



1ST INTERNATIONAL CONFERENCE SCIENCE AND FOOTBALL (15 - 17 APRIL 2011)

Conference Programme

Day 1 Friday 15/04/2011 – Royal Palace, Palermo

12:00 - **Registration**

19:00 - 20:30

Opening ceremony (Universities, FIGC, CONI, FA, Professional Football Players)

Graduation ceremony

20:30 - 22:00

Opening Cocktail / Buffet



[Welcome to Sicily](#)

www.scienceandfootball.org

International Week of Football

Via Pietro Nenni, 24 – 90146. Palermo, Italy Tel. +39 3206632647 - Fax. +39 0916256256

Email: scienceandfootball@conisicilia.it



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Conference Programme

Day 2 Saturday 16/04/2011 – Steri Palace

9:00 - 10:00: Opening talk

10:00 - 11:00: Plenary session - Prof **Jens Bangsbo**
University of Copenhagen, Denmark

Coaching the top-class football player

11:00 - 11:30: Coffee break

11:30 - 12:30: Plenary session - Prof **Stefano D'Ottavio**
University of Rome "Tor Vergata", Italy

GPS analysis and performance in youth soccer. Implication for specific training plan



12:30 - 14:00: Lunch and **Posters session**

14:00 – 14:20	14:20 – 14:40	14:40 – 15:00	15:00 – 15:20
Talk 1 Sergio Leal Brazil	Talk 2 UK Football Association TBC	Talk 3 Ivan Anastasovski Macedonia	Talk 4 Katie Small UK

15:30 - 16:00: Coffee break 2

16:00 - 17:00: Plenary session - Dr **Fernando Naclerio**
European University of Real Madrid, Spain

Resistance training to improve performance and prevent injuries in soccer players

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Day 2 Saturday 16/04/2011 – Steri Palace

- 17:00 -18:00: Plenary session - Dr **Ricardo Duarte**
Technical University of Lisbon - Portuguese Football Association
Match analysis and mental preparation in football
- 18:00 - 18: 30: Conclusion of the first day
- 20:00 - 24:00: Dinner Gala (Royal Palace, Palermo - TBC)

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Day 3 Sunday 17/04/2011 – Steri Palace

10:00 -11:00: Plenary session 6 - Dr **Karim Chamari**
National Center of Medicine & Science in Sport, Tunis, Tunisia
Monitoring Training Load in Professional Soccer

11:00 - 11:30: Coffee break 3

11:30 - 12:30: Plenary session 7 - Prof **Antonio Carlos Gomes**
Corinthians Football Club, Brazil
Planning Training in Competitive Brazilian Soccer Season

12:30 - 14:00: Lunch and **Posters session**

14:00 – 14:20	14:20 – 14:40	14:40–15:00	15:00 – 15:20	15:20 – 15:40
Talk 1 Avery Faigenbaum USA	Talk 2 Antonio Paoli Italy TBC	Talk 3 Martin Dixon UK	Talk 4 Patrice BenDahan France TBC	Talk 5 FIGC/ LND Italy

15:40 - 16:00: Coffee break 4

16:00 - 17:00: Plenary session - Dr **Carlo Castagna**
University of Rome "Tor Vergata", Italy
Training and testing in Football



17:15 -18:15: **Closing and Posters Awards Ceremony**

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