



31 October – 02 November 2014

Scuola dello Sport, Acque Acetosa Olympic Training Centre, ROMA, ITALIA

www.ifac.athleticscoaches.eu

“The Winning Difference: High Potential to High Performance”

FRIDAY 31 OCTOBER

15.00 Welcome: IFAC 2014

15.30- Keynote 1

17.30 “Developing Potential: Lessons from Europe”

Wolfgang Killing (Germany)

Piotr Haczek (Poland)

Antonio Solana (Spain)

17.30- refreshment break
18.00

18.00- Keynote 2:

19.00 “Invest in Youth - Invent the Future”

Prof. Frank W. Dick (UK)

SATURDAY 01 NOVEMBER

09.30 Welcome

Breakout 1

10.00- 1. Speed Drills & Conditioning (practical)

11.30 2. Injury Prevention (practical)

3. Developing the Young Jumps Athlete (practical)

4. Foundation Strength for Throws (practical)

Jonas Tawiah-Dodoo (UK)

Jesus Santos (Spain)

Elio Locatelli (Italy)

Ekkart Arbeit (Germany)

11.30- refreshment break
12.00

Breakout 2

12.00- 1. Multi-Events Conditioning (practical)

13.30 2. Postural Development (practical)

3. Hurdles Mobility and Flexibility (practical)

4. Male and Female Strength Training Differences

Bart Bennema (Netherlands)

Vincenzo Canali (Italy)

Paweł Jesień (Poland)

Ekkart Arbeit (Germany)

13.30- lunch
15.00

Breakout 3

15.00- 1. Plyometrics in Speed Training (practical)

16.30 2. Postural Development (practical) (repeat)

3. Power Development without Weights (practical)

4. Endurance Conditioning

Jonas Tawiah-Dodoo (UK)

Vincenzo Canali (Italy)

Piotr Haczek (Poland)

Malcolm Brown (UK)



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SUNDAY 02 NOVEMBER

09.00 Welcome

09.00-10.00 Keynote 3:
“Achieving High Performance” Malcolm Brown (UK)

Breakout 4:
10.30-11.30 1. High Potential: Singapore & Nanjing YOG Elio Locatelli (Italy)
2. Injury & Prevention: the coach’s role Jesus Santos (Spain)
3. Speed: Coaching Philosophy Joans Tawiah-Dodoo (UK)
4. Top Talents Going to NCAA: good or bad? Chris Chayriguet (Germany)

11.30-12.00 refreshment break

Breakout 5:
12.00-13.00 1. Coach-Athlete Relationship Panel Session
2. Harnessing Sports Physiology Dr. Antonio Gianfelici (Italy)
3. Youth Development: strategies from football Antonio Solana (Spain)
4. Youth Programme Strength Training Ekkart Arbeit (Germany)

13.00-14.30 lunch

14.30-15.30 Keynote 4:
“The Journey from Potential to Performance” Bart Bennema (Netherlands)

15.30-16.00 European Coaches’ Address Prof. Frank Dick (EACA)