



Athletic Program



Patricio Fernández Etchemendi
S&C Football Coach/ Performance Trainer



Personal Information:

•37 years old

•Argentinian

•Single (no kids)

•Updated Passport

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2004-2006



2008-2018



2017



2018



2019



2019



2020



S&C Coach Lic. N°5984



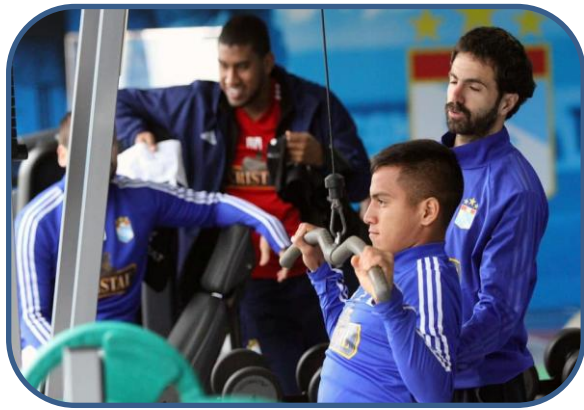
Olympic Academy 2007

Education and Professional Background



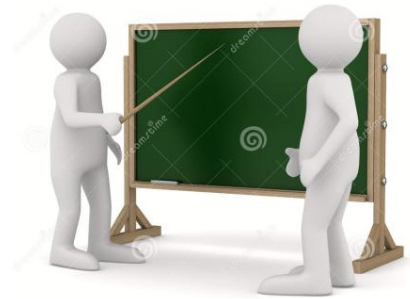
Applicable Certifications:



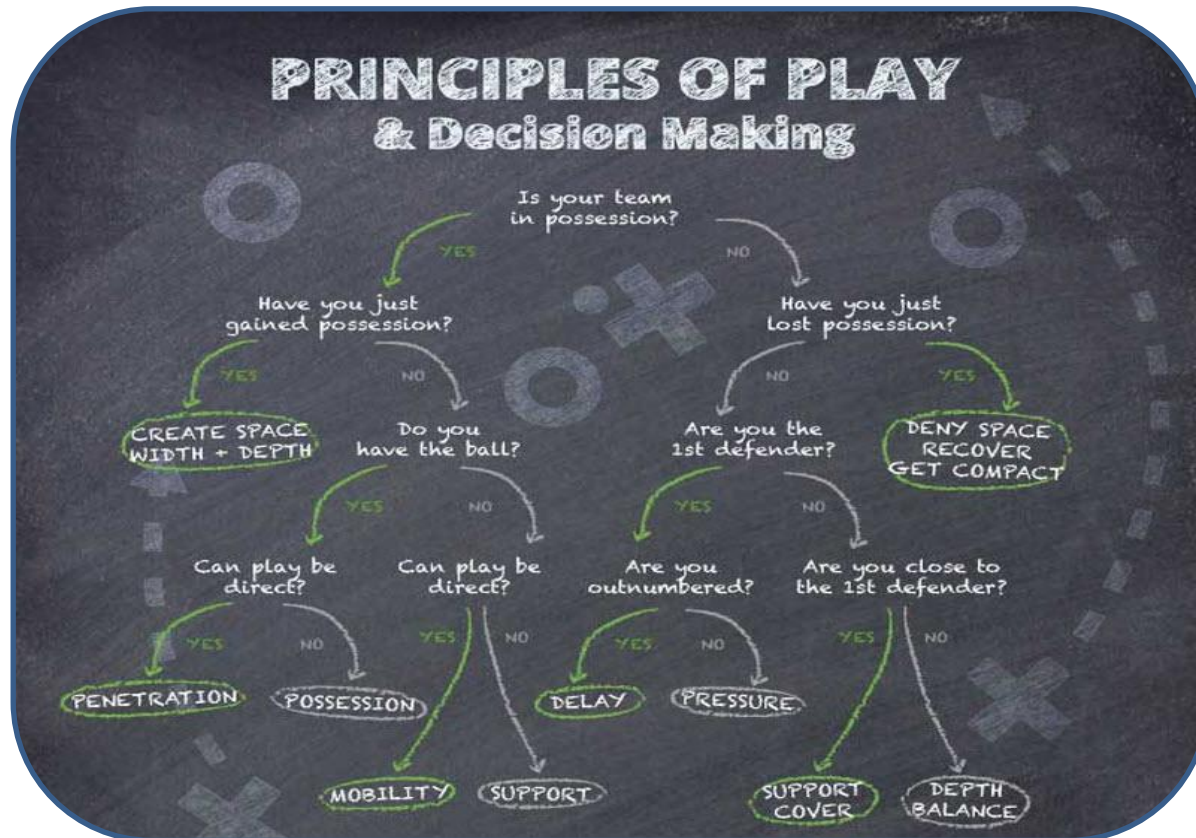


Most Relevant Positions in Football:

- Head Athletic Trainer at **ATLÉTICO GRAU** (Liga 1 Movistar)
- Head Athletic Trainer at **WHU INTL. ACADEMY** (Liga Scotiabank)
- Head Athletic Trainer at **PIRATA F.C.** (Liga 1 Movistar)
- Performance Analyst at **SPORTING CRISTAL** (Liga 1 Movistar)
- S&C Academy Coach at **ESTUDIANTES de LA PLATA** (A.F.A.)

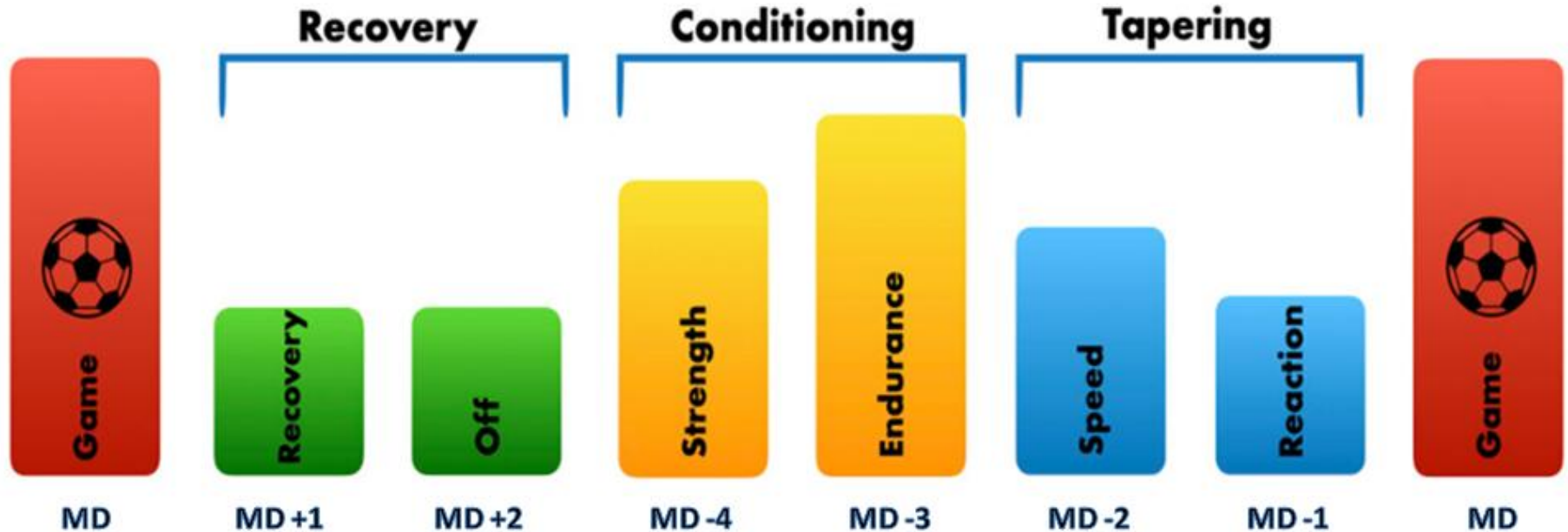


Game Model and Key Principles





Weekly Structure (Agile Periodization)





TD
3.5 km



MD +1 (Active Recovery + Load Compensation):

- **Core Training and Upper Body (Starting XI)**
- **Dynamic Stretching and Mobility**
- **Skills & Passing Drills**
- **Low Impact Aerobic Exercise (Jogging, Indoor Cycling)**
- **Gym Workout (Substitutes and Reserves)**
- **Repeated Sprint Ability (RSA)**
- **Small-Medium Sided Games (SSG,MSG)**
- **ESD (HIIT, Intermittent, Iterative Method, TEMPO)**



