

ALBERT ROCA PUJOL

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RESUME CURRICULUM VITAE

Albert Roca holds the UEFA Pro coaching license and a Bachelor's degree in Physical Activity and Sport Sciences, and holds a Master's degree in High Sports Performance.

In **1997**, he began his professional career as a trainer assistant, focusing his attention on both physical aspects and the tactics of **CE. Europa** in the third division of Spanish football. Later and already as a head coach of the same team and the **Manlleu. AEC** (3rd Division) started to lead a football projects as a main coach.

In **2004** he is hired by FC. Barcelona and begins his work as assistant of **Frank Rijkaard**. The team achieved during that time:

- 1 Champions League of 2005-06
- 2 titles of Spanish League
- 2 Spanish Super Cup
- 2 Catalanian Cup

Form that time (**2010 - 2013**) he become the main assistant Coach of Frank Rijkaard in **Galatasaray SK** and **Saudi National Team**.

In **2014** he is named Head Coach of the **National Team of El Salvador**. The majority of the media polls place him as one of the best Coaches in the history of that country.

In **2016** he is hired by **Bengaluru. FC** of the First Division Indian football with whom he gets:

- 2 titles of Indian Supercup
- Runners up of Indian Super league
- Runners up of Asian League
- "**Coach of the year**" by FPAI (Football Players Association of India)

Ex-professional football player is able to understand the vicissitudes of a wardrobe. Charismatic person, extroverted and focused on motivating others to achieve their goals.

Dynamic trainer with 21 years of experience in the organization, strategic planning, management and responsibilities of soccer training.

He likes to explain and apply the methods comprehensively to his players so that they understand better and support the team's objectives and progress.

PROFESSIONAL EXPERIENCES

Head coach

Bengaluru FC - Bengaluru, India

06/2016 - 10/2018

- I implemented technical classes for players in order to increase their level of knowledge and motivation about the game and the objectives of the team.
- I collaborated with my technical staff to develop specific exercises more concrete and effective in order to optimize the methodology used.

Technical Director

National Team of El Salvador - El Salvador

04/2014 - 06/2015

- I planned together with my technical staff a scouting calendar for the live monitoring and viewing of videos through the Instad platform (objective data) of the possible candidates to form the National Team
- I always maintained a fluid and open dialogue with the media of the country to inform of all those aspects common to a National Team (objectives, feed - back of the matches, planning of the activities and training camps ...)

Assistant Coach

National Saudi Arabian Team - Saudi Arabia

06/2011 - 02/2013

- I was in charge of elaborating the reports of players of the Saudi League in order the coach had the opportunity to make better decisions to complete the call list in the different international matches played.
- I worked with members of the technical staff in the preparation of team reports and opponents' game strategies.

Assistant Coach

Galatasaray SK - Istanbul, Turkey

06/2009 - 10/2010

- I collaborated closely with the sports director in the recruitment of players from the viewing of matches through platforms such as Instat.
- I supervised the sessions and training plans, as well as the attendance at the competition matches of the club's youth teams.

Assistant Coach

FC. Barcelona - Barcelona

01/2004 - 06/2008

- I helped the Coach and the main physical trainer to plan and develop the training sessions in order to improve the physical performance of the players.
- I established strong relationships with the Coach, assistants and players before, during and after the training sessions.

Assistant Coach

CE. Sabadell - Sabadell, Barcelona

06/2003 - 01/2004

- I developed guidelines for the prevention of injuries.
- I practiced my knowledge of sports psychology with the whole group of players to improve their mental aspects during the matches.

Head Coach

AEC. Manlleu (3a Division Catalana) - Manlleu, Barcelona

06/2000 - 02/2001

Head Coach

CE. Europa - Barcelona

06/1999 - 06/2000

- I began to teach several football skills clearly and safely Identifying those that were most valuable for the technical-tactical progress of the team.
- I showed quarterly both managers and team fans the planning, the model of the game and the feedback of the matches played so that they had direct knowledge of the strategic decisions made during the season by the technical staff.

