

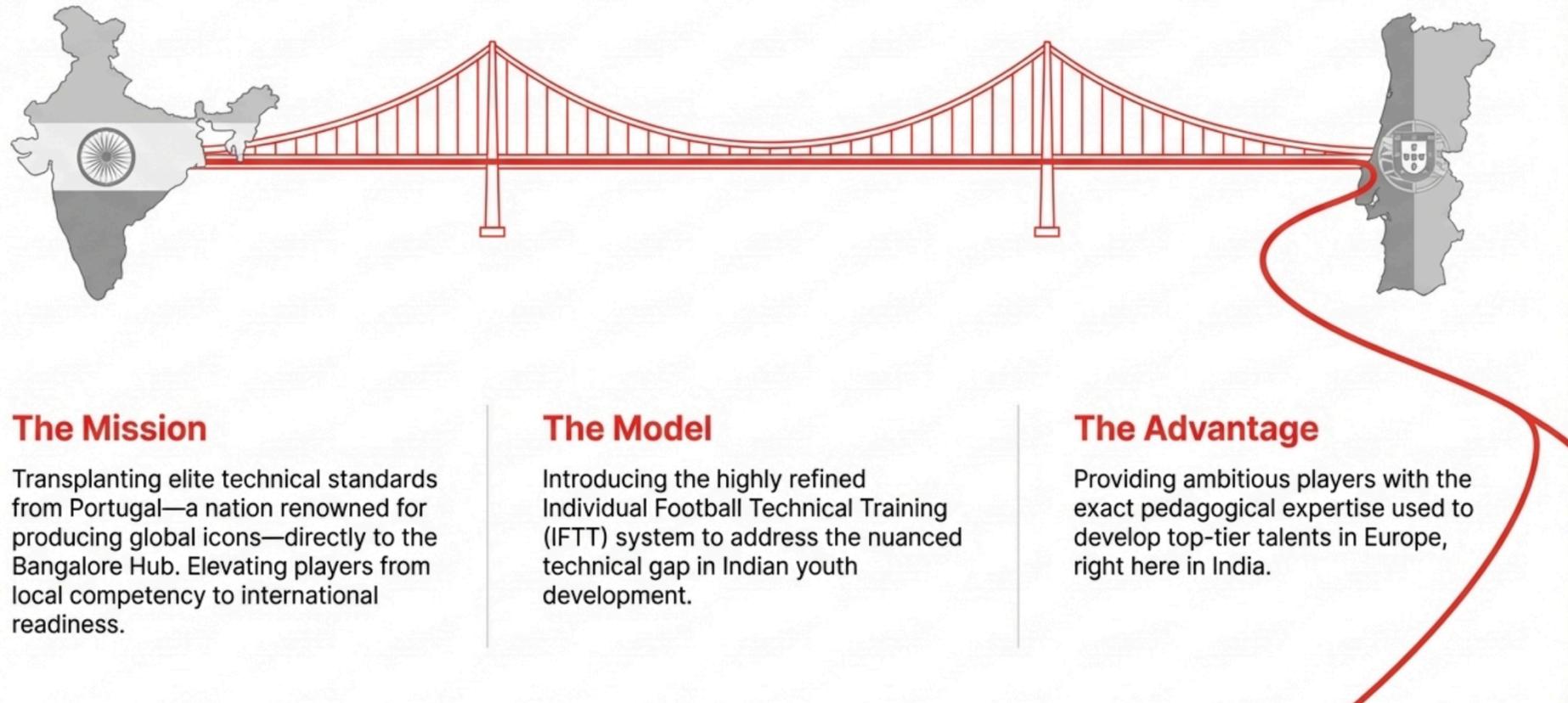
# Changing the Way India Plays Football.

**The OVO x IFT Portugal Summer Football Intensive 2026.**

The Finest European Football Expertise, Now in India.



# The Direct Bridge to European Excellence



## The Mission

Transplanting elite technical standards from Portugal—a nation renowned for producing global icons—directly to the Bangalore Hub. Elevating players from local competency to international readiness.

## The Model

Introducing the highly refined Individual Football Technical Training (IFTT) system to address the nuanced technical gap in Indian youth development.

## The Advantage

Providing ambitious players with the exact pedagogical expertise used to develop top-tier talents in Europe, right here in India.



**Coach Adriano Pereira**  
IFTT Portugal



# The Architects of This Revolution



- **Base:** Porto, Portugal.
- **Pedigree:** A leading football development company specializing in personalized training. Staffed by UEFA-licensed coaches.
- **Global Footprint:** Proven program delivery in Singapore, Dubai, Spain, Canada, the United States, and China.