TD
0 km



MD +2 (Day Off):

- Sleep (8-12 hs)
- Nutrition
- Compression Boots
- Ice
- Foam Rolling
- Static Stretching





TD
4.5 km



MD -4 (Defensive Principles-Tension):

- **Tactical Video Analysis (Opposing Team's Offensive Play)**
- **Corrective Exercises (before Training)**
- **Preventive Exercises**
- **Gym Workout (Heavy/Intermediate Loads)**
- **ESD (HIIT, Intermittent, Iterative Method, TEMPO)**
- **Duels (1 vs 1, 2 vs 2, 3 vs 3)**
- **Defensive System (Group Defense)**
- **Compensatory Load (according to Tracking Report)**



TD
6.5 km



MD -3 (Offensive Principles-Duration):

- **Tactical Video Analysis (Opposing Team's Defensive Play)**
- **Corrective Exercises (before Training)**
- **Preventive Exercises**
- **Gym Workout (Light Loads)**
- **Agility Drills + Repeated Sprint Ability (RSA)**
- **Rondo Drills/Passing Patterns (3rd Man Runs)**
- **Attacking Patterns (Positional Play)**
- **Compensatory Load (according to Tracking Report)**



TD
3 km

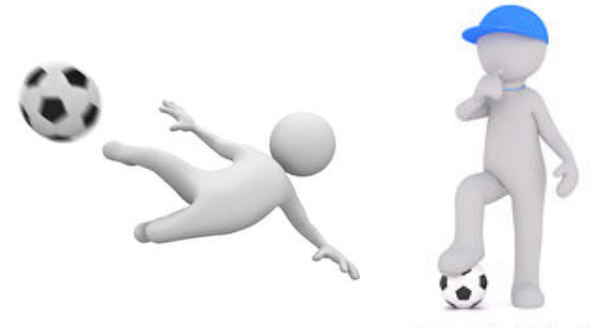


MD -2 (Tapering-Speed):

- **Corrective Exercises (before Training)**
- **Gym Workout (Upper Body)**
- **Sprints (Top-end Speed)**
- **Defensive Shape Review (Coverages, man-marking)**
- **Attacking Strategy (Through Balls)**



TD
3.5 km



MD -1 (PAP-Reaction):

- Gym Workout (Jumps and Med-ball Throws)
- SAQ
- Set Pieces Review
- Finishing Drills





TD
11 km



MD (Game-day):

- Video and Game Plan
- Warm-up
- Motivational Speech
- Match 90'
- Cryotherapy
- Nutrition
- Training (reserve players)





