

## Football Performance Seminar: Systematic Approach to Athletic Development

8:30-9:00	Seminar Registration
9:00-10:30	Lecture: Scientific Approach to Soccer Fitness
10:30-10:45	<b>Break</b>
10:45-11:30	Practical: Warm-up Protocols
11:30-12:30	Practical: Strength & Power in Football
12:30-13:30	<b>Lunch</b>
13:30-14:30	Practical: Multi-directional Speed for Football Performance
14:30-14:45	<b>Break</b>
14:45-15:45	Practical: Developing the Player's Energy Systems
15:45-16:00	<b>Break</b>
16:00-17:00	Lecture: Tactical Periodisation
17:00-17:15	Q&A
17:15-17:30	Seminar Certification & Group Photo

### Course Description

During this seminar we will explore in detail the needs analysis and performance determinants for Football performance. From both a theoretical and practical perspective, the goal is to provide the participant with an in-depth understanding of a system that enhances athletic development in Football. The seminar focuses on three key components of fitness; Strength & Power, Speed and Fitness.

EPI's Football Performance Seminar will be lead by former Manchester United player and Head of Strength & Conditioning with Sunderland FC, Michael Clegg. Michael will provide participants with inside look at how elite Premier League teams enhanced athletic development from both a player and coach perspective.