



FutboLift

SHAPING THE FUTURE OF POLISH FOOTBALL!

Agenda

1

FUTBOLIFT

2

CO DLA WAS?

3

CO OTRZYMUJESZ W PAKIECIE?

4

DLACZEGO PORTO?

5

REFERENCJE

6

NEXT STEPS/ HOW TO JOIN

7

QUESTIONS

8

IFT – YOUR CAMP

1. O nas



MISJA



ZAPEWNIENIE MŁODYM PIŁKARSKIM ADEPTOM MOŻLIWOŚCI UCZESTNICTWA I RYWALIZACJI W OBOZACH PIŁKARSKICH, SKONCENTROWANYCH NA PODNOSZENIU ICH UMIEJĘTNOŚCI TECHNICZNYCH PRZY JEDNOCZESNYM ZAGWARANTOWANIU RODZICOM WYJĄTKOWYCH WAKACJI

WIZJA



STAĆ SIĘ NUMEREM JEDEN I NAJBARDZIEJ ZAUFANYM PODMIOTEM ŁĄCZĄCYCH MŁODYCH SPORTOWCÓW I ICH RODZICÓW Z PROFESJONALNYMI OŚRODKAMI TRENINGOWYMI W RÓŻNYCH KRAJACH

CELE



- 1) ZAPEWNIENIE NAJWYŻSZEJ JAKOŚCI POZIOM TRENINGU DOSTOSOWANY DO KAŻDEGO DZIECKA
- 2) POMOC W ROZWOJU UMIEJĘTNOŚCI I PEWNOŚCI SIEBIE W MIĘDZYNARODOWYM ŚRODOWISKU
- 3) OTWARCIE NOWYCH MOŻLIWOŚCI PODRÓŻOWANIA DLA RODZICÓW

ZESPÓŁ FUTBOLIFT

- ZAUFANY MIĘDZYNARODOWY ZESPÓŁ ZŁOŻONY Z PROFESJONALISTÓW I PASJONATÓW,
- DOŚWIADCZENIE W SZKOLENIU MŁODZIEŻY, ORGANIZACJI WYJAZDÓW ORAZ ZARZĄDZANIU W SPORCIE
- OFICJALNI PARTNERZY RENOMOWANYCH OBOZÓW PIŁKARSKICH



2. Co dla Was?



MŁODY SPORTOWIEC | TRAIN HARD. PLAY SMART. DREAM BIG.



**TRENUJ NA NAJWYŻSZYM
POZIOMIE I ROZWIJAJ SIĘ
SZYBCIEJ**



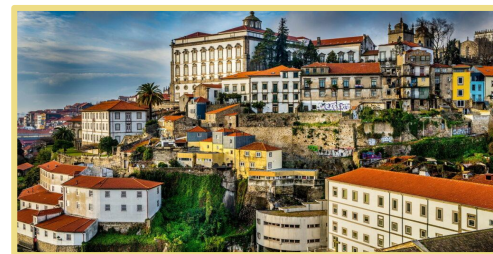
**UCZ SIĘ OD NAJLEPSZYCH
ZAGRANICZNYCH TRENERÓW**



**DOŚWIADCZ
MIĘDZYNARODOWEGO
ŚRODOWISKA PIŁKARSKIEGO**



**ZBUDUJ RELACJE KTÓRE
MOGĄ ZMIENIĆ TWOJĄ
PRZYSZŁOŚĆ**



**ODKRYJ I CIESZ SIĘ TĘTNĄCYM
ŻYCIEM MIASTEM**

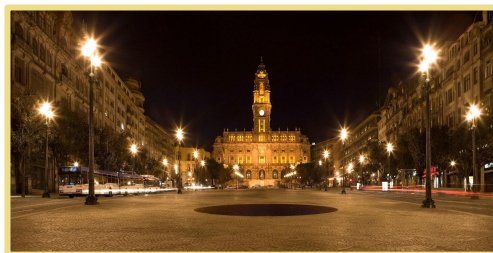
2. Co dla Was?