Assistant Coach

CE. Europa - Barcelona

06/1997 - 05/1999

- I collaborated with the coach to develop the team's workouts from the perspective of improving the physical condition of the players.
- I began to understand my role within a technical staff both at the level of functions and responsibility

TITULATIONS AND RELEVANT ACADEMIC DEGREES

UEFA Pro Licence: Futbol

Real Federacion Española de Futbol - Las Rozas (Madrid) 2013

National Coach (level 3): Football

Federacio Catalana de Futbol - Barcelona 2004

Bachelor of Science in Physical Education and Sports: Sports Science

INEFC - Barcelona 1993

Master in High Performance: Sports Science

Universidad Autonoma (UAM) - Madrid 2003

Specialist in Sports Psychology: Sport Psychology

Universidad Autonoma (Madrid) - Madrid 2007

Postgraduate degree of readjustment to effort : Sport Science

INEFC and Fundación Universitaria del Bages (FUB) - Barcelona 2004

Professor: Basic physical qualities

Ramon Llull University - Blanquerna - Barcelona 2011

APTITUDE AND ABILITY

- Leadership in technical teams developing incipient methodologies such as integral and tactical periodization
- Extensive knowledge of the different systems and their variants used in football
- Expert in the improvement of the Physical capacities and in the prevention of injuries
- Experience in the development of psychological techniques applied to sports coaching

PROFESSIONAL ACHIEVEMENTS

- Named "Coach of the Year" Season 2018 by FPAI (Football players association in India).
- Bengaluru fc has been the first team in Indian football history to play a Continental final (Asian League 2017)
- Bengaluru fc holds the punctuation record of the regular phase of the Indian Superleague (Season 2017-2018)
- Champion in 2 successive years of the Indian Supercup (2017 and 2018)
- Runners up:
Asian League: 2016
Indian Superleague: 2017-2018
- FC. Barcelona:
Champions League: 2005-06
Spanish Championship La Liga: 2004-05 and 2005-06
Spanish Supercopa: 2005-06 and 2006-07
- CE. Europa:
Copa Catalunya: 1997-98 and 1998-99

PUBLICATIONS

- "El Proceso de entrenamiento en el futbol". Online publication through my personal web: **albertroca.com**. (2010)
- Football Magazine: Fútbol -Táctico. "Criterios modernos de entrenamiento en el fútbol". num. 45 (2006)

- Football Magazine: Fútbol -Táctico. "El proceso de entrenamiento en el fútbol" (Dec, 08)
- Football Magazine: Fútbol - Táctico. "Modelo de rendimiento en el fútbol" num. 14(Jun, 08)
- Football Magazine: MCsports. "El proceso de entrenamiento en el fútbol" (Gen 09)
- Football Magazine: Fútbol - Táctico. "Preparadores físicos o Técnicos ayudantes?" num. 27

ATTENDANCE AT CONGRESSES, CONFERENCES

- International Congress of Coverchiano (Italy). Center of High Performance of the Italian Football Federation .. Year 1994.
- New methodologies in team Sports. Hors Wein. CAR of Sant Cugat (Barcelona). Year 94.
- International medical conferences in the field of sports. San Sebastian. Year 95.
- International Technical Football Days (Tortosa). Year 2000
- Physical Preparation workshops at the UAB (Sabadell). "Resistencia en deportes de equipo". Year 2006.
- Physical preparation sessions at Blanquerna. Ramon Llull University. "Preparación física en un equipo profesional". Course 2005-06.
- Days of technification and game systems in football. INEF Lleida (2015)
- Recycling days of the Spanish football federation. Las Rozas (Madrid) Years 2012, 2015, 2018

TEACHING IN CONGRESSES AND CONFERENCES

- 2th Football Seminar organized by Ramon Llull University - Blanquerna held on November 2008 with lectures entitled; "The Integral Work in FC Barcelona"
- 3rd Soccer Coaches Congress organized by the School of Coaches of the Real Club Deportivo de la Coruña in June 2009 with lectures entitled; "
- Team Sports Conferences during the 2011-2012 Course organized by the Ramon Llull University - Blanquerna in February 2012. conference title: "El fútbol como deporte rey"
- 4th National Congress of El Salvador organized by the FESFUT (Federación de fútbol de El Salvador) held from May 6 to 7, 2014 with lectures entitled; "New Methodologies in the Soccer: "Periodización táctica y Metodología Integral"
- 1th National Congress of Football "Concello de Carballo" organized by the municipality of Carballo (A Coruna) held from 3 to 5 June 2016 with lectures entitled; "Fútbol Contextualizado, experiencias como Seleccionador Nacional de el El Salvador"

LANGUAGES

- ENGLISH: VERY HIGH LEVEL
- FRENCH: VERY HIGH LEVEL
- PORTUGUES: VERY HIGH LEVEL
- ITALIAN: INTERMEDIATE LEVEL
- SPANISH AND CATALAN: NATIVE - BILINGUAL