



JORDIGARCIA

#KEEPWORKING

Physical Performance Coach
MSc (Barcelona)

For over 30 years, I've worked as an experienced and innovative leader in High performance management for professional football. I have specifically worked as a Football Fitness Coach for the best clubs in the world, in Europe (FC Barcelona, Real Madrid FC, Atlético de Madrid CF) and Asia (Guangzhou Evergrande FC and Al Ain).

Currently, I'm the Head Performance of Udinese Calcio & Watford FC, apart from being the owner of the company Jordi Garcia Performance, dedicated to the individual training of professional players.

Throughout that time I have demonstrated the ability to be hugely successful in all of the roles I have occupied. An example is the success behind the Europa League and the European Super Cup with Atlético de Madrid CF and a La Liga trophy with Real Madrid CF.

In Real Madrid CF, I co-led the project known as Real Madrid TEC, High Performance Centre. I lead and coordinate the delivery of all aspects of physical preparation, recovery, injury prevention and rehabilitation of football teams.

As a Highly skilled fitness coach and professional in Sports Science, my main responsibility is to optimize the 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, constantly providing daily training reports. I focus on utilizing the appropriate sports-specific and non specific strength, energy systems, nutrition and 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 assessment tools combine technology and analytics to monitor all players and optimize my methodology of training. Additionally, I'm the Performance Expert at Soccer System Pro, the big data software specifically tailored for organizations, leagues, teams, coaches and players.

Thank you for your time. Hopefully we can meet and elaborate on my methodology and experience.

Education

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

2024 - 2025 - Actuality: Head Performance and Fitness Coach **Udinese Calcio**. Serie A. Italy.

12.2023 - 06.2024: Head Performance and Fitness Coach **Sevilla FC**. La Liga. Spain.

2023 - Actuality: Owner of Jordi García Performance. Individual Training for Professional Players.

2022 - 2023: Head Performance and Fitness Coach **Benevento Calcio**. Serie B. Italy.

2021 - 2022: Head Performance and Fitness Coach **Watford FC**. Premier League.

2019 - 2020: Head Performance and Fitness Coach **SHABAB AL AHLI FC** (UAE ProLeague).

2018: Head Performance and Fitness Coach **GUANGZHOU EVERGRANDE FC**.

- **Chinese FA Super Cup Champion 2018.China.**

2016-2017: High Performance & S&C Coach **TIANJIN QUANJIAN FC**.

- **CL1 Champion 2016 (First Season 2016) .**

2015. High Performance & S&C Coach **GUANGZHOU EVERGRANDE FC**. Chinese Super League.

2014: High Performance & S&C coach **BANIYAS S.C** UAE ProLeague.

2013 -2014: High Performance & S&C Coach **AL AIN FC** .UAE ProLeague.

- **Finalist President Cup Champion 13-14**

Professional Experience as Football Teams Fitness Coach

- 2011- 2013: Head of Fitness and Conditioning Coach **AL AHLI CLUB**. UAE ProLeague.
 - **President Cup Champion 12-13. Abu Dhabi.**
 - **Etisalat Cup Champion 11-12. Dubai.**
- 2009-2011: Head of Fitness and Conditioning Coach **CLUB ATLÉTICO DE MADRID**. 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** La Liga First Division Spain.
 - **Spanish Super Cup Champion 08-09**
 - **Spanish League Champion 07-08**
- 2006- 2007: Fitness Coach **UD ALMERÍA**. La Liga Second Division Spain.
 - Promotion Champion to First Division Spanish**
- 2005- 2006 Fitness Coach **DEPORTIVO ALAVÉS** (First Team) La Liga First Division.
- July 2004 - June 2005: Fitness Coach **FC BARCELONA** Academy.
 - In charge of the Power and Strength
 - Work for the following teams' Academy: Barcelona B, Barcelona C,
 - U18's Team and U16's Team
 - In charge of adapting physical training for F.C. Barcelona youth teams

Professional experience as a Fitness Coach

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

Additional Education

- 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

- 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.