- **Role:** India's premier training centre.
- **Focus:** Dedicated to bridging the systemic gap in individual technical proficiency and professional-level game intelligence required at the highest levels.



# We Don't Just Coach Skills. We Build Complete Footballers.

## TEAM TRAINING

The standard club focus:  
broad tactics, positioning



## INDIVIDUAL TRAINING

The IFTT focus: technical  
proficiency, cognitive speed



## THE COMPLETE FOOTBALLER

### Holistic Development

Moving beyond mere tricks to encompass rapid decision-making, core values, and mental attitude.

### Proven Methodology

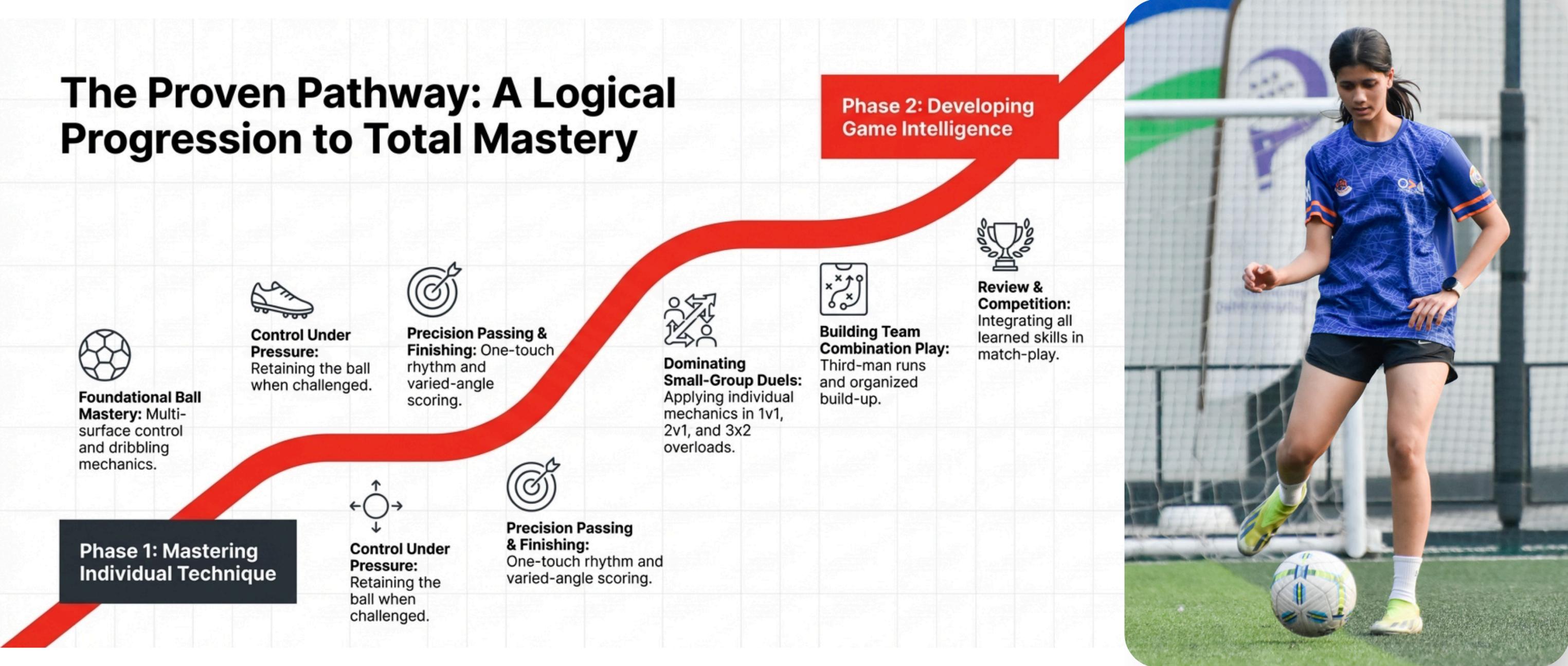
Employing refined European science to elevate technical, tactical, and cognitive prowess.

### The Ultimate Aim

Expanding a player's range of abilities so they know exactly when and why to execute a skill to influence the match.



# The Proven Pathway: A Logical Progression to Total Mastery





# Curriculum Pillar 1: Technical Foundations

Intensive repetition to build muscle memory and core consistency.



## Ball Mastery & Familiarity

Intensive focus on coordination and maintaining perfect body balance and posture while manipulating the ball.

