

13th April 2023

Thursday **Hall VIP & Artur Agostinho Auditorium**

8h00	10h00	Registration & Welcome Coffee
10h00	10h30	os Opening Session
10h30	11h30	os Keynote #1 Rethinking Youth Football Player Development: Implications and Recommendations João Valente-dos-Santos (FEFD-UL)
11h30	12h10	os Invited Session #1 Off-Season & In-Season: Developing Physical Qualities Outside the Club Environment Mário Simões (THE PEAK)
12h10	12h50	os Invited Session #2 Sporting CP Player-Centred Approach: Winner at the European Club Association (ECA) Awards 2021 in the Football Training Category Tomaz Morais (Youth Academy Director at Sporting Clube de Portugal) & Miguel Henriques (Youth Football Press Officer at Sporting Clube de Portugal)
13h00	14h30	Lunch & Poster Presentations Lunch at the Congress Venue Informal Poster Presentations
14h30	16h00	Oral presentations Oral presentation #1 to #6
16h00	16h30	Coffee Break
16h30	17h10	os Invited Session #3 Strategy of SK Sigma Olomouc in Training Youth Players for Professional Football Jakub Beneš (President of SK Sigma Olomouc MŽ)
17h10	17h50	os Invited Session #4 Complex Diagnostics and Controlled Selection and Development of Football Players David Prycl (BALUO Application Centre)
17h50	18h50	os Keynote #2 New Challenges for Performance and Recovery Enhancement through Molecular Hydrogen Administration in Football Michal Botek (FPC-PUO)
19h00		Leisure time

14th April 2023

Friday **Hall VIP & Artur Agostinho Auditorium**

08h30	09h00	Welcome Coffee
09h00	09h40	os Invited Session #5 Performance Analysis in Football. How to understand Collective Behaviour and Team Performance Carlos Lago Peñas (FESS-UV)
09h40	10h20	os Invited Session #6 Distribution and Management of External Load through Football-Specific Drills over the Competitive Microcycle Alexis Padrón Cabo (FSSPE-UAC)
10h20	11h20	os Keynote #3 Criteria and Exercise Design during the Sports-Related Functional Rehabilitation of Injured Football Players Carlos Lalín Novoa (AS Roma)
11h20	11h50	Coffee Break
11h50	13h15	Oral presentations Oral presentation #7 to #12
13h15	14h30	Lunch & Poster Presentations Lunch at the Congress Venue Informal Poster Presentations
14h30	16h00	os Special Guests You Want to be a Football Coach? Critical Success Factors Professional Football Coaches and the Portuguese Professional Football Players Union President
16h00	16h40	os Invited Session #7 The Coaching Compass: A Tool to Analyze and Reflect on Coach Behaviors Bart Reynders (FMRS-KU Leuven)
16h40	17h10	Coffee Break
17h10	17h50	os Invited Session #8 Know Yourself: The Role of Personality Traits in Sports Coaching Stef Van Puyenbroeck (FMRS-KU Leuven)
17h50	18h50	os Keynote #4 Coaching the Coaches: When Science Meets Practice Gert Vande Broek (FMRS-KU Leuven)
18h50	19h30	os Awards & Closing Ceremony