

SAN
ROSSORE

ACADEMY

MEDICAL AND SPORTS TRAINING

MULTIDISCIPLINARY APPROACH IN FOOTBALL. PERFORMANCE, TECHNICAL ASPECTS AND MOTIVATION.

January 30, 2023
time 18.00

CHAIRMAN

Dr. Simone Casarosa
Director San Rossore
Sport Village

FACULTY

**Aldo Dolcetti, Nicola Lami,
Andrea Pecciarini,
Lorenzo Dolcetti, Luca Trotta,
Stefano Baldini**

WEBINAR
GRATUITO



ACADEMY PROGRAM

- *Simone Casarosa*
Greetings and introduction.
- *Andrea Pecciarini* | Mental Coach
**Our thoughts offer information and logic,
while our emotions offer direction,
motivation and connection.
But Italian football doesn't believe in these things.**
- *Baldini Stefano* | Professor of theory and methodology
of team sport at the University of Milan
**Coherence, sharing and continuity; the importance
technical coordination in the youth field.**

- *Luca Trotta* | Fitness trainer at San Rossore Sport village
First preparation period in football, strategies and resistance training methods.
- *Nicola Lami* | Technical collaborator Unione Sportiva Lecce
Environment, structure, task: how the game teaches to play.
- *Aldo Dolcetti* | Technical collaborator Staff Juventus Football Club
Considerations on the overall work of the staff of a football team.
- *Lorenzo Dolcetti* | Portsmouth First Team Coach
The technical staff in England - my experiences.

**THE WEBINAR WILL TAKE PLACE ON
TEAMS PLATFORM**



The link will be sent upon receipt of the registration.



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LENGHT

2 hours

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CASA DI CURA SAN ROSSORE