## The First Touch Formula

Refining cushioned, directional, and preparatory first touches using all contact surfaces of both feet.

## Directional Transitions

Unopposed execution of efficient turns, short/long ball carrying, and directional transitions at precise 45°, 90°, and 180° angles.

## Player Outcome

Eliminating technical flaws to ensure the ball behaves exactly as intended, creating a reliable foundation for high-speed play.

## Curriculum Pillar 2: Tactical & Cognitive Skills

Developing speed of thought and technical efficiency in game-related situations.



### Precision Passing Mechanics

Mastering weight, direction, and timing of short and medium-range passes. Building absolute confidence in the non-dominant foot.

### Scanning & Awareness

The European hallmark. Adopting an open body shape and actively scanning the field before receiving the ball.

### Body Orientation

Receiving the ball already prepared for the next action, drastically reducing the time between touch and decision.

### Player Outcome

"Playing with the head up." Players learn to map the pitch cognitively, allowing them to dictate the rhythm of the game rather than reacting to it.





## Curriculum Pillar 3: Individual Solutions & Creativity

Encouraging individual expression and improvisation in tight spaces.



### 1v1 Attacking Dynamics

Small-group duels focusing on changes of pace, feints, and sophisticated body deception.

### Physical Dominance

Techniques for ball protection and using body leverage to unbalance defenders in tight channels.

### Improvisational Responses

Adapting technical actions on the fly to solve unpredictable defensive problems.  
Reading defender behavior triggers.

### Player Outcome

Transforming players into highly unpredictable attacking assets capable of breaking lines and exploiting tight spaces through creative problem-solving.

# Curriculum Pillar 4: Application Under Pressure

Technical performance under the relentless demands of a professional match.

## Perception-Action Coupling

Training instinctive, high-speed technical execution as a direct, immediate response to real-game stimuli.

## Conditioned Game Transfer

Applying strict technical criteria (e.g., oriented control, third-man runs) directly into realistic, high-speed match scenarios.

## Execution in Reduced Space

Passing, receiving, and controlling the ball at high intensity while actively being pressured by opponents.

## Player Outcome

Ensuring that technical quality does not degrade when the game speeds up. The ultimate transition from a “training player” to a “match-day professional.”



# Led by the Architects of European Talent

Instruction from IFT Portugal's permanently stationed expert staff.



## Elite Certification

UEFA & IFT Credentials:  
Professional trainers  
credentialed by the highest  
governing bodies in world  
football.



## Academic Rigor

Sports Science: Led by  
coaches holding advanced  
Master's degrees in Sports  
Science and Physical  
Education, ensuring a profound  
understanding of  
physiological and psychological  
player development.



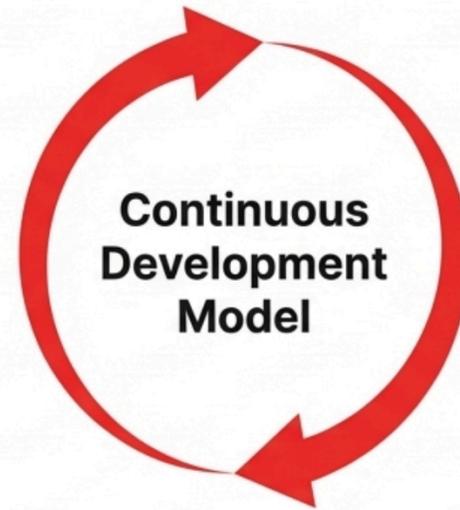
## Proven Global Results

High-Performance Specialists:  
Decades of combined  
experience in talent scouting  
and individual development,  
actively producing players for  
the English Premier League,  
La Liga, and Liga Portugal.



## The European Standard: Player Mandates

- ✓ **Hydration Protocol:** Athletes must bring sufficient water for the entire 3-hour session. Proper hydration is non-negotiable for high-intensity muscle function.
- ✓ **Nutritional Readiness:** A mandatory light snack (e.g., fruit or energy bar) is required for scheduled breaks to ensure immediate energy replenishment.
- ✓ **Professional Mindset:** Elite football is as much about off-pitch preparation as on-pitch execution. Total adherence to focus, punctuality, and engagement is expected.



“The journey does not end on the pitch. We instill the professional habits required for long-term development. Through our Continuous Development Model, coaches remain available for online reviews and pre-session preparations year-round.”



