

PABLO RÍOS FREIRE

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Personal details:

Date of birth: 22 April 1985 (Ávila, Spain)

Address: C/San Silvestre. 6 3ºE Madrid (Spain)

Willing to travel and flexible

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Education/Qualifications

- **Bachelor's degree in Science of Physical Activity and Sport. (2007-2010)**
(Camilo José Cela University) 
- **Graduated in Teaching in the field of Physical Education and Sports. (2004-2007)**
(Complutense University of Madrid) 
- **Level III UEFA PRO national coach (High Level) (2011-2012)**
(Royal Spanish Football Federation) 
- **Advanced Technician in Football (Superior Grade)**
(Royal Spanish Football Federation and Concierge of Education of the Community of Madrid)  
- **Sportive Technician in Football (Medium Grade)**
(Royal Spanish Football Federation and Concierge of Education of the Community of Madrid)  
- **Regional coach /Level II Average level in football Sport and technical advisor. (2008-2009)**
(Royal Spanish Football Federation) 
- **Grassroots football instructor/Level I Sport and technical advisor. (2007-2008)**
(Royal Spanish Football Federation) 

Additional Information

- **Specialist Sports equipment and Facilities**
(Camilo José Cela University, 2009) 
- Planning models Expert and techniques of management and organization
(Camilo José cela University, 2008) 
- Coordinator of leisure and free-time instructors and cultural entertainers (20012)
(300 hours of training at Antonio de Nebrija University) 
- **Athletics Coach Level I**
(Camilo José Cela University, 2007) 
- Qualified free-time instructor (2005-2006)
(ESCUNI University) 
- Expert in professional scouting (2012)
(Royal Spanish Football Federation) 
- **F-Marc Injury Prevention Programme Certificate Of Attendance**
(Fédération Internationale de Football Association , FIFA) 

Other

- Specialist Adviser in Structuring and Methodology Elite Clubs (Getafe, Real Valladolid,...)
- Interview CF Getafe SAD:
<http://www.getafecf.com/Noticia/tabid/137/Article/1684/Pablo-Rios-Valoro-mucho-la-palabra-equipo.aspx>
- Final Bachelor`s Degree Project: “Effects of hydration on body weight in non.professional football players”.

Computer skills

Microsoft Office (Word, Excel, Paint, Access, Power point) /SPSS 17.0 Windows/ Internet). Social networks and email.

Foreign languages

Chinese: Intermediate level (Able to attend the basic trainings and matches need)

English: Professional competence completed



Spanish: Native

Employment

- **CHONGQING LIONS FOOTBALL CLUB, (CHONGQING, CHINA)(2018)**

- Football Head Coach Under categories.
- General Manager (creating the structure and methodology of the club in all categories).



- **LIONOVA SPORTS COMPANY, (WENZHOU, CHINA)(2017)**

- Football Head Coach.
- General Manager (creating the structure and methodology of the club in all categories).
- Teacher of the Football Federation of Wenzhou, Teaching classes to local coaches.



- **SICHUAN JIU NIU FOOTBALL CLUB, (CHENGDU, CHINA)(2017)**

- Football Fitness Coach and 2^a Coach in Sichuan Jiu Niu. (Professional Club)
- Promotion Phase to League Two. (China)
- Football Fitness Coach U20 and 2^a Coach in Sichuan Selection.



- **BEIJING HUAWEN FOOTBALL CLUB (BEIJING, CHINA) (2015-2017):**

- Football Head coach in Huawen Football Club. (Beijing, China)
- Football Fitness coach and Manager of physical methodology.
- Football Head coach in Clinics for Chinese Football Association. (china)



- **GETAFE FOOTBALL CLUB (1^a DIVISION) (MADRID, SPAIN) (2012-2015)**


- Football Head coach and Fitness Coach in under categories (SAD Getafe Football Club)





Head Coach:


- Under 14 Category (CF Getafe SAD, 2012-2013)
- Under 15 Category División de Honor (CF Getafe SAD, 2013-2014)
- Under 15 Category Infantil División de Honor (CF Getafe SAD, 2014-2015)

- Expert coach in advanced technical of football in the technification school Estrella de Madrid with professional methodology and ex-football players of first division. (2015) 

- Head Coach in Football Clinic of advanced technical of football by positioning (Goalkeeper, Defender, Wing back, Midfielder, Forward, Winger,.. (2015, Spain) 

- Head Coach in specific trainings for foreign players in AFA (Advanced Football Artistry) (Madrid, 2015). 

