


# First World Conference on Science and Soccer


Liverpool, 15-16 May 2008




## CONFERENCE PROGRAMME






| 15 May: Adelphi Hotel |   |   |
|-----------------------|---|---|
| 08:00 – 09:30         | Registration <span style="float: right;">Foyer</span>   |   |
| 09:30 – 10:00         | Welcome and Introduction: John Goodman (Think Fitness), Mark Williams (Liverpool John Moores University)  |   |
| 10:00 – 11:30         | <b>Plenary 1: Contemporary issues in coaching practice</b> <span style="float: right;">Ballroom 1</span>  |   |
|                       | <p>Chair: <b>Martin Littlewood</b>, Liverpool John Moores University (LJMU)</p> <p>Professor <b>Mark Williams</b>, Liverpool John Moores University:<br/><i>Practice is not the main thing, it's the only thing</i></p> <p><b>Craig Brown</b>: <i>The physical, psychological and tactical preparation of a top class team</i></p>                                    |   |
| 11:30 – 11:45         | COFFEE  |   |
| 11:45 – 13:15         | <b>Symposium 1: Psychological preparation and development of players</b> <span style="float: right;">Ballroom 1</span>  |   |
|                       | Mike Forde (Chelsea FC), Martin Littlewood (LJMU), Mark Nesti (LJMU/Newcastle United FC)  |   |
|                       | <b>Symposium 2: Nutrition/Recovery for football</b> <span style="float: right;">Ballroom 2</span>   |   |
|                       | Nick Broad (Chelsea FC), Warren Gregson (LJMU), Don MacLaren (LJMU)   |   |
| 13:15 – 14:00         | LUNCH   |   |
| 14:00 – 15:30         | <b>Plenary 2: Physical preparation of players</b> <span style="float: right;">Ballroom 1</span>   |   |
|                       | <p>Chair: <b>Warren Gregson</b>, LJMU</p> <p><b>Jens Bangsbo</b> (University of Copenhagen): <i>Physical preparation of players</i></p> <p><b>Julio Tous Fajardo</b> (INEFC Barcelona): <i>Strength training and injury prevention in top-level football</i></p>  |   |
| 15:30 – 16:00         | COFFEE  |   |
| 16:00 – 17:30         | <b>Symposium 3: Think Fitness</b> <span style="float: right;">Ballroom 1</span>   |   |
|                       | <p> <b>Martyn Pert</b> (Watford FC): <i>An applied sports science model for professional football</i></p> <p><b>Jon Goodman</b> (Think Fitness) &amp; <b>Ross Sherman</b> (Kingston University):<br/><i>Quantifying performance. An analysis of Premier League performance</i></p> |   |
| Time: 15 min          | <b>Free Communications: Psychology</b> <span style="float: right;">Ballroom 2</span>  |   |
|                       | Chair: <b>Mark Nesti</b> , LJMU   |   |
|                       | <b>F. Carson</b>  | <i>Coping strategies of Injured Semi-Professional Soccer players</i>  |
|                       | <b>A. Grills</b>  | <i>A comparison of PETTLEP imagery, physical practice and a combination of PETTLEP imagery and physical practice in the facilitation of non-dominant leg kicking accuracy</i> |
|                       | <b>S. Hood</b>  | <i>Should perceptual or action skill development be prioritised when coaching soccer goalkeepers?</i>   |
|                       | <b>P. Johnson</b>   | <i>Towards an understanding of player comfort zones: Clarifying perceptions and awareness</i>   |
|                       | <b>G. Jordet</b>  | <i>Psychology of the penalty shootout: preparing the Netherlands U21 team for the 2007 European Championships</i>   |
|                       | <b>R. Vaeyens</b>   | <i>The mechanisms underpinning decision-making skill in youth soccer players: Examination of verbal reports</i>   |

