



XAVIER SAYOL

FOOTBALL HEAD COACH

ABOUT & CONTACT

Name: **Xavier Sayol Antillano**
Birth: 24 October 1990, Granollers
Address: C/ Cantabria, 23--25, 2b.
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LANGUAGES SKILLS

- **Spanish:** Native level in both written and spoken.
- **Catalan:** Native level in both written and spoken.
- **English:** B2 Level. Escola Oficial d'Idiomes Vallès Oriental.



COMPUTER SKILLS

- Advanced Level in Word, Excel and PowerPoint (Microsoft Office).
- Advanced Level in Mas-Coach.
- Advanced Level in Longo Match Video Editor.



EDUCATION

- **Football Coach Higher, Level II.** 2015, Barcelona.
- **Coach in Physical – Sporting Activities.** 2014 – Escola Túbula, Barcelona.
- **First Aid Course Certificate.** 2013 – Escola Túbula, Barcelona.



WORK EXPERIENCE

- 2015 – Currently **Head Coach in U19 Aquival Csákvár, Hungary**
- 2013 – 2015: **Football Coach U12, Highest Category in Catalonia.** UE Sant Andreu, Barcelona.
 - Preparation of the squad with recruitment tasks.
 - Pre-season design and planning, keeping in mind the different workloads distribution, the sessions number and breaks and exhibition matches.
 - Planning the game model and the technical and tactical contents that work throughout the season.
 - Informative meetings with the families of the players.
 - Planning and design the trainings sessions throughout the season.
 - Analysis of matches and rivals (scouting).
- 2009 – 2013: **Football Coordinator from U7 to U12 and Football Coach U9, Highest Category in Catalonia.** CF Les Franqueses, Barcelona.
 - Coach tasks mentioned previously.
 - Distribution of the club players to their respective team.
 - Monthly meetings with the coaches of the club.
 - Distribution of hours of training and matches and the design of pre-seasons for all the teams U12.
 - Impose a specific model of play and the same work methodology for all the teams in U12.
- 2014 – 2015: **Football Coordinator from U7 to U12.** Penya FCBarcelona La Roca, Barcelona.
- 2012 – 2014: **Founder of Technification School FOOTBALLTECH.** Granollers, Barcelona.