

MARIO MARELLA – PROFESSOR OF SCIENCE AND TECNOLOGY OF SPORT

Mario Marella is a lecturer in the theory and methodology of training in the department of Motor Sciences and in Sports Science and Technology at the University of Florence, responsible for the applied biomechanics laboratory and training methodology. He is a member of the board of the Technical Sector of the Italian Football Federation. Mario Marella is also Technical Director CGFS-Prato, professor of training theory and methodology at the national courses for coaches and athletic trainers CON I, and responsible for training theory and methodology for professional coaches in the first and second categories of Italian federation football. He is specialized in the application of training and recovery strategies through new detection systems such as the elite, piezoelectric platforms, omegawave system and surface electromyography etc.