



IFT OFFICIAL PARTNER IN ESTONIA,
ARETE - INTERNATIONAL SPORTS
DEVELOPMENT

IFT

**Experts in the football players
individual development**



ABOUT US

IFT - Individual Football Training is an academy focused on the individual performance development of the football players.

Following a specific training methodology - focused on the individual - the IFT goal is to empower the technical and tactical level, the coordination and mental skills of the football player.

The main purpose is to develop the player skills and empower his range of abilities that enable him to become a more complete player.



HISTORY

After 6 years of experience as coaches in an individual development academy in Barcelona, and in addition to the Portuguese football training methodology knowledge, in 2013 IFT - Individual Football Training was founded in Portugal.

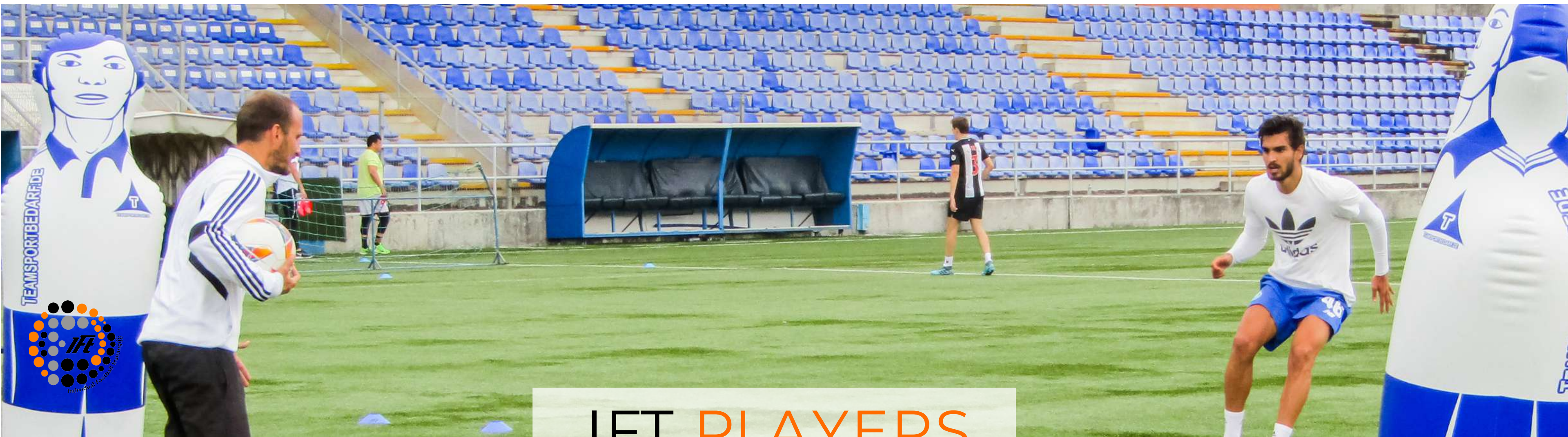
HALL OF FAME

IFT is a complement to the work done by clubs, currently working with professional and training football players, with reference to **Bruno Fernandes** (Man Utd / Portugal National team), **James Rodrigues** (Everton/ Colombia National Team), **Alex Telles** (Man Utd), **Ricardo Pereira** (Leicester), **Diogo Dalot** (Man Utd), **Tiquinho Soares** (Olympiacos - Greece), **Zé Luis** (Lokomotiv Moscow), **Florentino Luis** (S.L. Benfica), **Moreto Cassama** (Reims), **André Pereira** (Rio Ave), **Rui Pires** (ex-FC Porto / Paços Ferreira / Portugal U20 National Team Capitan) among others.

