

NSCA

GLOBAL CONFERENCE 10TH EDITION

23/25 OTTOBRE >> VERONA 2026



IL PROGRAMMA **10TH NSCA GLOBAL CONFERENCE**



*Il programma ufficiale della 10° NSCA Global Conference è in continuo aggiornamento; potrebbero esserci dunque variazioni nel corso dei mesi

EVENTO PRE-CONFERENCE

Mattina

09:00 - 12:30

**ANTONIO SQUILLANTE
& JEAN-BENOÎT MORIN**

Chasing Speed: From the Rack to the Track - The science of testing and training for speed

12:30 - 14:00

PRANZO

Pomeriggio

14:00 - 17:30

**LUCA MAESTRONI
& ANTHONY TURNER**

The Mechanics Behind the Metrics: Understanding Movement and Force - Time Profiles in Testing healthy and ACL reconstructed athletes



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***SABATO 24
OTTOBRE 2026***

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Auditorium

08:30 - 09:10

RICCARDO VILLA & BOYD EPLEY

Introduzione

09:15 - 10:10

LUCA MAESTRONI

Hierarchy of physical qualities necessary to achieve complete ballistic performance after ACL reconstruction

10:15 - 11:10

ALAN MCCALL

Data Doesn't 'Spot You: Rehumanising Strength and Conditioning

11:30 - 12:25

RHODRY LLOYD

Long-term athletic development: leanings from 20 years of science and practice

12:30 - 13:25

JEAN BENOIT MORIN

Individual Sprint Biomechanics to help better manage hamstring injuries

14:30 - 15:25

NICOLA MAFFIULETTI

Rate of force development reloaded

15:30 - 16:25

MARTINO FRANCHI

Muscle and Tendon adaptations to Eccentric Exercise from molecules to function: the positives of negatives

16:50 - 17:45

ANTHONY TURNER

Reverse-Engineering Agility: A Phasic and Systems-Based Approach to Athletic Preparation

17:50 - 18:30

ROUNDTABLE FINALE

Sala Salieri - Strength and Conditioning

Scientific Panel "Speed Training"

10:30 - 11:30

INTRODUZIONE + JOHAN LAHTI

The science of testing and training the hamstrings for Acceleration, Maximal Velocity, and Deceleration

11:50 - 12:30

MARCO AIRALE

From the Treatment room to the Track: Building robust sprinters

12:40 - 13:30

ANDREA MONTE + CHIUSURA

Strong Muscles, Stiff Tendons: Unlocking the Secrets Behind Rapid Force Production and Sprint Performance

Scientific Panel "Strength Training"

14:30 - 15:20

INTRODUZIONE + JAVIER PENA

A practical framework for priming strategies in team sports

15:25 - 16:05

ANTONIO SQUILLANTE

Velocity Based Training: How science turns into practice

16:10 - 16:50

PAUL COMFORT

TBD

17:10 - 18:00

FRANCESCO CUZZOLIN + CHIUSURA

TBD



Scientific Panel "Muscle & Tendon"

10:30 - 11:30

INTRODUZIONE + LUCA VERGANI
TBD

11:50 - 12:30

MASSIMO ZANOVELLO
TBD

12:40 - 13:30

DAVIDE LAMA + CHIUSURA
TBD

Scientific Panel "Knee Injuries"

14:30 - 15:20

INTRODUZIONE + ALESSANDRO COMPAGNIN
Testing Process post ACLR

15:25 - 16:05

NICHOLAS MIRAGLIA
TBD

16:10 - 16:50

FILIPPO PICININI
TBD

17:10 - 18:00

ROBERTO RICUPITO + CHIUSURA
TBD



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***DOMENICA 25
OTTOBRE 2026***

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Auditorium

8:30-9:00

IAN JEFFREYS

Presentazione

09:00 - 09:55

PAUL COMFORT

Power - What are we really aiming to assess and develop

10:00 - 10:55

CARLO BUZZICHELLI

Argomento TBD

11:20 - 12:15

SAMUELE MARCORA

Mental Fatigue and Sport Performance

12:20 - 13:15

ANTONIO SQUILLANTE

Understanding Power:
Testing, training, and tracking.

14:30 - 15:25

MAURIZIO FANCHINI

Monitoring of training load: theoretical and practical aspects

15:30 - 16:25

ANTONIO PAOLI

Fasting and ketogenic diet for muscle's health and performance

16:50 - 17:45

OOCENTE

Argomento TBD

18:00 - 18:30

CHIUSURA CONFERENZA E SALUTI

Sala Salieri - Strength and Conditioning

Scientific Panel "Sport Science"

10:00 - 10:50

INTRODUZIONE + JACOPO VITALE

From pillow to podium: the state-of-the-art in athlete performance & recovery

10:55 - 11:35

FRANCESCO AIELLO

Sport Science 2030: back to the future

12:00 - 12:40

CARLOS DEL BARRIO

The Human Element: Integrating Data Across the Health-Performance Continuum

12:45 - 13:30

DOCENTE + CHIUSURA

TBD

Scientific Panel "Endurance Training"

14:30 - 15:20

INTRODUZIONE + ANDREA MELONI

TBD

15:25 - 16:05

ELISA PASTORIO

TBD

16:10 - 16:50

LUCA FILIPAS

TBD

17:10 - 18:00

LUCA FESTA + CHIUSURA

TBD

Sala Vivaldi - Fisioterapia



Scientific Panel "GIS Sport"

10:00 - 10:50

FRANCESCO ORLANDO

Implementation of injury surveillance practice in elite female football

10:55 - 11:35

LISA COSI

A survey assessed Italians' knowledge of RED-S, followed by an infographic and a comprehension check.

12:00 - 12:40

ELENA BETTEGA

Sport in different ages of life in Italian contest: The role of physiotherapist to sustain athletes' practice

12:45 - 13:30

GIACOMO RADICI

The Grey Zone: Physiotherapists in the On-Field Transition to Performance

Scientific Panel "Groin Pain and Ankle Foot Complex"

14:30 - 15:20

ROMAIN TOURILLON

TBD

15:25 - 16:05

LUCA TURONE

TBD

16:10 - 16:50

FEDERICO BRISTOT

TBD

17:10 - 18:00

MARCO CATTANEO

TBD