



XABIER LAUCIRICA ZORROZUA

ABOUT ME

With extensive experience in sports at the highest level, including 4 years working with elite players in La Liga's First Division, I am eager to bring my expertise to your team.

During my tenure in La Liga (Getafe CF), I specialized in injury prevention, rehabilitation, and optimal recovery strategies tailored to individual players, often under high-pressure conditions. My approach combines cutting-edge technology and evidence-based practices to enhance player performance and minimize downtime. Working alongside talented athletes and professionals, I have developed a keen understanding of the demands of top-tier football and a deep commitment to supporting players' physical health and overall performance.

In addition to my technical skills, I am accustomed to the high expectations of a competitive environment. I believe my ability to adapt quickly, combined with my dedication to ongoing learning, makes me well suited.





XABIER LAUCIRICA ZORROZUA



EXPERIENCE

PHYSIOTHERAPIST AND S&C IN FIRST TEAM OF GETAFE FC SAD .

SEASONS 2021-2022 /2022-2023-2023-2024-2025 .

- RESPONSIBLE FOR THE CONTINUOUS ASSESSMENT AND DATA ANALYSIS OF FOOTBALLERS USING VARIOUS TOOLS: FORCE PLATES, THERMOGRAPHY, ENCODER,DYNAMOMETRY ,GPS . . .)

- PHYSIOTHERAPY TREATMENT METODS SUCH AS MANUAL THERAPY, BANDAGES, DIATHERMY . . .

-ASSISTANCE ON THE FIELD DURING TRAINING AND MATCHES .

-RESPONSIBLE FOR THE COMPLETE PROCESS OF REHABILITATION IN KNEE SURGERIES .

REHAB COACH IN FIRST TEAM OF GETAFE FC SAD

SEASON 2024-2025

-RESPONSIBLE FOR INDIVIDUALIZED STRENGTH AND CONDITIONING PROGRAM .

-RESPONSIBLE FOR INDIVIDUALIZED REHABILITATION PROCCES FROM DAY 1 UNTIL RTP .

-RESPONSIBLE FOR THE CONTINUOUS ASSESSMENT AND DATA ANALYSIS

GLOB SPORT2



XABIER LAUCIRICA ZORROZUA



Xabier Laucirica
S&C AND PHYSIOTHERAPIST

Other Education



Medicine in football: FIFA2021



Dry needling: Premium Madrid 2020



Muscular injuries and tendynopathies of lower limb: QeresFormacion 2020



Clinical reasoning and diagnosis: QeresFormacion 2021



Basic Life Support: NHCPs 2022



Certified Functional Strength Coach Level 1: CFSC 2024



Absolute Speed Training: Exos 2023



Energy Systems Developmen: Exos 2024

Languages

Spanish
Native

Basque
Native

English
Advanced(C1)

Habilities

Good communication

Punctual

Teamwork

Constant learning

Curious

Ambitious

Apasionate

Other experience



Hospital Quiron Pozuelo: 2016



Hospital Jiménez Díaz: 2017



Hospital and Rehabilitation Clínica Centro (spezialised in knee surgerys):2018

Xabier Laucirica

S & C AND PHYSIOTHERAPIST

Technology using



-WIMU (GPS)

VALD

-VALD (force plates)



ThermoHuman
(thermograppgy)

ALTER G Alter G (antigravitatory)



-Kinvent (force and mobility measurement)



-Indiba (diatermy)

SAMSUNG

-Ecography
(HS 500 Samsung)

Education



Physiotherapy:Universidad Europea de Madrid 2014-2020



Sport science:Universidad Europea de Madri 2014-2020



Postgrade expert on muscular ecography:Universidad Europea de Madrid 2021



POLITÉCNICA

Postgrade expert on prevention and rehabilitation in sport injuries:Universidad politécnica de Madrid 2021



Physical and strength coach specialised in foltball: Universidad Europea de Madrid 2014-2020

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