



24/05/1992

CONTACT



LANGUAGES

- Spanish: Native level.
- English: C1 Level CAE
(Certified in Advanced English)
by Cambridge University 2017

CONGRESSES

- Madrid Royal Football Federation. XV Seminar Campus. Coaches Committee (2017)
- The strength-speed profile as a method for individualization of training, physical performance and injury prevention (2017)
- Madrid Performance Week (2015).
- II International Symposium Madrid Football Capital (2014).

PROFESSIONAL FOOTBALL COACH

PABLO DEL BARRIO

A Sports Science professional with a decade of experience in a professional football club, I have honed a methodical approach to enhance team performance. I apply scientific methods across all club categories, collaborating closely with coaches and players to optimize training outcomes and unlock each player's full potential. Experienced in leading multidisciplinary teams, my passion for football and physical exercise fuels my commitment to achieving new heights of success.

EXPERIENCE



ATLÉTICO DE MADRID

2022 - Currently: Individual Department Manager.

2022 - Currently: Methodology Department.

2015 - Currently: Coach and physical trainer for teams from U9 to U17.



TAKEITHEALTHY

2015 - Currently: Founder and Director of Takeithealthy Personal Training brand.



VAUGHAN AND ATLÉTICO DE MADRID

Julio 2017: English and Football Campus.



RAYO VALLECANO

2014-2015: Methodology and Injury Prevention and Rehabilitation Departments.



GIGANTES F.C

2011- 2015: Coach and physical trainer for teams from U10 to Senior +18.

EDUCATION

2021 NSCA. National Strength and Conditioning Association. Certified Personal Trainer course and qualification.

2018 Nutrigenomics Institute. Basic Genetics for Fitness and Personal Training.

2017 Club Atlético de Madrid. Analysis course (Longomatch) DAR (Performance Analysis Department).

2016 RFEF (Real Federación Española de Fútbol). Master's Degree in Physical Training in Football.

2016 European University. Master's Degree in Teacher Training.

2016 National Football Coach Training Centre. Football coach Level 3.

2016 IFIC Institute. Sports Coaching Course.

2015 Madrid Polytechnic University. Degree in Sports Science. Sports training and football specialisation.