



### **DR MARTIN BUCHHEIT**

Dr Martin Buchheit has worked as a Football Physiologist at the ASPIRE Academy for Sports Excellence in Qatar since 2009. He earned two Masters in Research and exercise physiology and statistics, two Masters in strength and conditioning, and a PhD in exercise physiology. He is also a member of the Research group for the French Football Federation (Match and training demands analysis and talent identification and development). He has worked as a strength and conditioning coach for several years with professional team Handball (men, women and youth French national teams) and has been the strength and conditioning consultant of several federations and professional teams (soccer, handball, basketball, rugby and AFL) and individual athletes (triathlon, runners, cyclists and swimmers).

Dr Buchheit's main research interests focus on assessing (via testing and match analysis), improving and monitoring the physiological determinants of team sport performance. Based on his field and research experiences, he has developed the 30-5 Intermittent Fitness Tests (an intermittent field-running test used worldwide in team and racquet sports) to improve high-intensity training prescription, and the 5'-5' running test to track changes in training status using heart rate variability. He has also performed research on acute and chronic responses to hypoxic and/or heat exposure, and their possible effects on the physiological aspects of team sports. Dr Buchheit has published more than 105 papers in peer-reviewed journals, with more than 65 as a first author.



### **PROFESSOR CARLO CASTAGNA**

Professor Carlo Castagna is Head of the Fitness and Research Department of the Italian Football Referees Association (AIA-FIGC), and Head of the Football Training and Biomechanics lab at the Italian Football Federation. He is one of the most active researchers in Europe in the area of football field testing and load monitoring in young and adult players, football referees performance, and futsal.

From 2008 Professor Castagna has been a sport science collaborator for the FIFA-MARC refereeing department, and a FIFA referee fitness instructor since 2012. From 2008 to 2012 Professor Castagna was a consultant for team sports with the Olympic Training Department of the Italian Olympic Committee. From 2004 to 2011 he was a Professor and researcher at the School of Sport and Exercise Science of the University of Roma Tor Vergata, where he was the co-ordinator of the Team Sport Research area.



### **MR RON SMITH**

Ron Smith has spent most of his working life as full time football coach. He has worked at all levels of the game in club football and with national teams in Australia and Malaysia. He spent 14 years at the Australian Institute of Sport between 1982 and 1996, a period that produced many of the players referred to as "The Golden Generation".

Smith received the Eunice Gill Award from the Australian Coaching Council, for his contribution to coaching education, which he has been involved with since 1975. He is currently completing a research PhD at University of Canberra and is a consultant in performance analysis. He currently works with the Socceroos and Olyroos and was on the technical staff at the World Cup finals in Germany in 2006 and South Africa 2010. Smith has also produced an App called "Football Practices" and launched his own website for coaches called The Football Centre. [www.thefootballcentre.com.au](http://www.thefootballcentre.com.au)



### **MR DAVID TUCKER**

David Tucker has worked in the Sports industry for over 15 years across many different countries. In his career with Nike, in a variety of Sports Marketing & Commercial roles he worked with and/or signed and leveraged a variety of properties such as The Australian Open, The Socceroos, Michael Jordan, Roger Federer, Andre Agassi, Lleyton Hewitt, Cathy Freeman, and The English Premier League.

After 2 years in London heading up Nike's Sports Marketing efforts across the UK and Ireland, David moved to Manchester as General Manager of Manchester United Merchandising in 2007. In 2008, David's responsibilities broadened to include the Juventus and Barcelona FC Merchandising businesses before moving back to Australia in 2009. David joined Football Federation Australia as Head of Commercial Operations in June 2010 and has led the Commercial evolution of Football in Australia since this time. This has included significant recent growth of the Hyundai A-League, the creation of the Foxtel A-League All Stars and negotiating and delivering the successful Manchester United tour match in July 2013.

David will join the 1st Asia-Pacific Football and Futsal seminar to share his perspective on the future of football through the Asian Century.



**VICTORIA  
UNIVERSITY**

MELBOURNE AUSTRALIA