DLA RODZICÓW | RELAX. EXPLORE. DISCOVER.



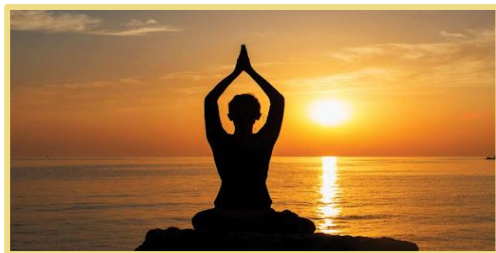
**JEDNA Z PIĘKNIJSZYCH LINII
BRZEGOWYCH EUROPY**



POZNAJ PORTO



**ZANURZ SIĘ W KULTURZE I
KULINARNEJ SCENIE PORTO**



CIESZ SIĘ SPOKOJEM



**ŚLEDŹ UWAŻNIE POSTĘPY
SWOJEGO DZIECKA**

3. Co otrzymujecie w pakiecie?



LOT W OBYE STRONY **WARSZAWA - PORTO**



TRANSFERY POMIĘDZY LOTNISKIEM I HOTELEM



7 NOCLEGÓW ZE ŚNIADANIEM W FORMIE BUFETU



UBEZPIECZENIE DLA RODZICA I ZAWODNIKA



PLAN ZWIEDZANIA MIASTA OPRACOWANY PRZEZ LOKALSÓW



CAŁOTYGODNIOWY OBÓZ PIŁKARSKI OBEJMUJĄCY:

- ⚽ PONIEDZIAŁEK-PIĄTEK 9:30-18:00 ZAJĘCIA PIŁKARSKIE
- ⚽ TURNIEJ INDYWIDUALNYCH UMIEJĘTNOŚCI
- ⚽ OPIEKĘ LICENCJONOWANYCH TRENERÓW UEFA, FIZJOTERAPEUTÓW I DIETETYKÓW
- ⚽ FORMALNY RAPORT Z OCENY UMIEJĘTNOŚCI
- ⚽ DYPLOM UCZESTNICTWA
- ⚽ NAGRODY DLA GRACZY TYGODNIA
- ⚽ ZESTAW TRENINGOWY
- ⚽ OBIAD, PRZEKĄSKA PRZEDPOŁUDNIOWA I POPOŁUDNIOWA ORAZ WODA
- ⚽ SESJE EDUKACYJNE (NP. ZAWODOWI GRACZE, TRENERZY MENTALNI)



4. Dlaczego Porto?



1

**DOM ŚWIATOWEJ KLASY PIŁKARZY I
NAJWYŻSZYCH STANDARDÓW SZKOLENIOWYCH**



2

**BEZPIECZNE I PRZYJAZNE MIASTO Z WIDOKAMI
KTÓRE TRUDNO ZAPOMNIEĆ**



3

**BOGATA KULTURA ORAZ RENOMOWANA SCENA
KULINARNA I WINIARSKA**

THE HEADLINES SAY IT ALL!

Travel And Tour World

Portugal Named Europe's Best Destination for 2025: Lisbon, Porto, and Madeira Shine in World Travel Awards

Portugal Named Europe's Best Destination for 2025: Lisbon, Porto, and Madeira Shine in World Travel Awards ... Portugal, with its rich history,...



Turismo de Portugal

With eight more Michelin stars, Portugal reinforces its status as a Gastronomic Destination

The Michelin Guide's 2025 selection, fully dedicated to Portugal and revealed this week in Porto, awarded eight new stars and one more green star.



It's official! Porto and Gaia named World Capital of Sport 2028

For the first time in the history of national sport, Porto and Vila Nova de Gaia have been chosen for this distinction. Shall we find out more about this event?

FILIPA SANTOS SOUSA - EDITOR - MAY 26, 2025

polskieradio.pl

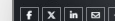
Polish tourists flock in droves to Portugal

Poles are discovering Portugal in record numbers, making the southern European nation one of their top travel destinations this year,...

