

**XI**

**29-30.APRIL.2015**

**ISMAI AUDITORIUM**

**INTERNATIONAL  
FOOTBALL  
CONGRESS**

**PROGRAMME**



# 29.04. PROGRAMME

## 9:00 OPENING SESSION

José Azevedo, Dr

President of the Board of Maiêutica

Domingos Oliveira Silva, PhD

Rector of the University Institute of Maia - ISMAI

Teresa Figueiras, PhD

Head of the Department of Physical Education and Sport Sciences

Monèm Jemni, PhD

Qatar University and Chair of the International Science and Football Association - ISFAFA

José Neto, PhD

President of the Congress Organizing Committee

## PRACTICAL WORKSHOPS | MUNICIPAL COMPLEX OF GONDIM - MAIA

### 9:45 How to integrate the physical factors in tactical sessions

Helena Costa, MSc

Celtic Football Club (United Kingdom)

Jorge Baptista, MSc

University Institute of Maia - ISMAI

### 10:30 "Approach to Improving Professional Footballer's Skills Agility - Blended Method" (Abordagem do Treino de Agilidade em Futebolistas Profissionais - O Método Integrado)

Prof. Doutor Wassim Moalla | Saliya SC (Qatar) e Institut of Sports and Physical Education, Sfax (Tunisia) and International Science and Football Association - ISFAFA

### 11:15 Goalkeepers training: how to integrate the physical factors in tactical sessions

Luís Esteves, MSc

Vitória Sport Clube - Guimarães

### 12:00 Injury prevention: what can we do in the field?

Paulo Mourão, MSc

University Institute of Maia and Vitória Sport Clube - Guimarães

### 13:00 Lunch

**14:30 PRESENTATIONS | ISMAI AUDITORIUM**  
**PHYSIOLOGICAL ASPECTS IN PROFESSIONAL FOOTBALLERS' PREPARATION**

**Moderator:** Bruno Travassos, PhD | CIDESD; University of Beira Interior

**Monitoring Training Load In Professional Football**

Karim Chamari, PhD | ASPETAR - Orthopaedic and Sports Medicine Hospital (Qatar) and International Science and Football Association - ISFAFA

**Altitude And Hypoxia High Intensity Interval Training For Professional Footballers**

Fabien Basset, PhD | Memorial University of New Foundland (Canada) and International Science and Football Association - ISFAFA

**Considering Training Under Fatigue For Injury Prevention In Football**

João Brito, PhD | Health Unit and Performance of the Portuguese Football Federation

**16:00 TRIBUTE TO PROF. HERNÂNI GONÇALVES (POSTHUMOUS) AND TO PROF. MONGE DA SILVA**

**16:30 Coffee Break**

**16:45 NUTRITIONAL ASPECTS IN PROFESSIONAL FOOTBALLERS' PREPARATION**

**Moderator:** Vítor Hugo Teixeira, PhD | University of Porto

**Nutritional Strategies For Professional Footballers**

Ian Rollo, PhD | Gatorade Sports Science Institute - United Kingdom

**17:30 PSYCHOLOGICAL ASPECTS IN PROFESSIONAL FOOTBALLERS' PREPARATION**

**Moderator:** José Neto, PhD | University Institute of Maia

**Mental preparation for professional footballers**

Pedro Almeida, PhD | ISPA University Institute: Sport Lisboa e Benfica

**18:15 CIDESD/CreativeLab: using positional data to understand collective behaviour in Football**

Rui Marcelino, PhD | CIDESD; University of Trás-os-Montes and Alto Douro

Eduardo Abade, PhD | CIDESD, University Institute of Maia

Bruno Gonçalves, MSc | CIDESD; University of Trás-os-Montes and Alto Douro

**18:30 International Week Of Football In Qatar 2016 Announcement**

Monèm Jemni, PhD | Qatar University - Chair of International Science and Football Association - ISFAFA

**19:30 BOOK PRESENTATION " FOOTBALL AND I " OF THE AUTHOR PROF. DOUTOR MANUEL SÉRGIO**

# 30.04. PROGRAMME

**9:00** **REFEREE ACADEMY**  
Presentation of scientific research on refereeing

**Moderator:** to be appointed

Vitor Pereira, MsC  
President of the Referee Council of the Portuguese Football Federation  
António Montiel, PhD  
Pedagogical Coordinator of the Referee Academy  
João Rocha, PhD  
Technical Director of the Referee Academy  
João Pina, MSc  
Technical Coordinator of the Referee Academy

**10:45** **TRIBUTE TO THE EX-INTERNATIONAL REFEREE PEDRO PROENÇA AND TO THE INTERNATIONAL REFEREE JORGE SOUSA**

**11:00** **Coffee Break**

**11:30** **THE SPORTING DIRECTOR - THE ROLE OF THE SPORTING DIRECTOR IN PROFESSIONAL FOOTBALL LEADERSHIP**

**Moderator:** Gastão Sousa, PhD | University Institute of Maia - ISMAI

Augusto Inácio  
Sporting Clube de Portugal's Sporting Director  
Carlos Carneiro  
Sporting Director  
Flávio Meireles  
Vitória Sport Clube - Guimarães's Sporting Director  
Jorge Couto  
Boavista Futebol Clube's Sporting Director  
Marco Abreu  
Futebol Clube de Paços de Ferreira's Sporting Director  
Marco Couto  
Moreirense Futebol Clube's Sporting Director  
Miguel Ribeiro  
Rio Ave Futebol Clube's Sporting Director

**13:00** **Lunch**

**15:00 TEAM IDENTITY(IES) - DIFFERENT APPROACHES TOWARDS SUCCESS**

Luis Freitas Lobo, MSc

Commentator

Domingos Paciência

Coach

Manuel Gonçalves Gomes (Prof. Neca)

Coach

Miguel Leal

Moreirense Futebol Clube's Coach

Pedro Emanuel

Futebol Clube Arouca's Coach

Pedro Martins

Rio Ave Futebol Clube's Coach

Paulo Fonseca

Futebol Clube de Paços de Ferreira's Coach

Rui Quinta

Coach

Rui Vitória

Vitória Sport Clube's Coach

**16:30 TRIBUTE TO COSTA SOARES (POSTHUMOUS) AND TO ARNALDO TEIXEIRA**

**17:00 Coffee Break**

**17:30 CR7 - THE CHAMPION'S PROFILE**

**Moderator:** Pedro Azevedo

José Carlos Noronha, PhD

National Team's Clinical Director

Fernando Santos, Eng

National Coach

Aurélio Pereira

Head of the Department of Recruitment and Training of Sporting Clube de Portugal

Other guests

**19:00 FINAL NOTE - SHOOTING ... GOAL "**

José Neto, PhD

President of the Congress Organizing Committee

**CLOSING SESSION**

## ORGANIZATION



## PARTICIPANTS:



## PROMOTION/INFORMATION



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