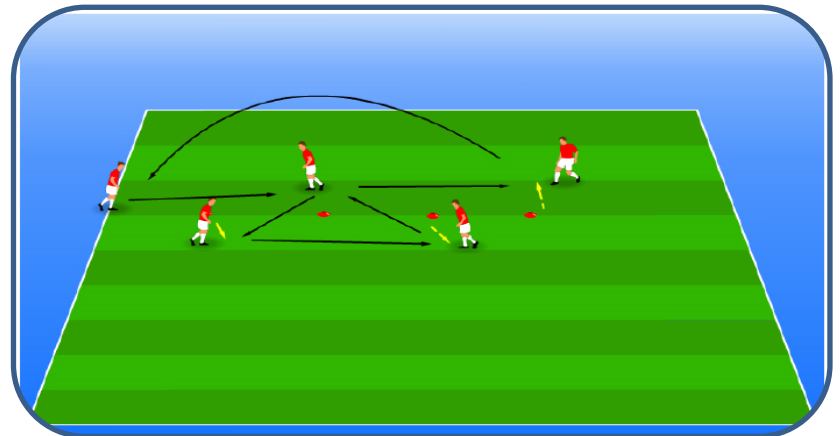
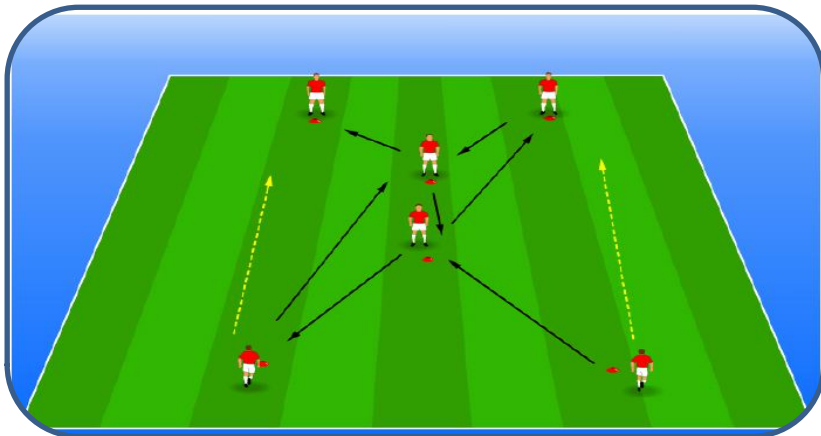
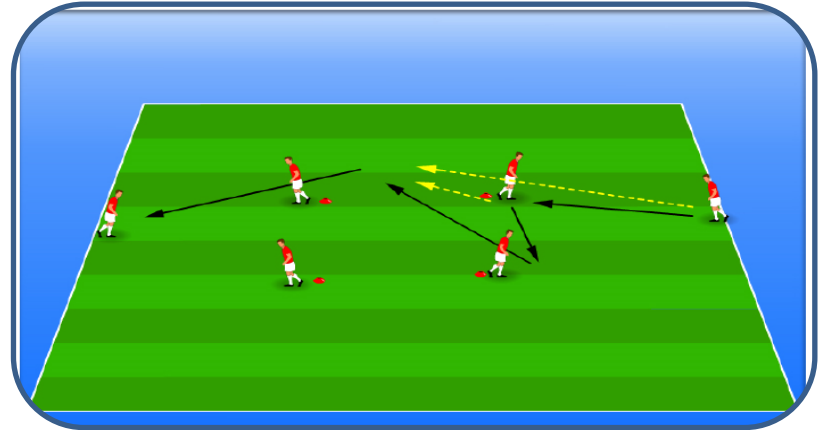
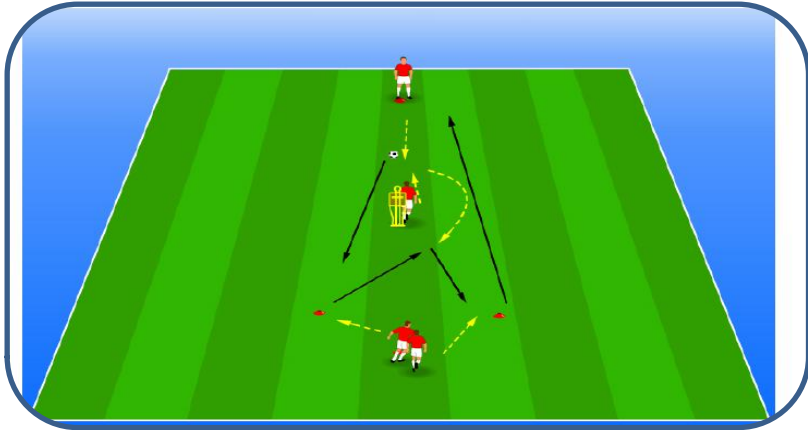
Interdisciplinarity (daily meetings):

- **Coach and Assistant Coach**
- **S&C Coach**
- **Video-Analyst**
- **Goalkeeper Coach**
- **Sports Psychologist**
- **Sports Medicine Director**
- **Physiotherapist**
- **Nutricionist**
- **Kitman Director**



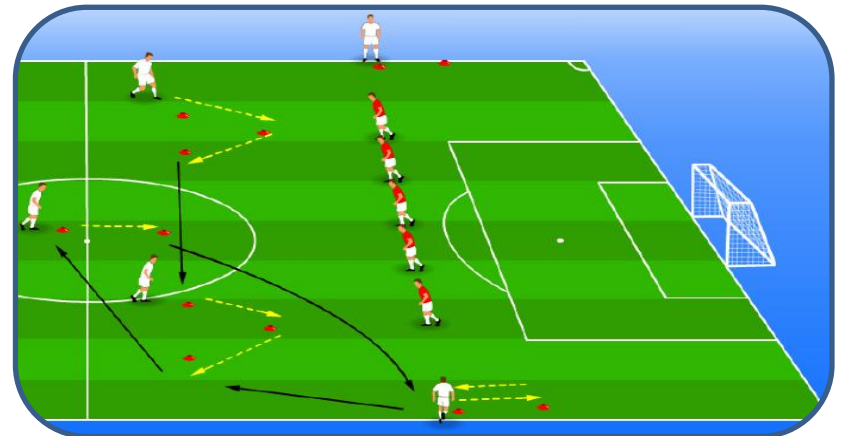


Skills & Passing Drills:





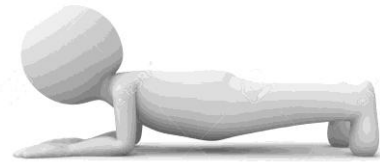
Offensive/Defensive Exercises:





Complementary Training:

- **Corrective Exercises (Individual Dysfunctions)**
- **Preventive Exercises (Sports Epidemiology)**
- **Core Stability (3D Mc Gill's Approach)**
- **Strength Training (Heavy/Intermediate/Light Loads)**
- **Plyos, Jumps and Med-ball Throws**
- **Agility and SAQ**
- **Repeated Sprint Ability (RSA and RST)**
- **ESD (HIIT, Intermittent, Iterative Method, Tempo Training)**



Core Stability (3D Mc Gill's Approach):








- Anti-Flexion
- Anti-Extension
- Anti-Lateral Flexion
- Anti-Rotation

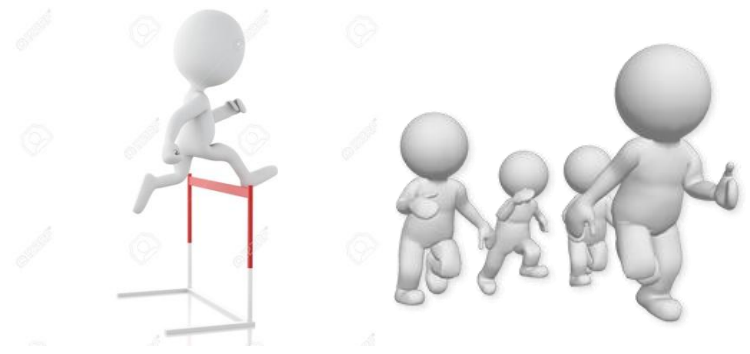




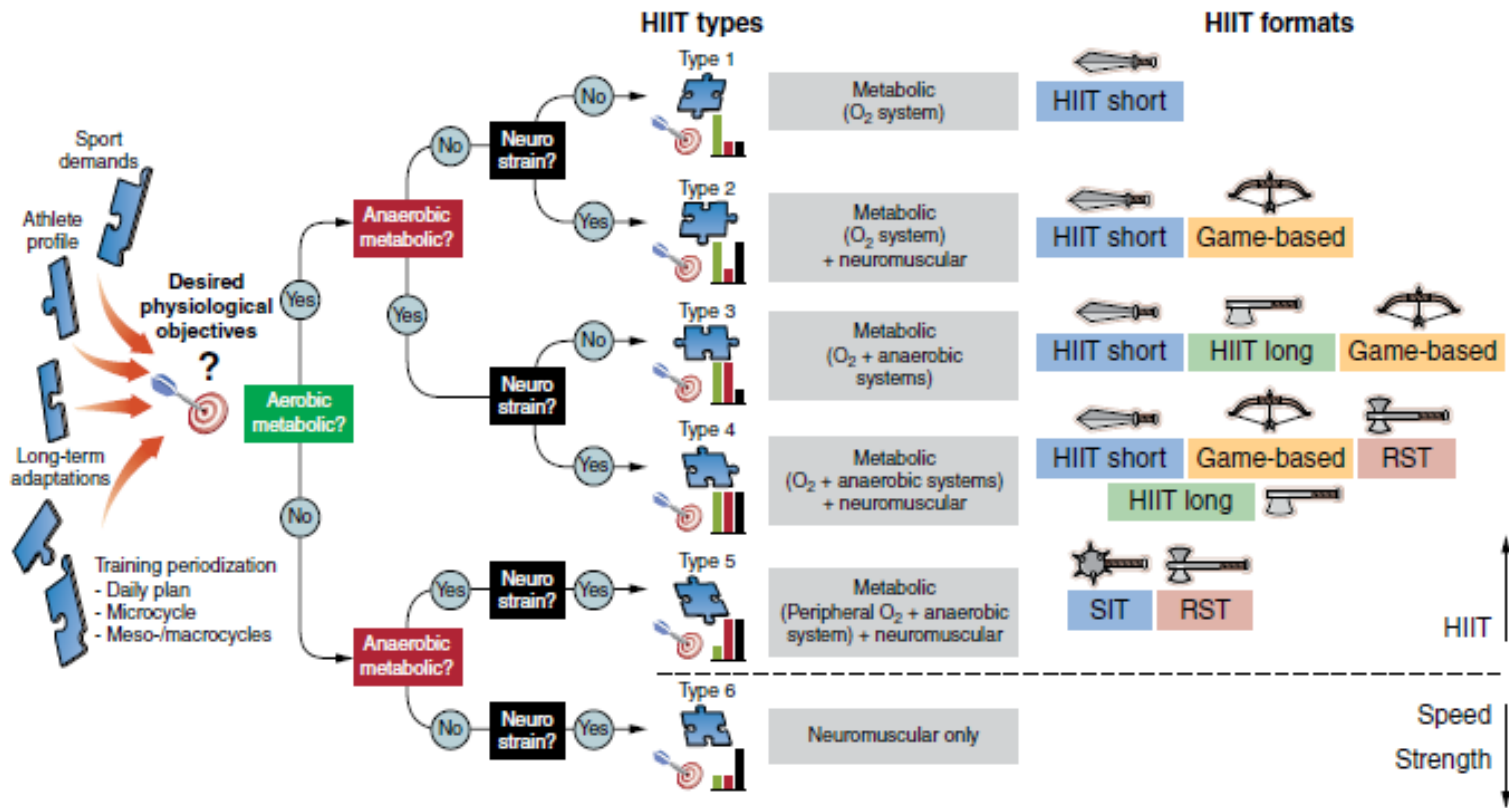
Strength Training:

Strength Program

Date	20 August				
Force Direction	Ballistic Actions				
Intensity	Medium				
	Reps			Reps	
Lateral Hops	3 x 12		Agility Ladder + 10 mts Sprint	6 reps each	
Explosive 1/2 Squat	3 x 6		Broad Jumps	4 x 3	
MB Throws	3 x 6		Split Jumps + 10 mts Sprint	3 x 4 reps each	



HIIT Types, RSA and RST:





Horizontal Themes (transversal activities):

- **Fitness Testing**
- **External and Internal Load Tracking (GPS and RPE)**
- **Sports Psychology Coaching**
- **Video-footage of each Training Session**
- **Last Game Analysis and Review**
- **Opposing Team Analysis**



Fitness Testing:

- 30-15 IFT
- 10-15-30 mts
- Jump Tests
- UB/LB Strength
- Core Stability
- Ankle Mobility





External Load Tracking (GPS):

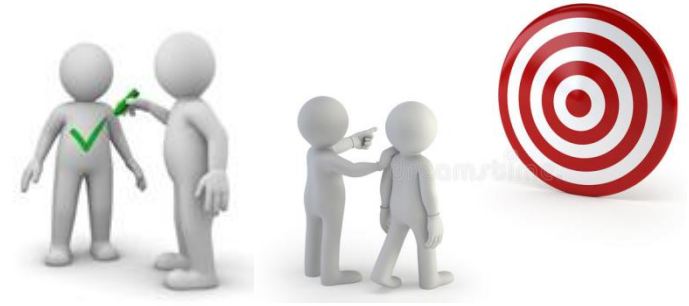
- Total Dist.
- Mts/min
- Peak Vel.
- Power Plays
- Player Load





Internal Load Screening (RPE):

RPE SCALE	RATE OF PERCEIVED EXERTION
10 /	MAX EFFORT ACTIVITY Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time
9 /	VERY HARD ACTIVITY Very difficult to maintain exercise intensity. Can barely breathe and speak only a few words
7-8 /	VIGOROUS ACTIVITY Borderline uncomfortable. Short of breath, can speak a sentence
4-6 /	MODERATE ACTIVITY Breathing heavily, can hold a short conversation. Still somewhat comfortable, but becoming noticeably more challenging
2-3 /	LIGHT ACTIVITY Feels like you can maintain for hours. Easy to breathe and carry a conversation
1 /	VERY LIGHT ACTIVITY Hardly any exertion, but more than sleeping, watching TV, etc