13/09/2025



Portugal's Leading Football Stadium Tourism Experience 2025



And the winner is...



FC Porto - Museum - Stadium Tour
Winner Profile | porto.es/en/museum

5. Referencje



BEN
12

Ben: “I came here to improve and meet new people, learn the Portuguese game and have fun”

Ben’s Father: “All the individual skills that were trained here would apply to any system, any team, any environment. Porto has a football culture and spirit that you can see in how coaches interact in the field.”



HARI
15

Hari: “I’ve heard this camp was very good, a lot of great coaches and Academy players from Porto, Benfica and Sporting. It’s high-level, all the drills are very specific, and they help you in little things you don’t usually train. Even after lunch have great activities which I really like.



OSCAR
11

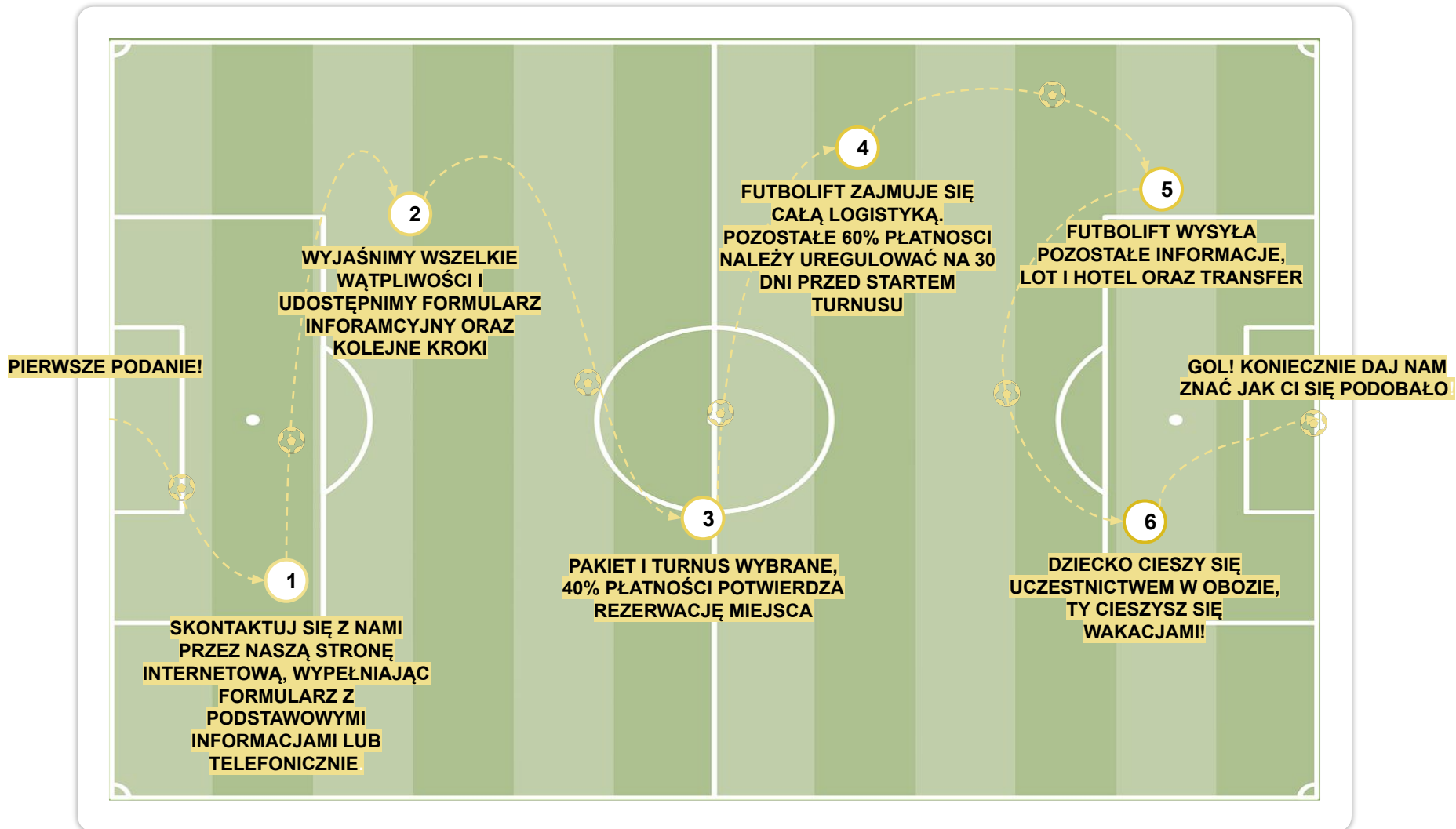
Oscar: “I came to improve! My pass and my dribble are better. I have more confidence in keeping the ball and dribbling”