- Teacher in the Royal Spanish Football Federation, teaching the methodology of training of the Spanish football to foreign coaches. (RFEF, 2012) 

- Fitness Coach in Elite training in High Performance Centre (C.A.R Sierra Nevada, Granada) for Football Players and Athletes. (Granada, 2 years). 

- **ATLÉTICO DE MADRID FOOTBALL CLUB (1ª DIVISION) (MADRID, SPAIN) (2007)**
 - Football Coach of under categories (2007)
(Atlético de Madrid FC)

 - General Manager of Football Clinics:
(Coordinator of technical and physical aspects)

 - Manager of Atlético de Madrid Sports Clinic (2012)

 - Coordinator of Atlético de Madrid Sports Clinic (2013)



- **LEGANÉS FOOTBALL CLUB (1ª DIVISION) (MADRID, SPAIN) (2008-2010)**

-Football Head coach of U-16 category and **Fitness coach** (2008-2010)
(SAD Leganés Club)



Fitness coach:

- Under 15 Category Infantil División de Honor (Club Leganés SAD, 2007-2008)
- Under 16 Category Cadete (Club Leganés SAD, 2008-2010)
- Under 19 Category juvenil D. de Honor (Club Leganés SAD, 2008-2010)

- **BOADILLA FOOTBALL CLUB (MADRID, SPAIN) (2010-2012)**

-**Football Fitness Coach** of U16 and U10, U11, U12, U13, U14 categories (2010-2012)
(Nuevo Boadilla CD Club)



- Under 16 Category (Club CD Nuevo Boadilla, 2010-2012)
- Under 18 category (Club CD Nuevo Boadilla, 2010-2012)
- **Professional Fitness Coach** in the first team (CD Nuevo Boadilla, 2010-2012)(with players of first division of Spain)
- –**Coordinator (General Manager) of physical conditioning (2011-2012)**

Categories:

- - **Under 10 Under 12 Under 14**
- -**Under 16 Under 18 Professional**

Sport Experience

- **Real Madrid (Player) (1ª Division) (1995-1999)**

- Under 11 category (1995 - 1996)
- Under 12 category (1996 - 1997)
- Under 13 category (1997 - 1998)
- Under 14 category (1998 – 1999)



My coaches were:

- **Vicente Del Bosque (National Team Coach)**
- **Paco Buyo**
- **Javier Miñano (National Team Fitness Coach)**

• Real Valladolid (Player) (1ª Division) (1999-2004)

- Under 15 category (1999 - 2000)
- Under 16 category (2000 - 2001)
- Under 17 category (2001 - 2002)
- Under 18 category (2002 - 2003)
- Under 19 category (2003 - 2004)



My coaches were:

- **Onésimo Sánchez**
- **Javier Torrez-Gómez**
- **Juan carlos Rodríguez Moreno**

Player in Boadilla Football Club (Semi-Professional league) 2009 – 2010



Player in EFMO Boadilla Football Club (Semi-Professional league) 2009 – 2010



Player in Montijo San Antolín (Semi-Professional league) 2006 – 2009



Player in Elche Football Club (Third division) 2005 – 2006



Player in Rayo Majadahonda (Semi-Professional league) 2004 – 2005



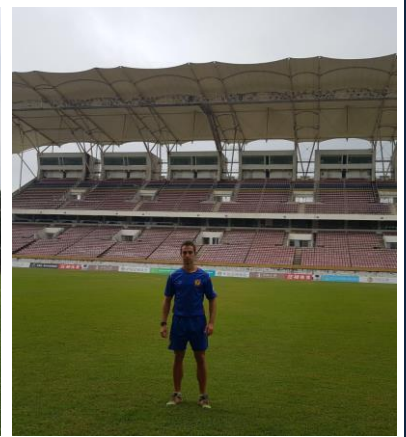
Player in Alicante Football Club (Third division) 2004 – 2005



Player in Real Ávila Football Club (Third division) 2004 - 2005



HEAD COACH AND FITNESS COACH PHOTOS



PLAYER PHOTOS

