

# JAVIER MALLO SPORTS CONDITIONING, NUTRITION AND TRAUMA ONLINE COURSE

Presented by FootSail Ltd

JUNE 2022 - MAY 2023

## COURSE OVERVIEW

The aim of the course is to provide a periodic education program to coaches and physical education teachers keeping them updated with the latest knowledge related to sports coaching and medicine.

The course will be structured in 1-hour on-line lessons each of them focused on different topics about team sports. In between every lesson, complimentary activities will be provided to the students to generate a powerful learning scenario, always under the mentorship of Javier Mallo and Elena Isla, who will present all the modules to the students. The modules addressed during the year-long course will be:

## STRUCTURE OF ONLINE COURSE

### 1 > The game dynamics in team sports.

This lesson will show the new directions which are currently being used in team sports training, based on the demands on the game, not only at a physical but also at a cognitive level.

### 2 > The team sportsman.

In this module, we will focus on the long-term development of team sports players. How do we need to conceive the person and what phases can we use to organize a long-term program and which contents best suit each phase.

### 3 > Training task design for team sports.

The keys to organize practical training contents will be addressed in this lesson. We will revise the main learning principles and define the variables needed to design the tasks during the practices. How to keep the players motivated and get the most from our practice time.



**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





#### **4 > Planning and periodization in team sports.**

In this lesson, short (week) and long (year) training periodization models will be presented. Once we know what to do in every session it is important to plan the whole term or season.

#### **5 > Injuries, reconditioning and nutrition in team sports.**

This module will present the most common injuries which team sports players are most exposed to. In addition, we will give clues on how to prevent them and how to organize reconditioning plans once the injury has been sustained. Nutrition is another important element which will be addressed in this presentation.



#### **6 > First aids in team sports: How can you save the life of a person?**

This is a very practical lesson as it will be focused on what to do if there is a life threatening situation in a sport practice, physical education class or even in the street. The steps to carry out a Cardio-Pulmonary Resuscitation (CPR) will be shown as it is a life-saving skill that everyone should learn.



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