Oscar’s father: “In a few days he feels he improved a lot. Portuguese football is top and original. Their comprehension about football is above our son’s completely.”

ZNAJOME TWARZE...



6. Next Steps/ How to Join



7. Pytania?



8. IFT – YOUR CAMP

Who we are?



Individual Football Training is an institution which aims to develop the individual ability of football players

Resorting to a specific training methodology - focused on the player - IFT aims to increase the athlete's technical, tactical, coordinative and mental skills

Therefore, IFT intends to develop the abilities of athletes, enhancing their strengths and expanding their abilities so that they become more complete players.

12 YEARS OF HISTORY
12 YEARS OF HISTORY
12 YEARS OF HISTORY
12 YEARS OF HISTORY
12 YEARS OF HISTORY

8. IFT – YOUR CAMP



HISTORY

The **Individual Football Training (IFT)** methodology - a combination of the Spanish, Portuguese & Coerver methodology - was established in 2013 by 3 UEFA-certified coaches; each of them having more than 20 years of coaching experiences from institutions/clubs in Spain and 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**, **Diogo Dalot** (Man Utd), James Rodríguez (Ex-Real Madrid), Alex Telles (Al Nassr), Ricardo Pereira (Leicester), Tiago Soares (Botafogo), **Marcano**, **Stephen Eustáquio**, **David Carmo** (F.C.Porto), **Florentino Luis** (S.L. Benfica), **Fábio Martins** (Al Khaleej), Rui Pires (Lion City Sailors) 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 IDENTITY

8. IFT – YOUR CAMP



OBJECTIVES



Provide tools which help in the holistic development of a player and in particular, the technical & cognitive abilities.



Create opportunities & pathways for players to train and compete with the best around the world.

To become an institution, recognised & referenced globally, for the individual development of a player.



Act as a complementary system to any professional club/player so as to enable them in becoming a more complete entity.



8. IFT – YOUR CAMP



OUR FOCUS

THE PLAYER

ANALYSE

PLAN

DEVELOPE

EXCELLENCY



8. IFT – YOUR CAMP

OUR METHODOLOGY



IFT Individual Development Program is a methodological program focused on the development of the player's individual technical-tactical components

Characterized by its rigor, the IFT meets the technical-tactical needs of each player:

"A more capable player will have a greater contribution to the collective team work"

The program focuses on the development of the essential technical components for the best individual development of the players: technical-tactical specificity of their playing position, ability to make decisions, intelligence and perception of the game, ball control, dribbling, passing, shooting, heading and technical work of goalkeepers;

Individual methodological planning by framing the player's characteristics, specific needs and competitive context

Individual Audio-visual analysis of the game performance as a complement to the fieldwork;



8. IFT – YOUR CAMP



ADVANTAGES INDIVIDUAL TECHNICAL DEVELOPMENT



- ✓ **#INCREASE TECHNICAL RESOURCES**
Provide an increase in the range of technical tools in order to increase the ability to solve problems that the game provides.
- ✓ **#PROVIDE INCREASED CONFIDENCE AND MOTIVATION**
Enable comfort and safety in actions with the ball
- ✓ **#STIMULATE CREATIVITY**
Be a catalyst for freedom and proactivity
- ✓ **#BOOST INDIVIDUAL PERFORMANCE**
Empower players to be able to make a greater individual contribution to the collective context
- ✓ **#CORRECT TECHNICAL DETAILS**
Enhance the details that are differentiating in the modern game

TRAIN TODAY TO PREPARE FOR THE
FUTURE

8. IFT – YOUR CAMP



A PART OF THEIR PATH...