# Summer Intensive 2026: Logistics & Investment

## 21 Hours of Elite Development

### Goa (Duler Stadium)

April 18th to 24th  
7:00 AM to 10:00 AM



### Bangalore (Depot 18)

April 27th to May 3rd  
Batch 1: 7:00 AM to 10:00 AM  
Batch 2: 3:00 PM to 6:00 PM



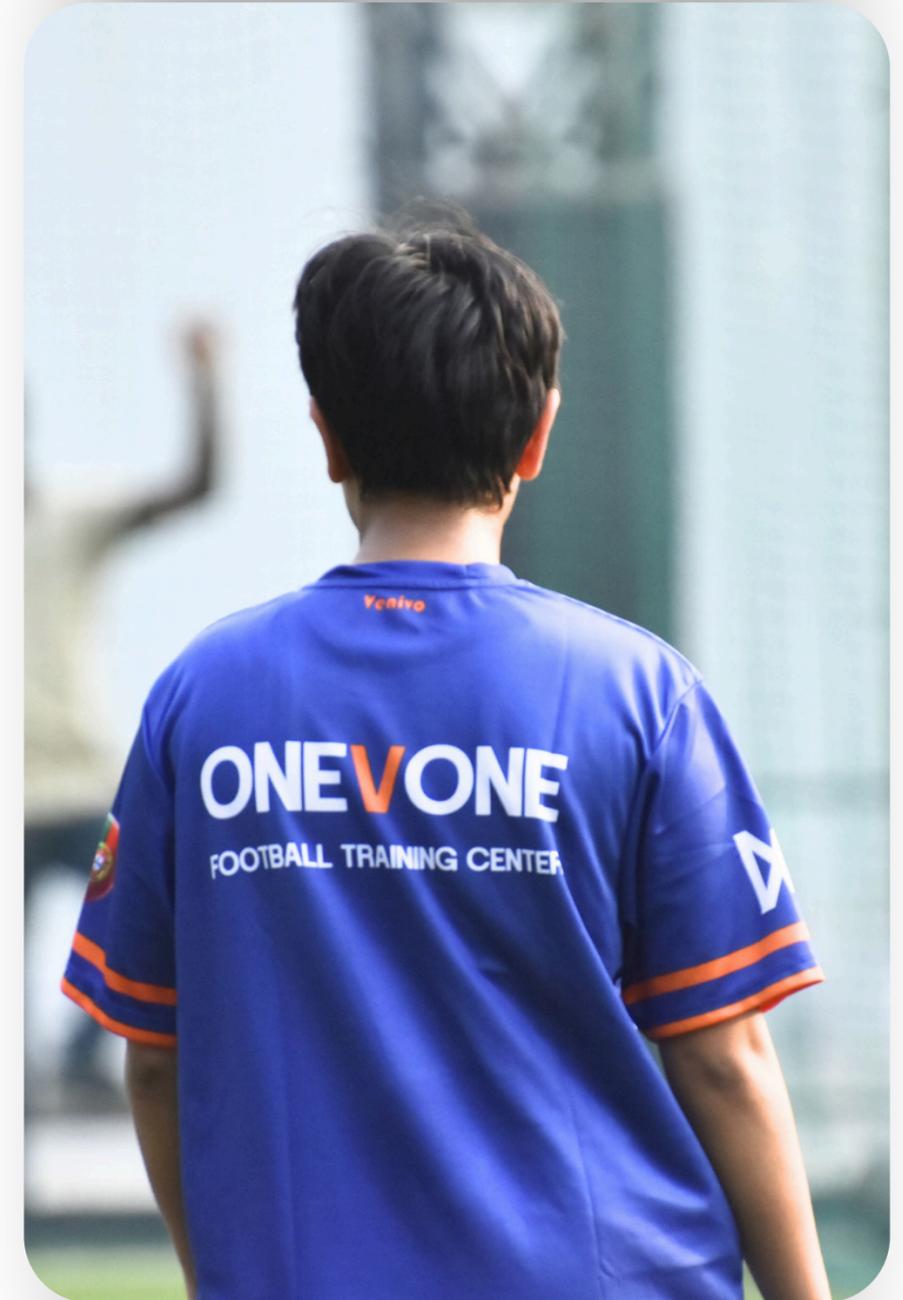
### Program Cost

# ₹30,000

For the 7-Day Summer Intensive  
(7 Days x 3 Hours/Day)

### Unmatched Affordability.

Gain direct access to world-class, UEFA-certified coaching and a global football network at 1/4th the price of traveling to Europe for academy training.



# Join the Revolution. Your Path Starts Now.

Limited spots are available for these intensive sessions.  
Secure your definitive competitive advantage today.



+91 74061 52215



contact.ovo@onevonefootball.com



@onevoneiftt



www.onevonefootball.com | www.individualfootballtraining.com