



**JORDIGARCIA**

#KEEPWORKING

***High Performance/ Strength & Conditioning Football Coach  
MSc (Barcelona)***

Season 2021-2022 as Head Performance and Fitness Coach for Watford FC and Udinese Calcio in Premier League and Serie A.

Also I'm ambassador for the data management platform Soccer System Pro.

For over 20 years, experienced and innovative leader in High performance management for academy and elite players. I have worked as a Football Fitness Coach, previously to the best clubs in the world, in Europe (FC Barcelona, Real Madrid FC, Atletico de Madrid CF) and Asia (Guangzhou Evergrande FC and Al Ain).

From 2007 till 2009 I was Fitness coach of Real Madrid CF, and co-leading the project of Real Madrid TEC, High Performance Centre. And worked in the similar project in the FC Barcelona in 2013.

Highly skilled fitness coach and sports science, my main responsibility is to optimize our daily training process by using sound principles to improve performance and reduce injuries in our squad. I work closely with the coaching staff to optimally structure training sessions to enhance all facets of the game and providing with daily training reports. I look to utilize the appropriate sports-specific and non specific strength, energy system, nutrition, recovery to develop athletes that can cope with the demands of our team's playing style.

My extensive Knowledge of the various monitoring systems and performance assessments tools combine technology (Prozone, Amisco System, Catapult GPS, Stats GPS, Firstbeat, Omega wafe, Optojump...) and analytics to monitor all players and optimize my methodology of training. Also I'm ambassador of Soccer System Pro , the big data software specific for football.

Thank you for your time, and I hope that I will get the chance to meet with you and explain to you about my methodology and experience.

## ***Education***

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5 years Master Degree in “Physical Activity in Science and Sports” Barcelona, Spain (I.N.E.F.C. DE BARCELONA). Sport Specialty: **Football Specialist in Personal Training and Injury Rehabilitation**

## ***Professional Experience as Football Teams Fitness Coach***

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2021-2022 Head Performance and Fitness Coach Watford FC and Udinese Calcio. Premier League and Serie A.

2019 - 2021 Head Performance and Fitness Coach **SHABAB AL AHLI FC** (First Team) UAE Proleague.

2018 Head Performance and Fitness Coach **GUANGZHOU EVERGRANDE FC** (First Team) **Chinese FA Super Cup Champion 2018.China**

2016-2017 High Performance & S&C Coach **TIAJIN QUANJIAN FC** (First Team) **CL1 Champion 2016 and 3<sup>o</sup> Position (Asian Champions League Classified)**

2015. High Performance & S&C Coach **GUANGZHOU EVERGRANDE FC** (First Team) Chinese Super League.

2014. High Performance & S&C coach **BANIYAS S.C** (First Team) UAE ProLeague.

2013-2014. High Performance & S&C Coach **AL AIN FC** (First Team) UAE ProLeague. **Finalist President Cup Champion 13-14**

2013. Director of Performance & S&C Coaches. **FC BARCELONA** (All Club)

2011-2013. Head of Fitness and Conditioning Coach **AL AHLI CLUB** (First Team) UAE Proleague.

**President Cup Champion 12-13**

**Etisalat Cup Champion 11-12**

### ***Professional Experience as Football Teams Fitness Coach***

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- 2009-2011 Head of Fitness and Conditioning Coach **CLUB ATLÉTICO DE MADRID** (First Team). La Liga First Division Spain.  
**Europe Super Cup Champion 10-11. Monaco**  
**Europe League Champion 09-10. Hamburg**
- 2007-2009 Fitness Coach **REAL MADRID CF** (First Team) La Liga First Division Spain.  
**Spanish Super Cup Champion 08-09**  
**Spanish League Champion 07-08**
- 2006-2007 Fitness Coach **UD ALMERÍA** (First Team) La Liga Second Division Spain.  
**Promotion Champion to First Division Spanish**
- 2005-2006 Fitness Coach **DEPORTIVO ALAVÉS** (First Team) La Liga First Division.
- 2004-2005 Fitness Coach **FC BARCELONA** Academy.
  - In charge of the Power and Strength
  - Work for the following teams Academy: Barcelona B, Barcelona C,
  - Sub 18 team and Sub 16 years Team
  - In charge of adapting physical training for F.C. Barcelona youth teams

### ***Professional experience as a Fitness Coach***

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1999-2003 Manager of “Sports Training,” Sports-Physical Training Company.  
Personal training for football players.

## ***Additional Education***

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- 2020 Attendance in the Convegno Scienza & Sport , Digital Edition 2020. Dal Modello Fisiologico e Prestativo del Calciatore Alle Moderne Strategie di Allenamento. Nov. 2020.
- 2020 Course EXOS – Performance Specialist Certification. Online Course .August 2020.
- 2020 Attendance in the 1 Congress El Entrenamiento de la Fuerza en Fútbol. Fútbol Revolucionario. Nov 2020.
- 2020 Attendance to Congreso online: Preparación Física en la elite. Futbol Revolucionario. March 2020.
- 2019 Attendance to Kitman Labs Conference 2019 Performance Summit. March 2019, London.
- 2017 Attendance to 1 Seminario de Condicionamento Fisico em Futebol. Instituto do desporto e Juventude,I.P. Mayo 2017.
- 2016 Participation in the Seattle Sounders Fc Sports Science Weekend. Seattle.June 2016.
- 2016 Attendance to High Performance Summit- Spain GPSport . Madrid,May 2016
- 2016 Attendance STATSports Summit. Wembley Stadium. London . April 2016.
- 2016 and present Ambassador Soccer System Pro (Software Big Data For Football).
- 2013 and Present Member of Aspire Fellows. Center Performance Aspire. Congress Berlin 2016.
- 2009. Attended the 1st rehabilitation and injury recovery course in Madrid.
- 2007. Long-distance course for physical football trainers. Università Telemática Internazionale, Roma, Italy.

### ***Additional Education***

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- 2006. Attended the International Football Congress in Madrid. 19th, 20th and 21st May. Ciudad del Fútbol, Las Rozas.
- 2005. Postgraduate First Coordinator in Sports Science applied to Football. INEF Blanquerna University. Barcelona, Spain 2001.
- Congress Attendance: “First International Congress for Physical Trainers.” Madrid, Spain; June 1-3, 2001.
- 2000. Stage Attendance: “Stage di La Preparazione atletica en el calcio del 2000.” Tabiano Terme 30 giugno-1/2 Luglio. Parma, Italy.
- 2000. Course Attendance: “New tendencies in the physical strength training”. INEFC. Barcelona, Spain; 11-13 May.
- 2000. Seminar Attendance: “Use of Physical Strength Platforms.” INEFC. Barcelona, Spain.
- 1999. Stage Attendance: “Stage di La Preparazione fisican el calcio Moderno.” Tabiano Terme, July 2-3-4. Parma, Italy.
- 1997. Seminar Attendance: “Speed-Strength Physical Training.” INEFC. Barcelona, Spain.
- 1997. Seminar Attendance: “Explosive Elastic Strength Physical Training.” INEFC. Barcelona, Spain.
- 1994. Seminar Attendance: “VI Football Medicine and Traumatology Seminar.” Barcelona, Spain.