

Panel discussion with: THOMAS HITZLSPERGER

Putting research into practice: Insights into the world of professional football

GUESTS: Thomas Hitzlsperger, Prof. Tim Meyer, Dr. Gregory Dupont

WHERE: Landessportverband für das Saarland (LSVS), Room: T21

WHEN: Thursday the 22nd NOVEMBER 2018

TIME: 4:15 PM



Thomas Hitzlsperger is a former German football player who was active as a midfielder in England, Italy and Germany. In 2007 he won the German national championship with VfB Stuttgart. Thomas also represented the German national team, during the World Cup in 2006 and the European Cup in 2008. In one of his current roles (besides serving as an expert for the ARD television) as head of the youth academy at VfB Stuttgart he is responsible for talent identification and development.

Prof. Tim Meyer is the head of the Institute of Sports & Preventive Medicine and also the team doctor of the German national team. His role within the DFB includes medical care, anti-doping management, advice in issues of sports nutrition, monitoring load and recovery. The institute hosts the international PhD programme „Science and Health in Football“ and coordinates the international MSc „High-Performance Sport“.

Dr. Grégory Dupont is the Head of Research & Performance for the French FA. He was also the S&C coach for the French national team when they became World Champions in Russia. Within this role he is responsible for designing and implementing research strategies for training, recovery, monitoring, nutrition, injury prevention and rehabilitation.