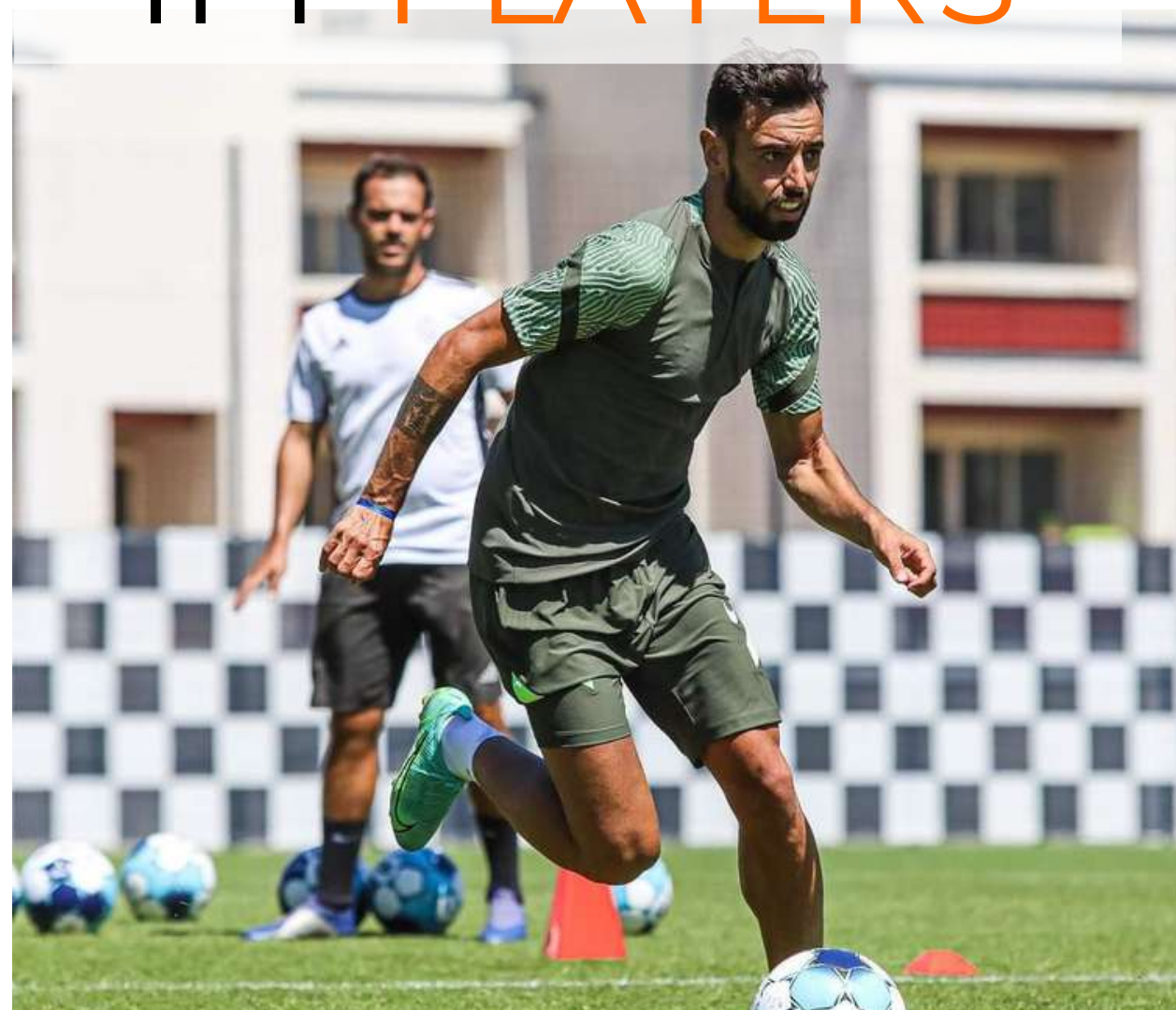
DIMENSION

The dynamics generated nowadays reach an international dimension, receiving players from the 4 corners of the world, as well as the implementation of this training methodology across borders.





IFT PLAYERS



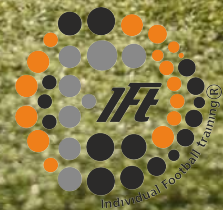


IFT PLAYERS



WHY INDIVIDUAL TECHNICAL TRAINING

- GIVE MORE TECHNICAL RESOURCES
- PROVIDE CONFIDENCE AND MOTIVATION
- CORRECT TECHNICAL DETAILS
- STIMULATE CREATIVITY
- BOOST THE INDIVIDUAL PERFORMANCE





WHY?



**TO CREATE NEW
OPORTUNITIES**

**TO HAVE NEW
EXPERIENCES**



INDIVIDUAL
CLUB TRIALS



PROGRAM

STRUCTURE















TECHNICALL
INDIVIDUAL
DEVELOPMENT



Week STRUCTURE



Period: 7 days | 6 Nights

<p>Sunday</p> <p>Check In IFT Session</p> 	<p>Monday</p> <p>IFT Session Club Trial</p>  	<p>Tuesday</p> <p>IFT Session Club Trial</p>  	<p>Wednesday</p> <p>IFT Session Club Trial</p>  
<p>Thursday</p> <p>IFT Session Club Trial</p>  	<p>Friday</p> <p>IFT Session Club Trial</p>  	<p>Saturday</p> <p>Check Out</p> 	<p>Sunday</p>

IFT isn't responsible for any change of schedule regarding the club trainings



CANDAL SPORTS COMPLEX



- SPORTS COMPLEX MODERNLY EQUIPPED
- ONE SOCCER FIELD 11 AND ONE FIELD 7
- SWIMMING POOL
- MEAL ROOM AND BAR
- FIELDS FOR STREET FOOTBALL



