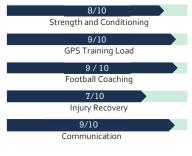
Luca Scordo



👌 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

A B O U T M E

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

Lique 1

Serie B

Serie A



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

Performance Coach and Assistant Coach

Performance Coach and Assistant Coach

Campionato Regionale Eccellenza-Italian 5th division

Youth team Performance Coach (U17- U16)

Campionato Regionale Eccellenza-Italian 5th division

Zola Predosa Calcio, Italy, 08/'13 – 9/'14

Youth Team Performance Coach

U.S Sassuolo Calcio, Italy, 8/'12 - 6/'13

Bologna F.C 1909, Italy, 03/'11 - 06/'12

Youth team Fitness Coach (U14, U15, U16)

and Assistant Coach (U14)

Axys Val.Sa, Italy, 08/'15-10/'16

and Head Coach (U15)

E.S Sétifienne, Algeria 12/'18 - 02/'19



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



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



Performance Coach Al Wakrah Sports Club. Oatar. 10/'1





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



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



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

WORKING METHODS

University internship

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 filness 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