

**SCIENTIFIC  
INSIGHTS**  
IN FOOTBALL TRAINING  
INTERNATIONAL CONFERENCE



**May 5<sup>th</sup> - 6<sup>th</sup>, 2025**  
CIDADE DO FUTEBOL

KNOW MORE

# SCIENTIFIC INSIGHTS

**IN FOOTBALL TRAINING**  
INTERNATIONAL CONFERENCE



The Portugal Football School announces the International Conference on "Scientific Insights in Football Training", taking place on May 5-6, 2025, at the City of Football.

This scientific conference will bring together national and international researchers to present and discuss relevant and emerging topics regarding the field of Football Coach Education through a series of engaging lectures and free communications.

Join us for an enriching exchange of knowledge and insights in the heart of football excellence.

## PROGRAM

5th May

6th May



**09:00 - 11:00**

Free Communications



**11:30 - 11:45**

Opening Ceremony



**11:45 - 12:15**



**12:15 - 12:45**

Applied Science in Coach Education

André Seabra (Portuguese Football Federation), Bruno Travassos (Portuguese Football Federation), João Brito (Portuguese Football Federation)



**12:45 - 14:00**

Lunch Break



**14:00 - 14:30**

Grassroots | Conference 1: Effective development of fundamental skills for football performance

Michael Duncan (Coventry University - England)



**14:30 - 15:00**

Grassroots | Conference 2: Developing skillful players

André Gonçalves (Sport Lisboa e Benfica)



**15:00 - 15:15**

Coffee Break



**15:15 - 15:45**

Youth | Conference 3: Developing creativity in youth football players

Timo Laakso (University of Jyväskylä - Finland)



**15:45 - 16:15**

Youth | Conference 4: Decision making practice during coaching sessions

André Roca (St Mary's University - England)



**16:15 - 16:45**

Coffee Break

Francisco Tavares (Sporting Clube de Portugal)



**17:15 - 17:45**

Fitness Training | Conference 6: The importance of fitness development in the women's game

Helena Andersson (Umeå University - Sweden)

## SPEAKERS



## **André Roca**

St Mary's University

[Curriculum](#)

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