

ASPETAR WORLD CONFERENCE 2025

09th - 11th October 2025, Aspire Zone

ASPETAR
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AGENDA

MANAGING HEALTH AND PERFORMANCE OF ELITE PLAYERS – THE PSG WAY

8 October 2025

#Aspetarcon25



Target Audience: Physicians, Allied Health Practitioners, Others (Sports Scientists, Coaches, Researchers)

Activity code: HGI-03-P176

Venue: Aspetar Auditorium

Time: 8:00 – 11:00

Please note that this activity is offered as a part of the Aspetar World Conference 2025, therefore, you must be registered for the conference to be able to sign up for this workshop.

Overall Learning Objectives:

On completion of this activity, participants will be able to:

1. Discuss how an elite football organization structures its health and performance management strategy.
2. Identify key processes and performance indicators that guide shared decision-making across departments.
3. Compare current practices in various sections and consider how to adapt them to different contexts.
4. Explore how to fast track rehabilitation without compromising player's safety.

This activity is an Accredited Group Learning Activity (Category 1) as defined by the Ministry of Public Health's Department of Healthcare Professions - Accreditation Section and is approved for a maximum of 2.25 hours.

Time	Topic	Session Learning Objectives By the end of this session, participants will be able to:	Speaker/ Faculty
8:00-8:15	Pre-season Profiling & In-season Testing: risk factors identification and performance deficits spotting	<ul style="list-style-type: none"> Define how individual profiling and follow-up testing contribute to injury prevention and performance planning. Discuss test batteries used to detect risk and guide individualized programming. Discuss youth players development strategy from collected baseline Discuss women specificities 	Axelle Arnoult Pauline Clavel
8:15-8:30	In-season Load Monitoring: track players fitness	<ul style="list-style-type: none"> Discuss how PSG monitors internal and external load during the season. Interpret thresholds and load progression strategies to manage injury risk and maximize availability. 	Axelle Arnoult Pauline Clavel
8:15-8:50	Profiling & Load Monitoring: from theory to field integration	Practical demonstration	Axelle Arnoult Pauline Clavel
8:50AM-9:05	Data supported decision making: how we collect data to support strategies decision making	<ul style="list-style-type: none"> Discover how data is collected, centralized, and shared across departments. Discover how our data algorithm is influencing staff's decision in squad rotation decision making and training strategies 	David Pajon
9:05-9:20	Preventive strategies: on and off pitch complementary strategies	<ul style="list-style-type: none"> List the key pillars of PSG's injury prevention framework. 	Gwen Pele

		<ul style="list-style-type: none"> • Discuss how prevention is embedded into the weekly micro-cycle and interdisciplinary planning. • Discuss how influences on training methodology differs regarding to different sections 	
9:20-9:35	Break		
9:35-9:50	Fast tracking safely rehabilitation process: strength and pitch KPIs	<ul style="list-style-type: none"> • Define fundamental rehabilitation pillars and system • Identify the strength milestones used during our rehabilitation process • Identify the pitch milestones used during our rehabilitation process • Discuss how we safely adapt our KPIs to fast track the rehabilitation • Adapt pitch-based reconditioning pathway following specific injuries 	Pierre Moitry
9:50-10:05	RTPT and RTT Decision-Making: from safe partial integration to full game scenarios	<ul style="list-style-type: none"> • Examine the return-to-train decision-making process. • Discuss how we quantify training drills demands • Discuss how objective metrics and interdisciplinary consensus are integrated. • Discuss taking the time to normalize performance: a must do follow up 	Pierre Moitry Cyril Praud
10:05-10:25	Case study	<ul style="list-style-type: none"> • Apply theoretical concepts of the PSG way 	Gwen Pele

10:25-10:50	Discussion: Q&A	All faculty
10:50-11:00	Closing	Cyril Praud

Scientific Planning Committee:

Dr. Hakim Chalabi (Chair), Enda King, Cyril Praud, Mariem Labidi (CPD coordinator)

The Scientific Planning Committee has reviewed all disclosed financial relationships of speakers, moderators, facilitators and/or authors in advance of the CPD activity and has implemented procedures to manage any potential or real conflicts of interest.

Overall time: 180 min; lecture: 105 min; interactive: 55 min (31%)