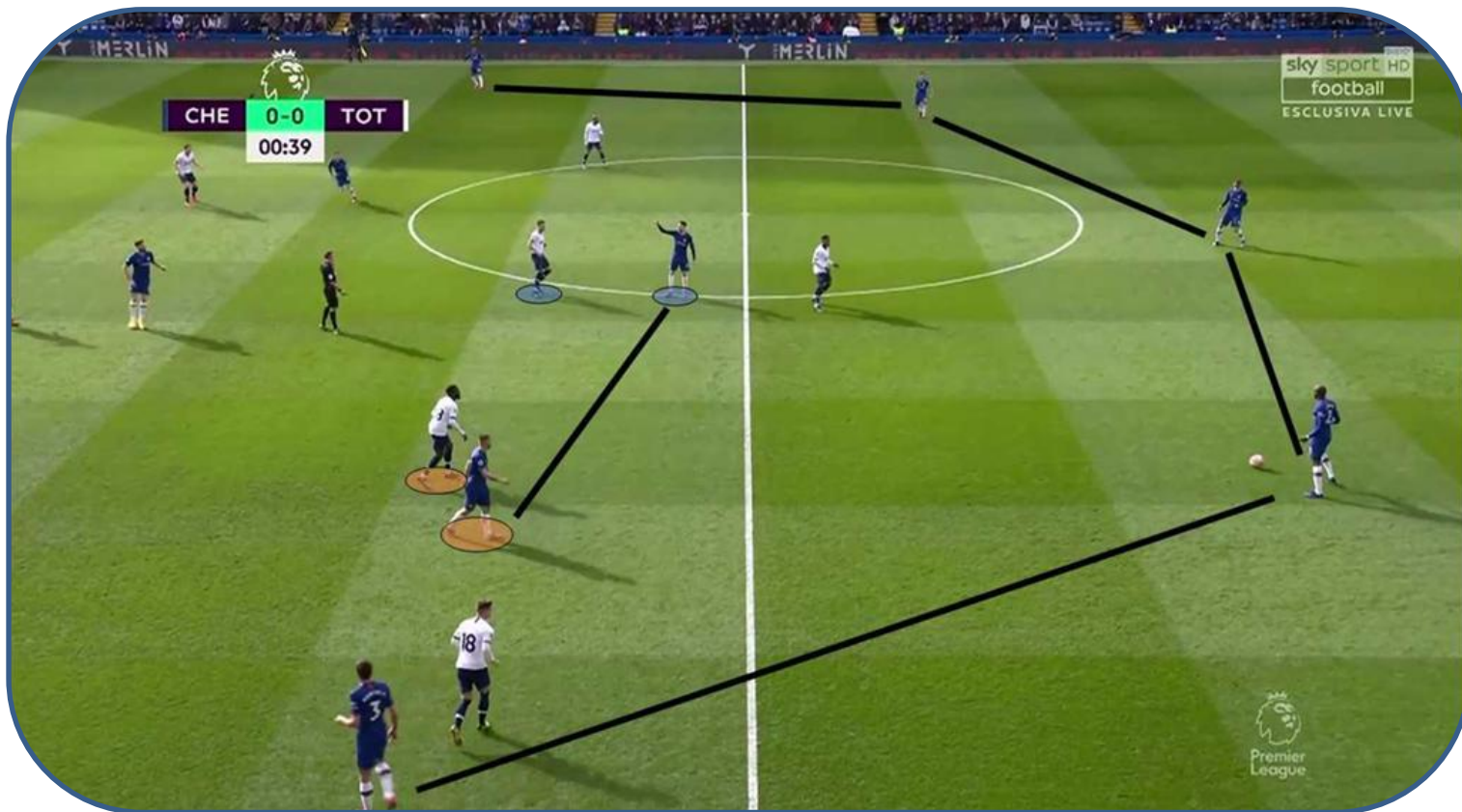
Sports Psychology Coaching:

- Assertiveness
- Proactivity
- Teamwork Skills
- Empathy
- Decision Making
- Stress Management





Video Analysis (own and opposing team):





“WINNERS DON’T MAKE EXCUSES”