| <b>Free Communications: <i>Biomechanics and Performance Analysis</i></b>  |   | Empire Room  |
|---|---|--|
| <u>Chair:</u> Mark Lake, LJMU   |   |  |
| M. Lake   | <i>Influence of football boot design characteristics on foot loading during jump landings</i>   |  |
| H. Nunome   | <i>A new valid shock absorbency test for artificial turf</i>  |  |
| M.D. Portas   | <i>Validation of global positioning satellite (GPS) measurement system for soccer specific motion</i>                                     |  |
| A. Ravaschio  | <i>Directional change, multifactorial analysis of movement</i>  |  |
| H. Shinkai  | <i>Change of the ball impact technique with physical development in instep soccer kicking</i>   |  |
| P. Martins  | <i>Differences in technical skill performance of Portuguese junior soccer players according to competitive level and playing position</i> |  |
| 17:30 – 18:45   | <b>Poster Presentations and Reception</b>   | Derby Room   |
| Sponsored by:<br><b>E.XF Fitness Equipment</b><br> | A. Alcock   | <i>Analysis of the direct free kicks in the 2007 Women's World Cup</i>   |
|   | A. Bagshaw  | <i>Sensitivity of a Soccer-Specific Aerobic Fitness (SAFT) to detect changes in aerobic training status</i>  |
|   | I. Bakir  | <i>The comparison of analysis result of home and away match of a soccer team Turkish Super League</i>  |
|   | R. Casella  | <i>Visual attention under physical effort in soccer: differences between referees and players</i>  |
|   | N. Clarke   | <i>The effect of an intense period of fixtures on salivary cortisol and SIgA concentrations</i>  |
|   | P. Conway   | <i>The effects of six weeks soccer-specific intermittent training on the physiological performance of elite youth players</i>  |
|   | L. Crust  | <i>A cross-sectional analysis of mental toughness in a Premier League football academy</i>   |
|   | C. Cushion  | <i>The coaching process in elite youth soccer: the players' experience</i>   |
|   | M. Dean   | <i>Developing decision making in elite soccer: examining an expert coaches' knowledge</i>  |
|   | M. Faramarzi  | <i>The Physiological, anthropometrical and performance characteristics of Iranian elite soccer players</i>   |
|   | M. Faramarzi  | <i>The effects of 90 minute soccer-specific intermittent exercise protocol on immune responses of youth soccer players</i>   |
|   | A. Figueiredo   | <i>Somatic and maturity status of youth soccer players 11-12 years: variation by field position</i>  |
|   | L. Foweather  | <i>Correlates and prevalence of proficiency at the instep kick in 9-10 year old children</i>   |
|   | A. Gaeini   | <i>The effects of three bouts of 90 minute soccer-specific intermittent exercise protocol and carbohydrate supplementation on muscle damage biomarkers of soccer players</i> |
|   | M. Gleeson  | <i>Immune changes in English Premier League footballers during a competitive season</i>  |
|   | A. Goktepe  | <i>Knee flexion and ankle extension strategies at instep penalty kick</i>  |
|   | P. Gómez Piriz  | <i>Biomechanics of the volley kick in the soccer goalkeeper</i>  |
|   | P. Graley   | <i>Sensitivity of SAFT to age-dependent differences in aerobic fitness</i>   |
|   | W. Gregson  | <i>A detailed analysis of high intensity activity in elite soccer match-play</i>   |
|   | H. Hasegawa   | <i>Incompatibility of sprinting and turning speed in agility test performance in collegiate and professional soccer players</i>  |
| P. Johnson  | <i>On field discipline: emotional control; positive discipline; winning performance</i>   |  |
| R. Kawamoto   | <i>Kinetic similarity in side-foot soccer kicking with the preferred and non-preferred leg</i>  |  |

| 17:30 – 18:45   | Poster Presentations and Reception contd.  |   | Derby Room |
|---|--|---|------------|
| Sponsored by:<br><b>E.XF Fitness Equipment</b><br> | F. le Gall   | <i>Are elite soccer players born early in the selection year advantaged in terms of anthropometric measures of performance and biological maturity</i>                                  |            |
|   | R. Lovell  | <i>Predictors of SAFT performance</i>   |            |
|   | G. Nassis  | <i>Association between repeated sprints ability and selected psychological characteristics in young, talented soccer players: preliminary findings</i>                                  |            |
|   | G. Nassis  | <i>Physiological characteristics of young talented soccer players</i>   |            |
|   | S. Post  | <i>Validation of a global positioning system for measuring players' movements during football-specific activities</i>   |            |
|   | N. Rahnama   | <i>Video analysis of football injuries at Asian Cup 2007</i>  |            |
|   | P. Rainer  | <i>Innovative development in coach education – foundation degree in Football Coaching &amp; Performance</i>   |            |
|   | A. Ramos   | <i>Differences in physical testing performance of Portuguese junior soccer players according to positional roles</i>  |            |
|   | H. Relvas  | <i>The transition of youth players in elite European football clubs: structures, philosophies and working practices</i>   |            |
|   | I. Rollo   | <i>Influence of one vs. two matches a week on physiological and psychological profile of sub-elite footballer players</i>   |            |
|   | R. Rupf  | <i>A description of high intensity running during a soccer practice</i>   |            |
|   | R. Rupf  | <i>Determining a recommended age of using repeated sprint tests on Canadian youth soccer players</i>  |            |
|   | B. Salgado   | <i>Somatotype and body composition in Portuguese youth soccer players</i>   |            |
|   | E. Smith   | <i>Motivational types in amateur and professional football: its role in career transition</i>   |            |
|   | L. Sutton  | <i>Validation of a new anthropometric equation for the prediction of body composition in elite soccer players</i>   |            |
|   | J. Svensson  | <i>The relationship between performance on a new soccer-specific high-intensity intermittent running protocol and field tests, aerobic endurance and work-rate in soccer match-play</i> |            |
|   | M. Yasumatsu   | <i>The impact of hot environment on fluid loss and performance in Japanese soccer players</i>   |            |
| T. Yoshioka   | <i>Medical support provided to the Japan women's national soccer team participating in the Summer Universiade and percent weight loss after playing in a hot environment</i> |   |            |

