

JAVIER MALLO SPORTS CONDITIONING, NUTRITION AND TRAUMA SEMINAR

Presented by FootSail Ltd

JUNE * 2022

VENUE: National Sports Centre - North Field & Pavilion

2.5 DAYS 15 LECTURE HOURS 8 THEORY CLASSES 2 PRACTICAL CLASSES 40 PARTICIPANTS

SEMINAR SUMMARY

FootSail Ltd's seminar brings to Bermuda two leading sports scientist from Spain to present a novel methodological approach to team sports training on June 11th, 12th & 13th, 2022. We hope that those working in, or aspiring to work in team sports, will be able to use and apply the information presented over these 15 hours to enhance their understanding of sports conditioning and better develop local athletes.

WHO IS IT SUITABLE FOR?

Team Sports Coaches, Physical Education teachers, Trainers. Physiotherapist, and anyone with a keen interest in sports conditioning, nutrition and trauma.

WHAT'S THE FORMAT?

For this seminar, the syllabus will offer both theoretical classes as well as practical sessions on the field. Top local youth players will be used in practical sessions.

SEMINAR OVERVIEW

The aim of the seminar is to present a novel methodological approach to team sports training. During the last decade, coaches (and physical education teachers as an extension) have learned the principles of individual sports and applied them to collective sports such as football, basketball, handball, hockey, etc. However, team sports have a completely different nature than individual disciplines and, hence, require for a divergent coaching perspective based on: (1) the specific characteristics of the sportsperson, and (2) the internal logic of each team sport. During this seminar we will present, from a theoretical and practical point of view, the latest coaching and methodological principles adopted by elite European teams during the recent years. Even though, we will take football as the reference sport to explain the model, the coaches/teachers will see that most of the concepts can be trans-disciplinary applied to other team sports. In addition, we will include relevant medical aspects which can help coaches and teachers in their daily practices.

SYLLABUS OUTLINE

Day 1 (Saturday 11th June * 10:00am - 5:00pm)

- 1. Introduction to the Seminar and the Spanish Coaching Philosophy (1 hour)** - This initial lesson will explain the course structure and objectives and will start developing the main characteristics of the Spanish coaching philosophy applied to team sports.
- 2. Training the Sportsperson (2 hours)** - In this module we will define the peculiar characteristics of the sportsperson inside team sports practices, focusing on the physical, technical and tactical components of performance.
- 3. Training the Sportsperson (PRACTICAL: 2 hours)** - At this stage, we will go to the field and put into context everything related to the individual side of performance, which was seen during the morning session.



Javier Mallo

PhD in Sports Science
PhD in Physical Education
MSc in High Performance in Sports
BSc in Physiotherapy

Fitness Coach at Real Madrid CF
2013 - 2021
Fitness Coach at Manchester City
2011-2013
Fitness Coach at Atletico Madrid
2009-2013

Honors

2 UEFA Champions League Titles
2 FIFA Club World Cups
2 UEFA Supercups
1 Spanish La Liga
1 English Premier League
1 Spanish Supercup
1 English Community Shield



Elena Isla

MSc in Medicine
Master in Sports Traumatology
Master in Re-conditioning in Football

Club Doctor - Real Madrid Academy
Head of Medical Department - Spanish Basketball Association
Professor - Spanish Football Association



SYLLABUS OUTLINE cont'd..



4. **Youth and female sport (1 hour)** - To finish our first day, Dr. Isla will present on the medical issues related to youth and female sports.

Day 2 (Sunday 12th June * 9:00am - 4:00pm)

5. **Training the team (2 hours)** - Today, we will move into the collective dimension of performance, focusing on the key elements to develop a game model.
6. **Training methodology: Designing the training session (1 hour)** - Based on the previous lecture, we will continue addressing how to implement the training session on the field, explaining the coaching principles used to design the tasks.
7. **Training the team (PRACTICAL: 2 hours)** - After lunch, we will go the field to apply everything learned during the morning session. We will try to develop the game model in a practical setup and implement training tasks for its optimization.
8. **Nutrition in team sports (1 hour)** - All issues related to nutrition and hydration will be explained by Dr. Isla in this presentation, providing simple strategies which can be implemented in all kind of training environments.



Day 3 (Monday 13th June * 5:30pm - 8:30pm)

9. **Periodization in football (1.5 hours)** - Once we have defined how to coach the player and the team, it is time to put everything together into a season-long perspective. The organization of the season in smaller cycles (months, weeks) will be explained in this presentation.
10. **Training in professional football & conclusion to the Seminar (1.5 hours)** - This last presentation will show Javier's practical experiences at elite-level football. The coaches/teachers will see through plenty of videos how the coaching philosophy explained in the Seminar is taken to real practice.



COST: \$250 PER PARTICIPANT

Participation is limited to 40 persons and is available on a first come, first serve basis.

***CANCELLATIONS:** Payments are non-refundable within 45 days of seminar start date.

PAYMENT:

Make cheques payable to **FootSail, Ltd**

**4 Mission Lane
Pembroke HM 14
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or

via online banking

Clarien Bank

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