



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

15.30-17.00 Keynote 1
“Developing Potential: Lessons from Europe”
Antonio Solana (Spain)
Wolfgang Killing (Germany)
TBC (TBC)

17.00-17.30 refreshment break

17.30-18.30 Keynote 2:
“Maximising Potential: it’s not just physical”
Penny Werthner (Canada)

SATURDAY 01 NOVEMBER

09.30 Welcome

Breakout 1

10.00-11.30 1. Speed Drills & Conditioning (practical)
2. Injury Prevention (practical)
3. Developing the Young Jumps Athlete
4. Foundation Strength for Throws
Jonas Tawiah-Dodoo (UK)
Jesus Santos (Spain)
Elio Locatelli (Italy)
Ekkart Arbeit (Germany)

11.30-12.00 refreshment break

Breakout 2

12.00-13.30 1. Multi-Events Conditioning (practical)
2. Postural Development (practical)
3. Hurdles Mobility and Flexibility Training (practical)
4. Power Development without Weights
Bart Bennema (Netherlands)
Vincenzo Canali (Italy)
3. TBC
Ekkart Arbeit (Germany)

13.30-15.00 lunch

Breakout 3

15.00-16.30 1. Plyometrics in Speed Training (practical)
2. Postural Development (practical) (repeat)
3. Male and Female Strength Training Differences
4. Endurance Conditioning
Jonas Tawiah-Dodoo (UK)
Vincenzo Canali (Italy)
Ekkart Arbeit (Germany)
Malcolm Brown (UK)



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SUNDAY 02 NOVEMBER

09.15	Welcome	
09.30-10.30	Keynote 3: “Achieving High Performance”	Malcolm Brown (UK)
10.30-11.30	Breakout 4: 1. High Potential: look at Singapore & Nanjing YOG 2. Injury & Prevention: the coach’s role 3. Speed: Coaching Philosophy 4. Youth Programme Strength Training	Elio Locatelli (Italy) Jesus Santos (Spain) Jonas Tawiah-Dodoo (UK) Ekkart Arbeit (Germany)
11.30-12.00	refreshment break	
12.00-13.00	Breakout 5: 1. Making Pressure Your Advantage 2. Harnessing & Understanding Sports Physiology 3. Youth Development: strategies from football 4. Training Endurance 5. Top Talents Going to NCAA: good or bad?	Dr. Penny Werthner (Canda) TBC (Italy) Antonio Solana (Spain) Malcolm Brown (UK) Christophe Chayriguet (Germany)
13.00-14.30	lunch	
14.30-15.30	Keynote 4: “The Journey from Potential to Performance”	Bart Bennema (Netherlands)
15.30-16.30	European Coaches’ Address “European Championships Debrief”	Frank Dick (EACA)

TO BOOK VISIT:
www.ifac.eventbrite.co.uk

ACCOMMODATION & FURTHER INFORMATION:
ifac@athleticscoaches.eu