

José Antonio Cruz

Football Coach

Professional Experience

Personal Trainer

Triple M | 02/24 - Present
S&G C.E.R | 02/24 - Present
Club de campo La Motilla | 12/22 - 12/23

Equipo Montoro | 11/21 - 11/23
Vivagym | 10/20 - 02/21

- Responsibilities:
- Client acquisition and retention
- Resolving client queries and issues
- Active listening to understand client needs and personalize their experience
- Leading group training sessions towards common goals
- Providing individualized training tailored to each client

Football Coach

- Barca academy Marbella | 2024
- Castilleja C.F senior DH andaluza | 2º entrenador | 7/24-Present
- San Roque B. infantil 2º andaluza 8/24 -Present
- Creation of teams.
- Improvement of individual and collective technical-tactical skills.
- Video Analyst in first teams.

- A.D. Mosqueo senior 1º | 3/24-7/24
- P.D.Rociera Juv 3º | 2023-2024
- P.D. Rociera Sen 1º| Analista
- C.D.Doctor Fleming Juv&base |2016-2023

CEO

Progresa | 2022 - Present

- Establishing Escuela Progresa
- Prospecting and securing sponsorships
- Preparing the club's corporate dossier for fundraising
- Coaching and managing all aspects related to training groups: training sessions, issue resolution, family communication, player motivation, etc.
- Administering the club's training center
- Managing club membership fees

EDUCATION

Bachelor's Degree in Psychology

Universidad Nacional de Educación a Distancia | Present

UEFA A

Real Federación española de Fútbol | 2023

Training Sessions: Biomechanical Levers and Main Muscular Implications

Equipo Montoro | 2023

Training Sessions: Importance of Attention to Optimize Learning and Performance

Equipo Montoro | 2023

Jornadas de actualización RFAF

Real Federación Andaluza de Fútbol | 2022 -2023

Curso UEFA B

Real Federación Andaluza de Fútbol | 2023

Specialist in Scouting and Game Analysis

MBP School of Coaches | 2022

Expert Course Nacsport: Analysis and Use of the Program

Nacsport | 2022

Higher Technician in Physical Activity and Sports Animation

I.E.S. Camen Lafon | 2019 - 2021



Contact Information



Sevilla y alrededores

About me

I am a versatile professional with extensive experience in various sectors. I possess excellent social skills, am proactive, work well in teams, and have strong leadership capabilities. I bring a high level of organization, adapt easily to new environments, and focus on achieving results.

Skills

- Microsoft Office
- Suite
- Gesdep
- Kimet
- Canva
- Nac Sport
- Tactical iPad
- Moviemaker
- Wyscout
- Instat
- Mediacoach
- Moodle
- Google Classroom
- Google Meet
- Zoom
- FaceTime
- Cisco Webex

Languages

Certificated of studies. Intermediate Level B2.

Additional information

- Driver's license B1
- Own vehicle
- Geographical availability
- Willingness to travel