants will enjoy a unique week at a prestigious sports resort.

The facility provides upscale double rooms equipped with private bathrooms and Wi-Fi. Included amenities and services comprise:

- Breakfast, lunch, snacks, and dinner
- Laundry service for sports attire
- 24/7 supervision
- Access to the swimming pool and communal areas for leisure and relaxation
- Regular housekeeping services



THE PRICE INCLUDES

- PRACTICAL TRAINING PROGRAM: 6 days of practical football training
- FOOTBALL WORKSHOPS: Daily workshops
- MEALS: Full board meals
- ACCOMMODATION: Residential accommodation in a double room with a private bathroom and WiFi.
- TOUR 1: Visit and dinner in Cagliari
- TOUR 2: Tour at the Unipol Domus Stadium
- TRANSFER: Toursland 2
- OFFICIAL KIT: Official Cagliari XPLAY Kit
- CLOSING CEREMONY: Certificate Delivery and Personalized player card with the signature of the XPLAY TEAM and the Scout Leader



INFORMATION AND REGISTRATION

Website: www.cagliarixplay.com
Email: xplay@cagliaricalcio.com
Phone: +39 3761388 000

QUOTE

The participation fee is: € 1.750,00

FAQ

TRAINING SESSION

What level of football proficiency is required to participate in the program?

The program is tailored for young talented players who share our passion for football and are earnestly dedicated to seizing this opportunity.

Where does the program take place?

Participants will spend 7 days at the Crai Sports Center in Assemini, which serves as the home facility for both the first team and the youth sector of Cagliari Calcio.

What is the general program?

Upon arrival, each participant will receive thorough guidance from the entire project team. A comprehensive medical assessment will be conducted to evaluate their physical condition, allergies, or medication usage. Subsequently, technical and motor assessments will be administered to tailor individualized training programs and support their developmental trajectory.

How is the daily program organized?

Participants will engage in two daily training sessions, overseen by Cagliari's Head Coach, either

individually or in groups. We place great emphasis on managing breaks, rest periods, and ensuring each player's complete energy restoration. Throughout the day, there will be informative meetings focusing on the objectives of the training sessions and personal growth, as well as thematic workshops aimed at fostering a holistic understanding of athleticism, emphasizing mental fortitude and motivation.

Is the practice field natural or artificial grass?

Training sessions will be conducted on artificial grass field.

What languages will the coaches speak?

The coaches will utilize a combination of English and Italian to familiarize players with the football terminology commonly used in Italy.

Can parents visit during training?

Parents are welcome to attend the training sessions. Detailed schedules for arrival days will be provided, along with daily updates regarding the subsequent day's program.

PROGRAM DEVELOPEMENT

What other activities are included besides training?

In addition to various training sessions, lessons, and workshops, we organize two excursions to Cagliari. The first comprises the visit at the stadium and at the club's museum, while the second entails an afternoon of cultural exploration in Cagliari. Additionally, we will enjoy watching European football matches together, fostering unique moments with our Head Coaches.

When can the boys use their cell phones?

Cell phones must be kept in the residence rooms during all field activities, lessons, and meal times. They may be utilized in the rooms or during designated free time.

When is the best time to call?

We strongly recommend calling during the participants' free time, once their specific activity schedule has been confirmed.

How can I contact the program team?

You can contact the office at any time. We will provide you with the coordinator's contact number, the residence number, and an emergency contact number.

Are there any behavioral rules?

Certainly. Conduct guidelines will be communicated to participants upon arrival, encompassing adherence to schedules, management of free time, and permissible activities within the room. Additionally, instructions regarding dietary habits, hydration, and nutritional replenishment practices will be provided.

How is participant misconduct managed?

Participants are expected to demonstrate respect towards others, the team, equipment, and adhere to activity schedules. The team will offer continuous support to every participant. In cases of severe misconduct, immediate expulsion may be warranted. The parent or guardian will be promptly notified and required to arrange for the participant's return.

TRAVELING

When should participants arrive and depart?

Arrival is scheduled for Sunday, June 23rd, with departure on the following Saturday, June 29th.

Is there a transfer to and from the airport?

Airport transfers are available as an additional service, organized upon specific request by parents during registration.

How do you manage a minor traveling alone?

We will provide pertinent information regarding the adult who will meet the participant at the airport, facilitating communication with the airline.

What documents are necessary to participate?

A passport, a valid Medical Certificate, and a completed and signed Registration Form by the participant's parents or legal guardians are required.

Does the price include the plane ticket?

No, participants are responsible for arranging their own airfare. Arrival/departure information.

How much money should I provide my child?

We recommend providing funds

solely for incidental expenses such as basic necessities, souvenirs, and additional activities your child may wish to engage in.

Do I have to take out insurance?

When you sign up you can purchase extra insurance coverage. However, we strongly advise parents to take out cancellation and interruption insurance, as well as additional health insurance, to protect against unexpected accidents, illnesses and/or loss of baggage.