

# Luca Scordo

Performance Coach / Assistant Coach / Fitness Coach

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Italian – 34 y/o

Italian / English

## SKILLS



## EDUCATION

### Uefa B License

Settore Tecnico di Coverciano, FIGC (Technical Sector of Italian Football Federation) 2016

### Professional Football Fitness Coach License F.I.G.C

Settore Tecnico di Coverciano, FIGC (Technical Sector of Italian Football Federation) 2015

### Master's Degree in "Sport Science and Techniques"

Università di Bologna 2011-2013

### Postgraduate Diploma "Football Physical Training, theory and techniques"

### License of Fitness Coach in Youth Teams

Università di Pisa, Università degli Studi di Verona and Settore Tecnico di Coverciano (FIGC) 2010-2011

### Bachelor's Degree in "Sports Science"

Università di Bologna 2006-2010

## ABOUT ME

*I am an experienced and qualified Performance Coach and Football Coach. I have over 13 years' experience working with Elite, Youth and Amateur players. I am a connoisseur of tactics and football techniques, I have worked in **Italy, Qatar, Australia, Algeria and Saudi Arabia.***

*I have experience in managing training load, assistant coaching, strength and conditioning training and post injury workouts and as Head Coach of Youth Teams.*

*I am an expert in the use of GPS devices to monitor the external load during training sessions and competitions.*

*I believe the best football is brought about when the player is thinking and able to make informed choices during trainings and games.*

## EXPERIENCE



**Performance Coach and Assistant Coach**  
Damac F.C, Saudi Arabia. 10/ '19 – 01/'21  
Saudi Professional League



**Performance Coach and Assistant Coach**  
Al-Fayha FC, Saudi Arabia, 02/'19 – 06/'19  
Saudi Professional League



**Performance Coach and Assistant Coach**  
E.S Sétifienne, Algeria 12/'18 – 02/'19  
Ligue 1



**First Team Performance Coach and Youth Teams Head Coach (U10, U12, U13)**  
Brimbank Stallions. Australia 02/'17 – 12/18  
State League 1



**Performance Coach and Assistant Coach**  
Axys Val.Sa, Italy, 08/'15 – 10/'16  
Campionato Regionale Eccellenza-Italian 5<sup>th</sup> division



**Performance Coach**  
Al Wakrah Sports Club, Qatar, 10/'14 – 03/'15  
Qatar Stars League



**Youth team Performance Coach (U17- U16) and Head Coach (U15)**  
Zola Predosa Calcio, Italy, 08/'13 – 9/'14  
Campionato Regionale Eccellenza-Italian 5<sup>th</sup> division



**District Secretary**  
Italian Football Fitness Coaches Association, 05/'13 – 02/'17



**Youth Team Performance Coach and Assistant Coach (U14)**  
U.S Sassuolo Calcio, Italy, 8/'12 – 6/'13  
Serie B



**Youth and Scholastic Sector District Delegate**  
F.I.G.C - Italian Football Federation, 5/'12- 10/'14



**Youth team Fitness Coach (U14, U15, U16)**  
University internship  
Bologna F.C 1909, Italy, 03/'11 - 06/'12  
Serie A



**Performance Coach (U14, U15, U18, First team) and Head Coach (U16, U18)**  
Polisportiva Lame, 08/'10 – 06/'14  
Amateur Club

## WORKING METHODS

*As Performance and Assistant Coach, I always use a set of GPS devices that allows me to collect data that I process later with a specific software to obtain values (such as metabolic power, acceleration, changes of direction, distance, range of speed, number of breaks etc.) describing the work done on the pitch with and without a ball. This approach is very useful to assist the Coach in his work by establishing the duration and areas used in every exercise in order to achieve the fitness and performance goals.*

*For strength training I believe that in football we need to work with specific movements (specific bending angle of joints, specific execution speed), skills and patterns. Some functional exercises adapted to soccer can help us to work on injury prevention/recovery and therefore in the performance as well.*

*I believe in postural gymnastics as a form of injury prevention for football players.*

*As Performance Coach to achieve the best efficiency and outcome I have a strong preference for discussing and sharing the ideas of the Head Coach.*

*I believe in modern football the Fitness Coach must be a football Coach specialized in training load management.*

REFERENCES AVAILABLE UPON REQUEST