

JORGE GÓMEZ ALBA



JORGE GÓMEZ
PREPARADOR FÍSICO



- ↳ Experience as a physical coach in professional teams.
- ↳ Expert improving the physical performance of players, preventing injuries and implementing post-workout recovery strategies.
- ↳ Specialist in control the load with GPS.
- ↳ Author of 4 publications in scientific journals.



PROFESSIONAL EXPERIENCE

JORGE GÓMEZ 
PREPARADOR FÍSICO



VISAKHA F.C.
1st Division Cambodia
Season 24/25



AL ARABI S.C.
1st Division Saudi Arabia
Season 21/22



KALAMATA F.C.
2nd Division Greece
Season 23/24



MANAGUA F.C.
1st Division Nicaragua
Season 20/21



AL-TARAJI CLUB
1st Division Saudi Arabia
Season 22/23



A.D.I. METAPÁN.
1st Division El Salvador
Season 19/20



KALAMATA F.C.
2nd Division Greece
Season 21/22



OFFICIAL CERTIFICATES

EDUCATION

- ↪ Degree in Physical Activity and Sports Sciences.
- ↪ Master's Degree in Physical Preparation in Professional Football.
- ↪ Master's Degree in Recovery and Injury Prevention.
- ↪ Master's Degree in High Performance.
- ↪ CSCS (NSCA)
- ↪ NSCA - CPT
- ↪ Advanced level of coaching course – Level 2 (RFEF)

LANGUAGES



JORGE GÓMEZ 
PREPARADOR FÍSICO





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