





May 5th - 6th, 2025
CIDADE DO FUTEBOL







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 Comunications



11:30 - 11:45

Opening Ceremony



11:45 - 12:15



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12:15 - 12:45

Applied Science in Coach Education

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

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12:45 - 14:00

Lunch Break

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14:00 - 14:30

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

Michael Duncan (Coventry University - England)

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14:30 - 15:00

Grassroots | Conference 2: Developing skillful players

André Gonçalves (Sport Lisboa e Benfica)

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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)

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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)



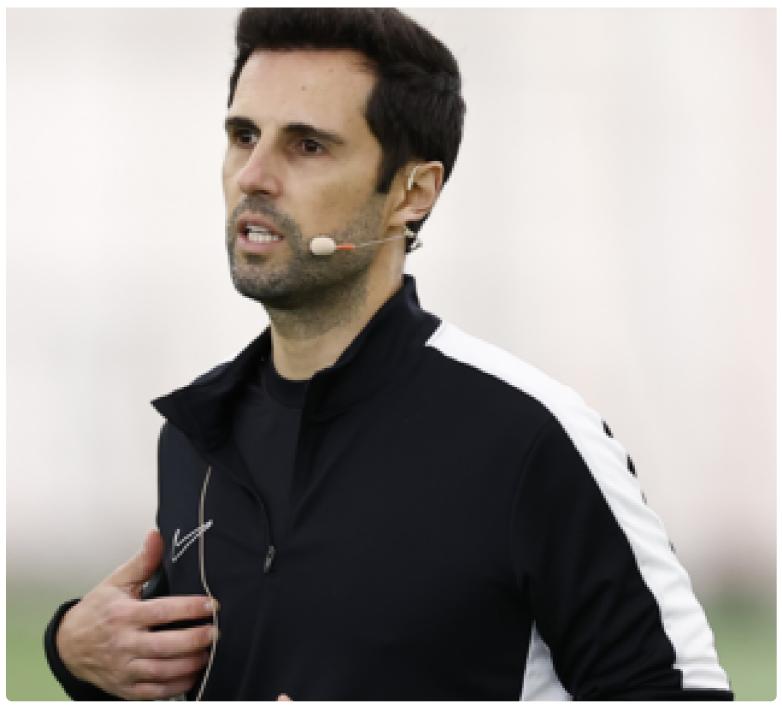
17:15 - 17:45

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