

Main partner

IO SONO
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THE FOOTBALL PERFORMANCE 2026 SUMMIT

BLUENERGY
STADIUM
UDINE (ITALY)

TUESDAY
26TH MAY
2026

Leading experts examine the latest trends in applied performance science and elite football.
Where science, methodology, and practice converge at the highest level of the game.

9:00 am REGISTRATION AND WELCOME

9:45 am OPENING CEREMONY



MAGDA POZZO
Ownership Udinese Calcio



Director of the Summit
JORDI GARCIA
Head of Performance
Udinese Calcio

10:00 am **CONTEXT IS KING: WHEN INTERPRETING
PREMIER LEAGUE DEMANDS**



PAUL BRADLEY
Football Science Consultant

11:00 am **FRAMING RETURN-TO-SPORT AND
LOOKING TOWARDS PERFORMANCE**



MATTHEW TABERNER
Visiting Research Fellow

12:15 pm **WORKSHOP VALD**

Data integration: relationship between CMJ jump height
and sprint performance **Max Goglia**

12:35 pm **MICRODOSING, NEURAL PRIMING
AND READINESS TESTING**



BRAM SWINNEN
Performance & Rehab Specialist

1:30 pm LUNCH

2:30 pm **WORKSHOP SOCCER SYSTEM PRO**

How an AMS Transforms the Performance
department: From Daily Operations to Smarter
Decisions, **Gregory Ortanobas**

3:00 pm **MONITORING THE SPECIFIC TRAINING
LOAD IN FOOTBALL**



ISMAEL CAMENFORTE
Strength and Conditioning Coach

4:00 pm **ENHANCING ELITE SOCCER PERFORMANCE
DURING THE COMPETITIVE PERIOD**



GIAMPIERO ASCENZI
Head of Performance ACF Fiorentina

5:15 pm **WORKSHOP CATAPULT**

Sprinting in football: from data to context on
the pitch **Filippo Baldasso e Steve Collins**

5:35 pm **INTEGRAL PERIODISATION.
A HOLISTIC APPROACH
FOR MODERN SOCCER.
FROM GYM TO THE FIELD**



MIGUEL ÁNGEL CAMPOS
Head of Performance Bayer Leverkusen



JOSÉ JIMÉNEZ
Head of Strength and Conditioning
Bayer Leverkusen

6:30 pm CLOSING REMARKS



Host
MARINA PRESELLO
Sky sport Italy Journalist



UDINESE CALCIO
PERFORMANCE DEPARTMENT

infront

VALD

CATAPULT



COSMED
The Medical Company

ticketone

alveo