



Adrian Tellez

Date of birth: 7 Jan 2000

Nationality: Spanish

Gender: Male

CONTACT



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ABOUT ME

Physical trainer with a degree in sports sciences with early high-level experience. I have gone through all the categories and teams based on a very integrated training taught by Villarreal CF. Specialized in strength and load monitoring, but with knowledge of rehabilitation and physical therapy. My experience as a coach in Soccer 8 also stands out. I like continuous knowledge and new experiences and challenges are my greatest concern.

WORK EXPERIENCE

9 SEP 2023 – CURRENT Vila-real, Spain

physical trainer Sub-19 Villarreal CF

High performance, GPS, training load monitoring, injury prevention, strength training, research.

2022 – 2023 Spain

physical trainer Sub-13 Villarreal CF

control of basic motor skills, monitoring of loads, strength work

7 SEP 2023 – CURRENT Vila-real, Spain

Trainer and physical trainer sub-11 y sub-9 Villarreal CF

Training methodology, grassroots football, education, movement skills
Basic and specific, movement patterns, strength work in children

1 AUG 2022 – CURRENT Valencia, Spain

Coordinator (F8) Jucar F.C

1 SEP 2020 – CURRENT Valencia, Spain

Trainer (F8) Jucar F.C

EDUCATION AND TRAINING

SEP 2019 – 2023 Spain

Sciences of fiscal activity and sports health Universidad Catolica de Valencia San Vicente Martir

Valencia, Spain

Master in methodology and assessment of high performance in football Universidad Católica De Valencia

CURRENT Valencia, Spain

Physiotherapy Universidad Católica De Valencia

LANGUAGE SKILLS

MOTHER TONGUE(S): Spanish

Other language(s):

English
Catalan

Listening B1

Reading C2

Writing C2

Spoken production C2

Spoken interaction C2

English

Listening B1

Spoken production B1

Reading B1

Spoken interaction B1

Writing B1

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

DRIVING LICENCE

 **Driving Licence:** B

COMMUNICATION AND INTERPERSONAL SKILLS

Interpersonal and communication skills

Team Collaboration – Demonstrates the ability to work seamlessly with teammates and coaching staff to achieve common goals, contributing to a cohesive and productive team environment on and off the field.

Active Listening – Listen carefully to comments and instructions from coaches and teammates, making sure you fully understand them and showing respect for their perspectives. This skill fosters strong, trusting relationships within the team.

Conflict Resolution – Effectively manage and resolve conflicts to maintain team harmony and a positive environment. Address disagreements constructively and help find mutually beneficial solutions.

Positive Attitude – Projects positivity and resilience, encourages teammates, and encourages perseverance. Maintains a strong mental attitude that supports the team during difficult situations, helping to raise collective morale.

Effective Feedback Delivery – Provides constructive feedback to teammates in a motivating and supportive manner. Ensures feedback is clear, actionable, and delivered respectfully, strengthening team cohesion and individual growth.