

# JAVIER MALLO & ELENA ISLA SEMINAR: STRENGTH TRAINING AND INJURY PREVENTION IN FOOTBALL

Presented by FootSail Ltd

JUNE 10, 11 and 12, 2023

VENUE: Bermuda High School

2.5 DAYS 15 LECTURE HOURS – 11 HOURS THEORY, 3 ½ HOURS PRACTICAL CLASSES - 30 PARTICIPANTS

## SEMINAR SUMMARY

After the successful experience of June 2022, this second edition of the Seminar will look in depth at some of the topics most demanded by Strength and Conditioning Coaches working with all levels of football players: male, female, boys and girls. This year we will provide a solid theoretical background and practical training proposals to support the practices of coaches working with local footballers. Even though the seminar is based on football, many of the contents can be extrapolated to other sports. Our target is to help coaches in Bermuda to develop good football players while trying to reduce the risk of sustaining injuries, at the same time respecting one of our maxims: "training football from football".

## WHO IS IT SUITABLE FOR?

Team Sports Coaches, Physical Education teachers, Physiotherapists, Conditioning Coaches / Trainers, and anyone with a keen interest in sports conditioning, nutrition and trauma.

## WHAT'S THE FORMAT?

For this seminar, the syllabus will offer both theoretical classes as well as practical sessions in the gym and on the field. Top local youth players will be used in practical sessions.

## SEMINAR OVERVIEW

The main objective of the Seminar is to provide a novel approach to Strength Training and Injury Prevention in football. The contents of the Seminar are founded on the demands experienced by the players when playing football. Ensuring the development of movement quality should be our major aim as conditioning coaches and, thus, we will structure all our Strength theoretical and practical sessions around this idea, showing how to prepare footballers for training sessions and matches, how to design gym-based strength sessions and how to integrate strength with our physical qualities during the field sessions. To complement this, we will also address in depth the occurrence of injuries seen in females and young players in modern football. We will explain how to design and implement injury prevention strategies, from a theoretical and practical point of view. Finally, we will also pay attention on how to integrate all the topics covered in the Seminar in the long-term development of players.

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For more information please contact



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**Javier Mallo**

PhD in Sports Science  
MSc in High Performance in Sports  
BSc in Physical Education  
BSc in Physiotherapy

Fitness Coach at Real Madrid CF  
2013 - 2022  
Fitness Coach at Manchester City  
2011-2013  
Fitness Coach at Atletico Madrid  
2007-2011

Honors

3 UEFA Champions League Titles  
3 FIFA Club World Cup  
2 UEFA Supercup  
2 Spanish "La Liga"  
2 Spanish Supercup  
1 FA Premier League  
1 Community Shield



PhD in Medicine  
BSc in Medicine  
MSc in Re-adaption of Injuries  
in Football

Professional Experience

Team Doctor at Real Madrid CF U-19s,  
2022-2023  
Academy Doctor at Real Madrid CF,  
2017-2023  
Head of Medical Department at  
Spanish Basketball Association,  
2021-2023