

LEVEL 1



SOCCER SCIENCE & INJURY PREVENTION

Course Dates : 24th-26th July, 2020



SOCCER HUB
PORTUGAL



EXPERTS



JORGE SILVÉRIO



SPORTS PSYCHOLOGY

- Degree in Psychology by the Porto University;
- PhD in Sports Psychology by the Porto University;
- Lecturer in the Coaching courses of the Portuguese Football Federation;
- Provider of the Fan at the Portuguese Professional Football League;
- Ambassador for Ethics in Sport;
- Psychologist and Consultant for several athletes, some of them, Olympic Athletes.



LUIS MESQUITA



SPORTS INJURY EXPERT

- Master in Strength and Conditioning;
- Certified in Orthopedic Manual Therapy by the Curtin University;
- Certified Strength and Conditioning Specialist at the National Strength and Conditioning Association (NSCA);
- Former Strength and Conditioning Coach at the Chinese Football Association;
- Co-Owner of THE PEAK;
- Currently working with the recovery of many football athletes.



EDUARDO SANTOS



SOCCER REHABILITATION

- Bachelor in Physiotherapy by the University of Minas Gerais
- Master Degree in Biomedical Engineering by the University of São Paulo;
- Diploma in Football Medicine by FIFA;
- Former Head of Rehabilitation of the first team at Vitesse FC (Netherlands)
- Former Head of Rehabilitation of the first team at FC Zenit (Russia)
- Current Medical Doctor at Shanghai SIPG FC (China)

EXPERTS



DR. KEVIN CAILLAUD



EXERCISE PHYSIOLOGY

- High Performance and Health Consultant
- Masters - Physical Training: Biology, Nutrition and Health - Universite' Paris Nord
- PHD Physiology and Cellular Biology of Exercise - Universite' Blaise Pascal



RICARDO BALBEIRA



SOCCER MANAGEMENT EXPERT

- CEO & Founder - Soccer HUB,
- Masters Sports Management
- Universidade Catolica Portuguesa



DONAVAN PILLAI



BIOKINETICIST

- Biokineticist at Donovan Pillai Biokineticist
- Sport Science (Hons) Biokinetics at the University of Durban Westville, South Africa

MODULE



DAY ONE

FOOTBALL SCIENCE - 1 10.00- 12.30

FOOTBALL- MORE THAN A SPORT
PHYSIOLOGICAL DEMAND OF FOOTBALL
BIOMECHANICAL ANALYSIS
PRINCIPLES OF STRENGTH AND ENDURANCE TRAINING
WARM UP AND WARM DOWN

INJURY PREVENTION -1 14.00- 17.00

MULTI DISCIPLINARY APPROACH
PRIMARY AND SECONDARY PREVENTION
PRINCIPLES OF REHABILITATION
MUSCLE/TENDON/JOINT/BONE INJURY IN FOOTBALL
RETURN TO TRAINING AND COMPETITION

DAY TWO

FOOTBALL SCIENCE - 2 10.00- 12.30

ANTI-DOPING MOVEMENT IN FOOTBALL
HEAT STRESS IN FOOTBALL
FEMALE ATHLETES AND SPECIAL DEMANDS
CHILD & ADOLESCENT FOOTBALL-AN UNIQUE CHALLENGE
METHODS OF RECOVERY

FOOTBALL SCIENCE - 3 14.00- 17.00

SPORTS PSYCHOLOGY AND ITS SCOPE IN FOOTBALL
MAIN GOAL OF SPORTS PSYCHOLOGY
DIMENSION AND AMPLITUDE OF FOOTBALL PSYCHOLOGY
MAIN STRATEGY TECHNIQUE & INTERVENTION AREA IN FOOTBALL
FUEL FOR FOOTBALL
DIETARY SUPPLEMENTS- SCIENCE BEHIND

DAY THREE

FOOTBALL SCIENCE - 4 10.00- 12.00

PRE-PARTICIPATION SCREENING-WHY SO IMPORTANT
CONCUSSION MANAGEMENT PROTOCOL-HEADING TO HEADACHE
CPR AND FIRST AID ON GROUND
AGE VERIFICATION- PROCESS TO CONSEQUENCE

INJURY PREVENTION -2 14.00- 17.00

EPIDEMIOLOGY AND IMPACT OF INJURIES IN FOOTBALL
INJURY RISK FACTORS
IMPORTANCE OF ATHLETIC DEVELOPMENT
WORKLOAD MANAGEMENT & ASSESSMENT IN FOOTBALL
VERTICAL INTEGRATION AND MICROCYCLE DESIGN

- 14 HOURS OF ONLINE CLASSES
- 2 HOURS OF ONE- ON ONE SESSION
- COURSE CONTENT
- COURSE ACCREDITATION UNDER UNION OF THE PORTUGUESE SPEAKING COUNTRIES FOOTBALL ASSOCIATIONS
- CERTIFICATION



UTFPL
União dos Treinadores de Futebol
dos Países Lusófonos



UTFPL

União dos Treinadores de Futebol
dos Países Lusófonos

Union of the Portuguese Speaking Countries Football Associations

UTFPL is an international, private and non-profit association, governed by the Law of the Portuguese Republic.

Joining associations of football and futsal coaches from three continents (Europe / South America / Africa) and three football confederations (UEFA / CONMEBOL / CAF), UTFPL is the world's first intercontinental football coach association and has its headquarters in Rio Tinto, Gondomar, Portugal.

UTFPL aims to consult with its associates in matters of international relations, as well as to defend, promote and represent the individual and collective interests of its members, as well as the interests of coaches.

UTFPL organizes symposia and / or other events in order to provide an exchange of professional experiences, opinions, suggestions, visions and ideas among Portuguese-speaking coaches.

UTFPL also aims to work in cooperation with FIFA, UEFA, CAF, AFC and CONMEBOL, as an alliance that represents all coaches, in the respective modalities, in those territories, and in cooperation with the national associations they represent the clubs and leagues.

COURSE BENEFITS

A beginner course to gain Football specific knowledge for medical and para-medical staff and mandatory for advance course.

An ideal course to upgrade knowledge with Football science and medicine for the coaches and physical education teachers associated with grassroots development.

COURSE ELIGIBILITY

Best suited for Sports Medicine doctors, Physiotherapist, Physical education teachers, AFC license coaches associated with Football development.

REGISTRATION STARTS : 27TH JUNE

Price: Rs. 5500

For Early Birds till 10th July, Price: Rs 5000

REGISTER VIA

GOOGLE FORM LINK : <https://rb.gy/bkkgdg>

BANK DETAILS

Account Holder	Orion Initiative Pvt. Ltd.
Account Number	50200026391197
Branch	City Center
Bank Name	HDFC Bank Ltd.
IFSC Code	HDFC0000192
MICR Code	474240002
Address	City Center, Gwalior 474011 (M.P.)
District	Gwalior
State	Madhya Pradesh

Fill the form by uploading payment screenshot or challan.

EMAIL: ssip@sportseed-pro.com, **WHATSAPP:** +91-8305628612

FOR GROUP REGISTRATIONS: Contact : +91-9748219453



**SOCCER HUB
PORTUGAL**



COURSE COORDINATORS

Pompy Borah : 8305628612