ACCOMMODATION

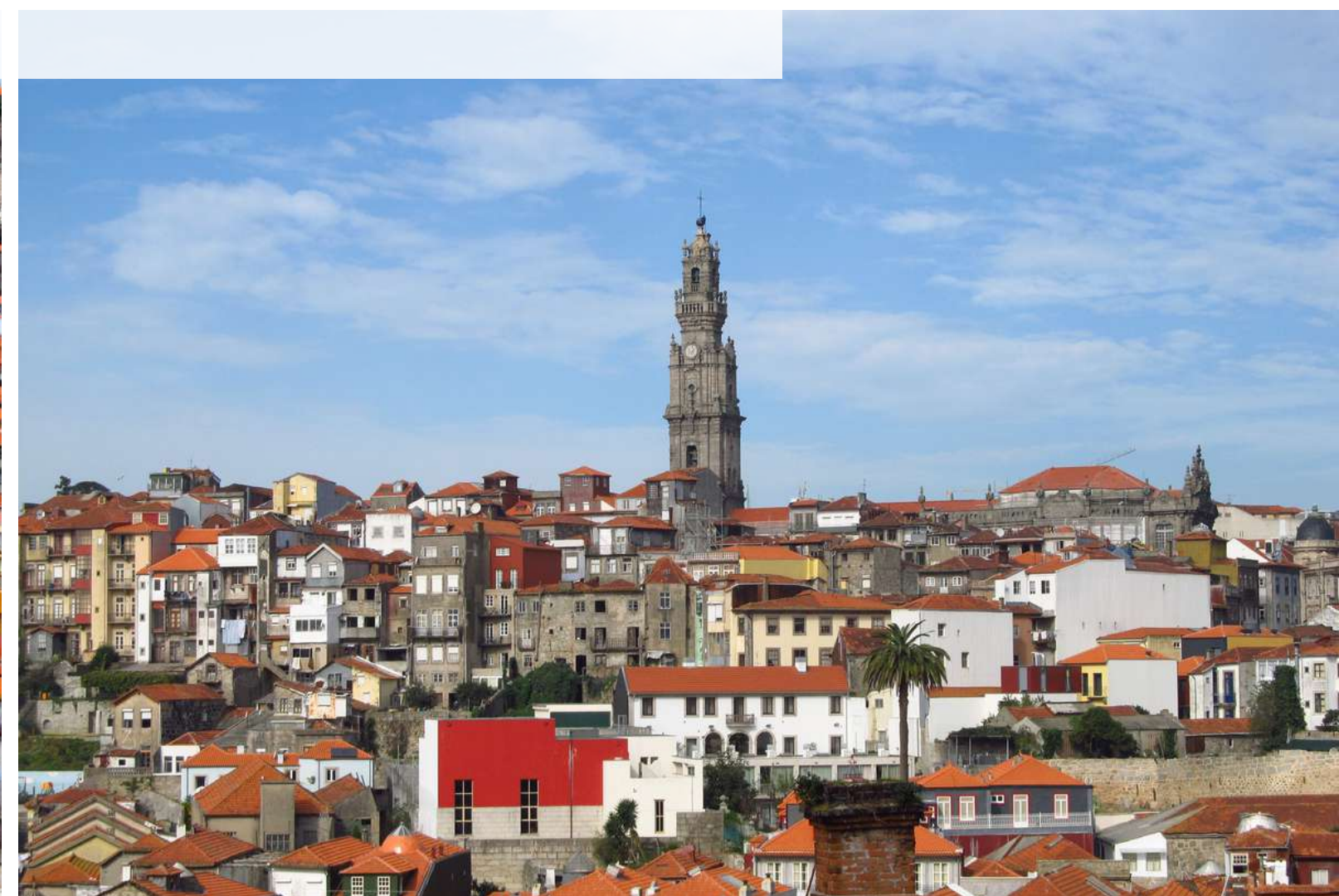
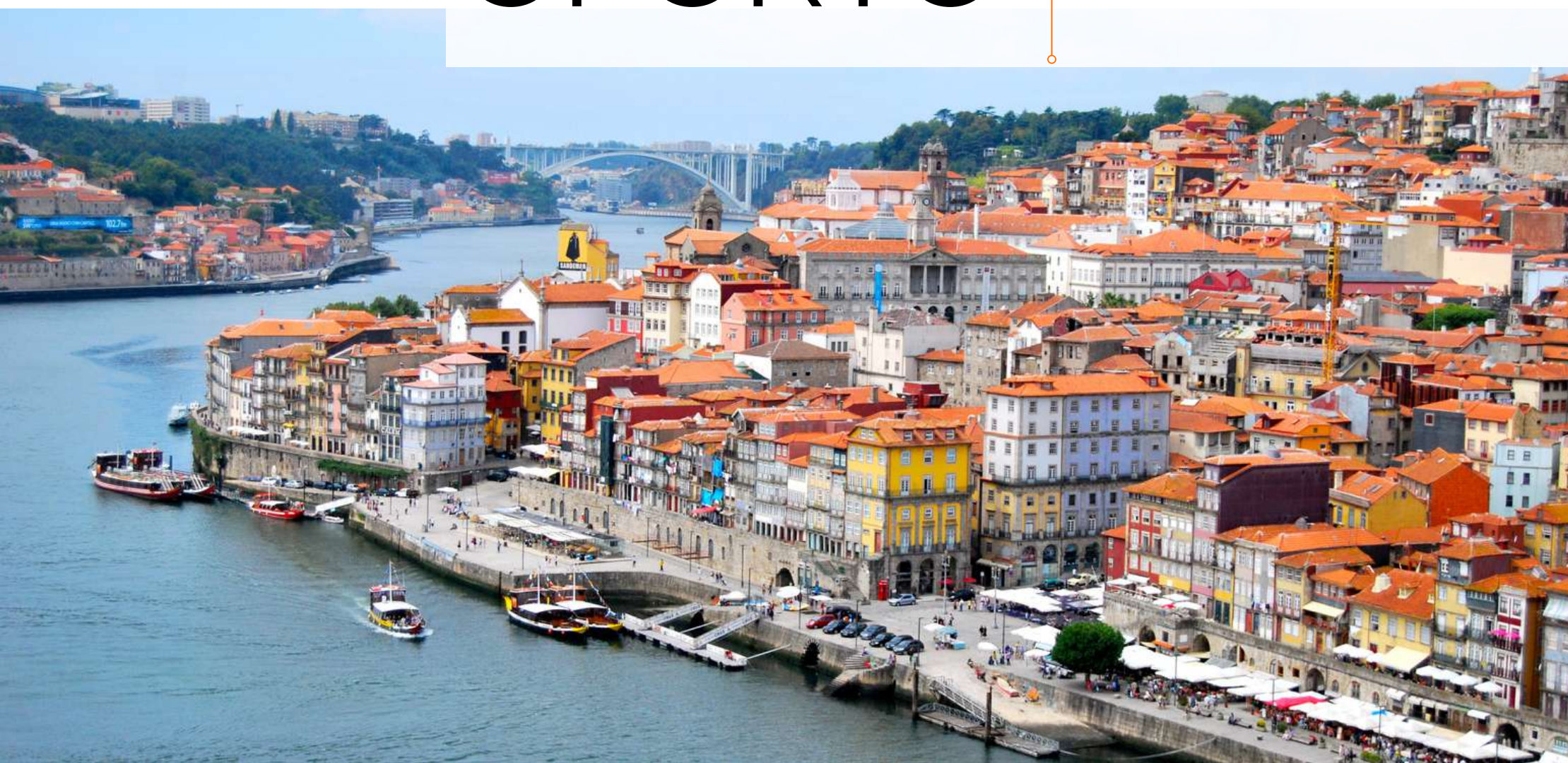
- HOTEL ****
- PLAYERS WILL BE INSTALLED IN OUR ACCOMMODATION
- LOCATED IN CITY CENTER
- MEALS (BREAKFAST AND DINNER)
- ACCOMPANIED BY THE IFT MONITORS





