



**MILAN
LAB**



**MILANLAB E IL DOTTORATO IN SCIENZE
DELL'ESERCIZIO FISICO E DELLO SPORT**

PRESENTANO LA PRIMA EDIZIONE DI

FOOTBALL SCIENCE CONFERENCE

Aula Levi, Via Valvassori Peroni, 21 ([Maps](#)) – Università degli Studi di Milano
18 Maggio 2026, ore 8.00 – 13.30

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Con il patrocinio di AIAC



*Registrazione obbligatoria entro 11 maggio

PROGRAMMA SCIENTIFICO

08:00 – 08:30	Accreditamento presso Aula Magna Levi – Via Valvassori Peroni, 21 – Milano
08:45 – 09:00	Saluti Istituzionali

SESSIONE 1

09:00 – 09:10	Benchmarks for jumping performance and isometric gym-based exercises in top-class male football players. <u>M.Trapletti</u> , A.Trecroci, E.Maffei, F.Esposito, S.Mazzoni, A.Riboli
09:10 – 09:20	Greater sensitivity of power to fatigue compared to velocity and work during flywheel squat. <u>D.Sciolla</u> , R.Battioli, S.Pau, E.Cè, S.Longo, G.Coratella
09:20 – 09:30	Irisin, the exercise hormone: the impact of different types of physical exercise on the production and release of this important myokine. <u>X.Vukaj</u> , S.Missaglia, E.Martegani, M.Borrelli, F.Esposito, E.Tommasini, L.Marano, E.Rampinini, A.Bosio, P.Vago, F.Cereda, D.Tavian
09:30 – 09:40	Kinetic and Kinematic analysis during single leg jumps in top-class male football: preliminary results. <u>R.Negri</u> , M.Trapletti, G.Soranno, M.Pedrazzini, S.Mazzoni, A.Riboli
09:40 – 09:50	Post-activation performance enhancement in men and women: sex-specific considerations for contrast training. <u>R.Battioli</u> , S.Rampichini, S.Longo
09:50 – 10:00	Sessione Q&A

SESSIONE 2

10:00 – 10:10	Individual pre-training exercises in top class adult male football players: practical applications. <u>S.Muratore</u> , R.Negri, M.Trapletti, S.Mazzoni, A.Riboli
10:10 – 10:20	An observatory on professional pathways and skills development in professional football. <u>M.Palumbo</u> , C.Gozzoli
10:20 – 10:30	Pre-training exercises, strength & power development, and ball-drills in top-class women football players: practical applications. <u>M.Callini</u> , S.Candela, S.Schieppati, D.Docente, A.Riboli
10:30 – 10:40	Neurocognitive factors and movement quality assessment: a holistic perspective on injuries. <u>M.Nitri</u> , M.Zago, A.Trecroci
10:40 – 10:50	Sessione Q&A

LECTIO MAGISTRALIS

10:50 – 11:35 **The Norwegian 4x4 Method in Football Science, by the creator.**
*Jan Helgerud, Professor of Medicine, Faculty of Medicine and Health Sciences,
Norwegian University of Science and Technology*
Moderazione: A.Riboli, S.Mazzoni, F.Esposito

11:35 – 11:45 Sessione Q&A

11:45 – 12:15 Pausa (30 min)

SESSIONE 3

12:15 – 12:25 **Analysing possession value momentum in Italian Serie A: variability in match dynamics and player contributions.**
L.Bruni, G.Soranno, S.Mazzoni, A.Riboli

12:25 – 12:35 **Tactical complexity across competitive levels: a comparative analysis of passing networks and rates between youth and elite football.**
G.Santicchi, F.Esposito, M.Zago

12:35 – 12:45 **Effects of virtual reality-based training on decision-making accuracy in Under-13 and Under-14 football players.**
F.Gala, M.Trapletti, E.Bersezio, A.Cardone, A.Giacomini, E.Cè, C.Repetto

12:45 – 12:55 **Between-sexes and between age-categories differences in the peak locomotor demands during official matches in top class football players.**
M.Bazzoni, S.Mazzoni, A.Trecroci, S.Folletti, F.Esposito, A.Riboli

12:55 – 13:05 **Machine learning prediction models between training load, match performance and physiological training status in top-class adult male football players.**
A.Riboli, L.Bruni, S.Mazzoni

13:05 – 13:15 Sessione Q&A

13:15 – 13:30 Saluti e chiusura lavori

RELATORI

Battioli Riccardo : PhD Student, Università degli Studi di Milano

Bazzoni Mattia: Performance Specialist, MilanLab, AC Milan SpA | PhD Student, Università degli Studi di Milano

Bruni Lorenzo: Data Scientist, MilanLab, AC Milan SpA

Callini Matteo: Women's First Team Lead Performance Specialist, AC Milan SpA

Gala Francesca : PhD Student, Università Cattolica del Sacro Cuore

Muratore Simone: Men's First team Senior Performance Specialist, MilanLab, AC Milan SpA

Negri Riccardo: Men's First team Senior Performance Specialist, MilanLab, AC Milan SpA

Nitri Monica : PhD Student, Università degli Studi di Milano

Palumbo Martina : PhD Candidate, Università Cattolica del Sacro Cuore

Riboli Andrea: Head of Football Sciences, MilanLab, AC Milan SpA

Santicchi Gabriele: PhD Candidate, Università degli Studi di Milano

Sciolla Davide: PhD Student, Università degli Studi di Milano

Trapletti Michele: Performance Specialist, MilanLab, AC Milan SpA | PhD Student, Università degli Studi di Milano

Vukaj Xhuljano: PhD Student, Università Cattolica del Sacro Cuore

RELATORE INTERNAZIONALE

Jan Helgerud : Professor of Medicine, Faculty of Medicine and Health Sciences, Norwegian University of Science and Technology, Trondheim, Norway

COMITATO ORGANIZZATIVO E SCIENTIFICO

Stefano Mazzoni: PhD, MilanLab Director, AC Milan SpA

Andrea Riboli: PhD, Head of Football Sciences, MilanLab, AC Milan SpA

Fabio Esposito: Professore Ordinario in Scienze dell'Esercizio Fisico e dello Sport e Referente di Ateneo per il Dottorato in Scienze dell'Esercizio Fisico e dello Sport