Gonçalo Moreira - SL BENFICA (U23)



Maria Negrão - SL BENFICA



José Carlos - V. GUIMARÃES (U21 Portugal)



... SOME EXAMPLES OF SOME SUCCESS STORIES!

8. IFT – YOUR CAMP



IFT DEPARTMENTS



...make things happen...



Technical and Tactical

It focuses on a specific methodology, movement and tactical awareness that allows problem solving in real time. Provides a wider range of gaming tools and decision-making capabilities allowing for a more dynamic and creative player. These critical elements are specifically targeted in technical and tactical development.



Performance Analysis

Use the video as a tool for a detailed and specific analysis of all the player's individual technical-tactical actions. With this program, IFT - Individual Football Training aims to improve athletes' perception regarding technical-tactical qualitative aspects within their competitive moment

Strength & Conditioning

It is essential that the body is able to respond to what the player intends to do. With this department, IFT aims to help athletes enhance their physical capabilities - mobility, motor education, power, etc.



Mental Coach

This program was created specifically for Football Professionals who want to improve their performance and results in a process of personal and professional transformation. It is a method that seeks for the player to increase their self-knowledge, because this is the basis for improvement.



Nutrition Department

The main objective of the nutrition department is to improve the qualities of athletes through individual and personalized programs. Each month our athletes meet with our qualified nutritionist to assess specific body composition of muscle mass, fat percentage and a total body mass index in relation to height and weight.



Players Support Department

The player's stability is fundamental to his well-being. We provide full support to the player in adapting to Portugal as well as the fluid combination of all departments

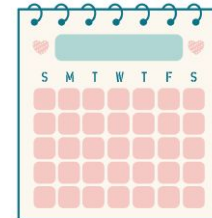
8. IFT – YOUR CAMP

2026



SUMMER SCHEDULE

Planning Schedule



1

29th June - 3rd July

2

6th July - 10th July

3

13th July - 17th July

4

20th July - 24th July

5

27th July - 31st July

8. IFT – YOUR CAMP



SUMMER PROGRAM DAY ROUTINE



6 hours training per day

individual technical competition

7v7 league



1ST SESSION



SNACK



2ND SESSION



3RD SESSION



LUNCH



LECTURE / FUN ACTIVITY



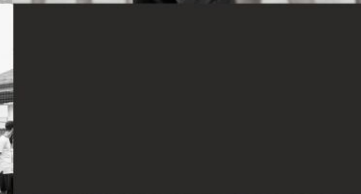
TECHNICAL TOURNAMENT

PLAY "LEAGUE" MATCHES (inside camp tournament)

ELEVATE YOUR GAME, PUSH BEYOND THE LIMITS

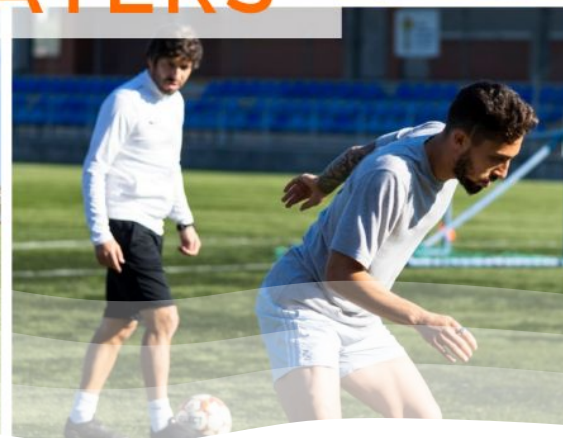
8. IFT – YOUR CAMP

***IMPROVE YOUR TALENT,
IMPROVE YOUR FUTURE.***



THANK YOU







IFT PLAYERS