OPORTO

BEST EUROPEAN DESTINATION



PRICING IFT ELITE Monitoring



7 DAYS | 6 NIGHTS

TOTAL Propused

1200€

**Total
per player**

What's Included

- ✓ Hotel: Triple Room (6 Nights)
- ✓ Airport Transfers / Daily Transportation
- ✓ Individual Development Training Sessions Monday through Friday
- ✓ Team Training with Pro Club appropriate to your level.
- ✓ Verbal review throughout your time.
- ✓ Written review upon completion
- ✓ IFT Monitoring

* This Budget can be addapted by changing the services and its frequency;

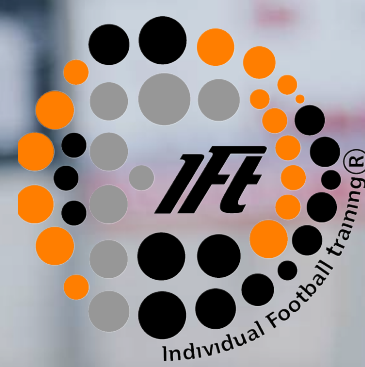
*All extra services will have an added cost;

*At this value it's added the VAT (20%)



 IFT | PLAYERS





**INCREASE THE CREATIVITY OF ATHLETES!
ENCOURAGING QUICK THINKING!
IMPROVE PERFORMANCE!
BOOST TALENTS**

*If you believe in these values,
LET'S WORK TOGETHER!*

FOR ALL ESTONIAN FOOTBALL TALENTS AND PLAYERS

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