FOOTBALL CV

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Date of birth : 29 / 07 / 1989

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ROLE : **FOOTBALL COACH**

Qualifications :

Uefa C licence ( February 2015 , Cyprus football association ) 5 – 12 years old STAGES:

FUNdamental stage ( 5-9 years old ) , Learning to train ( 8 - 12 ) , Training to train ( 10 - 15 )

Uefa B licence ( June 2016 , Cyprus football association ) 12 - 18 years old STAGES:

Training to train ( 10 - 15 ) , Training to compete ( 14 - 20 )

*Personal goals-philosophy for U13 – U18 teams’ players ( Youth development phase )*

Develop – Improve = Team spirit , Leadeship , Communication , Technique

Teach = Fundamental tactics - positioning, zone marking, pressing, build up, ball control – possession , overlaps, cooperation, crossings

Uefa A licence ( Started my course in June 2018 )

Training sessions’ style = High tempo , ball based trainings

Team rules = Respect , Effort-Hard work , Discipline

Experience :

1)Orfeas Nicosia U15 – Head coach … 07/2018 – 05/2019

2)Orfeas Nicosia – Assistant coach (4th Division , Cyprus ) - 11/2017-04/2018

3)Mica fc - Head coach (Amateur team,Regional league , Cyprus) - 2016

4)Mavroudes football academy (Nicosia , Cyprus) – Season 2015 – 2016

Plan training sessions according to yearly coaching programme

Work with all the ages (5 – 12 years old ) - Head coach U8 & U9

5)Personal training - 2014-present

Two 10 years old kids

Weaknesses- Technique improvement

\*Playing career

15 consecutive years of first team appearances in amateur and semi-pro clubs in Greece and Cyprus

\*Out of football jobs

Waiter , Warehouse assistant , Salesman-cashier , Factory worker