## 16 May: Adelphi Hotel

|   |  |  |
|---|--|--|
| 09:00 – 09:30   | <b>Registration</b>  | Foyer  |
| 09:30 – 11:00   | <b>Plenary 3: Talent identification and development</b>  | Ballroom 1   |
|   | <p><u>Chair:</u> Mark Williams, LJMU</p> <p>Gregoire Millet (ASPIRE): <i>Physiological monitoring of young football players at Aspire Academy</i></p> <p>Chelsea Warr (UK Sport): <i>Talent identification and talent transfer in football</i></p>   |  |
| 11:00 – 12:30   | <b>Symposium 4: Are academies working?</b>   | Ballroom 1   |
|   | <p><u>Chair:</u> John Murtough, Coventry City FC</p> <p>Chris Sulley (Bolton Wanderers FC): <i>The Academy manager and the Academy 10 years on</i></p> <p>Chris Carling (France): <i>Are academies working? The French approach to the development of young soccer players</i></p> <p>Iñigo Mujika (Athletic Club Bilbao): <i>Sport science and talent development at Athletic Club Bilbao</i></p> |  |
|   | <b>Free Communications: Coaching and Training</b>  | Empire Room  |
|   | <u>Chair:</u> Julio Tous Fajardo, INEFC Barcelona  |  |
|   | C. Cortis  | <i>Inter-limb coordination following pre-season soccer trainings</i>   |
|   | C. Cushion   | <i>Understanding the coaching process in elite youth soccer</i>  |
|   | P. Ford  | <i>Models of expertise and youth development in soccer</i>   |
|   | G. Morgan  | <i>A qualitative investigation of Academy/centre of excellence coaches' perceptions of their role and rationale for selected practice behaviours</i> |
|   | L. Parry   | <i>Comparing the physical and physiological training loads of injured and uninjured players in professional soccer</i>                               |
|   | F. Perroni   | <i>Evaluation of coordination capabilities during pre-seasonal training</i>  |
|   | <b>Free Communications: Physiology</b>   | Ballroom 2   |
|   | <u>Chair:</u> Gregoire Millet, ASPIRE  |  |
|   | P. Ford  | <i>Effects of sodium bicarbonate supplementation on association football</i>   |
|   | M. Gleeson   | <i>Effects of soccer training sessions, competitive match play and simulated match activity on mucosal immunity</i>                                  |
|   | O. Kerper  | <i>Interindividual variability of physiological demands during small-sided soccer games</i>  |
|   | N. Clarke  | <i>Impact of combined carbohydrates ingested during soccer-specific exercise</i>   |
|   | K. Small   | <i>Effect of multidirectional soccer-specific fatigue on eccentric hamstring strength: implications for hamstring injury risk</i>                    |
| 12:30 – 13:30   | LUNCH  |  |
| 13:30 – 15:00   | <b>Workshop 1: Think Fitness</b>   | Ballroom 1   |
|  | <p>Sam Erith (Tottenham Hotspur FC)</p> <p>Tony Strudwick (Manchester United FC): <i>How fit is enough?</i></p>  |  |

|   |   |                    |
|---|---|--------------------|
|   | <b>Workshop 2: Think Fitness</b>  | <b>Ballroom 2</b>  |
|    | <p><b>Alan Hughes</b> (Think Fitness, Reading FC): <i>Postural and movement screening to predict and prevent injury</i></p> <p><b>Darren Robinson</b> (Advanced Performance/ Everton FC): <i>Psychometric profiling of professional footballers</i></p>   |                    |
|   | <b>Workshop 3: Think Fitness</b>  | <b>Empire Room</b> |
|    | <p><b>Faye Downey</b> (Elite Sports/England RFU):<br/><i>Where's the gap? A practitioners approach to supplementary drills and exercises to compliment the development of world class players</i></p> <p><b>Mark Howard</b> (Coventry City FC):<br/><i>An applied approach to strength and conditioning in football: Optimise training time and readiness to play</i></p> |                    |
| 15:00 – 15:15   | COFFEE  |                    |
| 15:15 – 16:45   | <b>Workshop 1: Think Fitness</b>  | <b>Ballroom 1</b>  |
|    | <p><b>Sam Erith</b> (Tottenham Hotspur FC)</p> <p><b>Tony Strudwick</b> (Manchester United FC): <i>How fit is enough?</i></p>   |                    |
|   | <b>Workshop 2: Think Fitness</b>  | <b>Ballroom 2</b>  |
|    | <p><b>Alan Hughes</b> (Think Fitness, Reading FC): <i>Postural and movement screening to predict and prevent injury</i></p> <p><b>Darren Robinson</b> (Advanced Performance/ Everton FC): <i>Psychometric profiling of professional footballers</i></p>   |                    |
|   | <b>Workshop 3: Think Fitness</b>  | <b>Empire Room</b> |
|  | <p><b>Faye Downey</b> (Elite Sports/England RFU):<br/><i>Where's the gap? A practitioners approach to supplementary drills and exercises to compliment the development of world class players</i></p> <p><b>Mark Howard</b> (Coventry City FC):<br/><i>An applied approach to strength and conditioning in football: Optimise training time and readiness to play</i></p> |                    |