



# ADRIÁN MARTÍNEZ LÓPEZ

FOOTBALL PHYSICAL TRAINER

Nº COLEGIADO 69.929



## PERSONAL PROFILE

Graduate of Physical Activity and Sports, with more than 10 years of experience in this field.

I consider myself a person passionate about the world of sports and teaching, who always wants to continue his learning and training. I stand out for my discipline, responsibility, commitment and professionalism in my work. I have the ability to solve problems and a profile aimed at leading collaborative work groups. I am ambitious, I like to improve myself every day and learn from my mistakes to be able to improve as a professional and person. Motivation is a part that I consider very important for the development of work.

My professional goal is to grow in two perfectly compatible areas such as education and high performance in football. I love maximizing the potential of the player/student through different teaching strategies that, together with my training and experience in the world of sports and with practical activities that promote learning, make a perfect combination to be able to develop all the resources to the maximum and thus guaranteeing the learning progress of the player/student

## APTITUDES AND ABILITIES

- Person Motivating, disciplined and decisive.
- Teamwork.
- Autonomy and commitment.
- Quick learning ability.
- Desire and enthusiasm to continue training in this field.

## CONTACT INFORMATION



## HISTORIAL LABORAL

### PHYSICAL TRAINER

- 2nd Coach and Physical Trainer in Youth "A" (2023-current)
- Head of physical preparation area at Escuela AFE (2023-current)
- Physical trainer in 1st team C.D Ciempozuelos (2024 - currently)
- Physical trainer internship in the Móstoles URJC first team (2nd RFEF) - (2022)



### PHYSICAL TRAINER

- Specific training for performance players (2022-present)

### Soccer coach and grassroots soccer coordinator

- Sub-8 - Sub-12 (2015 - 2021)
- Sub-13-14 (2021-2022)
- Sub-15 (2022-2023)



### Colegio Literattor

- Football campus monitor (2020 - 2023)



## COMPLEMENTARY TRAINING

- Technical soccer sports (Level I)
- English (B1, TOEIC)
- Office automation: User level:
- Mastery of social networks (Instagram, Facebook, Youtube, Twitter...), operating system (Windows, Linux...) and computer programs (desktop publishing, word, excel, power point, kinovea, lince, SPSS...)

## ACADEMIC HISTORY

### TAFAD MADRID

Higher Technician in Physical Sports Activities (2015 - 2017)



### University Rey Juan Carlos

Degree in Physical Activity and Sports Sciences (2018 -2023)



### Construyendo fútbol

Master of physical preparation in football (2023-2024)



### FÚTBOL ENTRE PROFES

Expert program in strength training in soccer (Sep 2024 - Dec 2024)



## PUBLICATIONS

Effects of contextual and tactical dimensions on the creation of goal-scoring opportunities in U12 and U13 elite Spanish soccer teams (2022)

Internacional Journal Sports science & coaching