

PEP ALOMAR

Miquel Verdera Street N°41, Sa Pobra · 07420 · Balearic Islands · Spain
50 Years Old · Married · 3 Childrens · 22/01/1967

+34 607 794 632 / +971 56 456 9421

pepalomar@fhit.es

fhit.es



STUDIES

STUDIES

- Physical education Degree / INEF Lerida (Cataluña) 1987-1992
Specialized in football, physical education and sports management.
- Web designer . Sa Pobra 2002
- CAP. (Pedagogic adaptativ course) University of Barcelona
"Center of Tarragona" (Instituto de Ciências de la Educación).

STUDY ACTIVITIES

- Collaborative student with scholarship 90-91 in the project of investigation "Comparizon of the fundamental parameters of the tactics in football, from where collective performance of the team comes, between Spanish and English Football".
- Collaborative Student in the Physiology seminar Investigation project "Analysis of the charges in Football".
- Realization of the seminar "School sports" 25 hours.
- Realization of the seminar "City Hall Sports" 25 hours.

ASSISTANCE IN CONGRESSES

- Participant in the "IV meeting of the Association of Psychology of sports "in Lérida 27-28 of November de 1987.
- Participant in the II Symposium Internacional "Growth & Sports" in Lérida, January, 1988.
- Assistant to the scientific conference given by Polyshjuk y Zaporjanov from the Physical Education Institute of Kiev, in Lérida Feb 7th 1991.
- Assistant a cicle of conferences about "Didactics and pedgogics of Physical Education" given by Dr.Maurice Pieron January 8, 1992.

SPORTS DIPLOMAS

- Swimming trainer (Inef Lérida)
- Judo Orange belt (Nº 2164 Federación Española de Judo)
- Juvenile trainer nº 2304 (Federación Española de Fútbol) Escuela Catalana de entrenadores.
- Regional Trainer (Federación Española de Fútbol) Escuela Catalana de entrenadores.
- National Trainer (Level 3) Federación Melillense de futbol.
- Certified Chiromassage Therapeutic Nº 3396 (Escuela de Quiromasaje Terapèutico "Amacvi" Lérida).

INVESTIGATION WORK

- Degree: Physiology and Biomechanics. Football,
- Evaluation of the charge in training. Hevelling of the type of exercise and work (Teory of training)
- Control list of the football matches Technics tactical –football-
- Methods of learning in the techniques of dribling. Football.
- Proposal of the aplication of the system 3-5-2. Football
- Analysis of the physiological needs in football for the latter aplication (after training) Physiology of Physical Effort.
- Biomechanical study of the Kick off . Comparision of kick of "volea" and kick off "bote pronto". Biomechanics.
- Sports facilities and equipment in Football .Planification Sports Equipment.
- Model of Planing –Planification-Program of a football season.

INTERESTING FACTS

PUBLICATIONS

- Co-Autor of the football technical Enciclopedia. Editorial Paidotribo. ISBN: 84-864756-66-X (Volumen V, Técnica y Táctica). DL: B-43.733-90.
- Sport trainer notebook of football .
- Sport trainer Equipment & facilities .
- Sport trainer Sports & Medicine
- Sport trainer RED (Sports training).
- Sport trainer APUNTS. Inef Lérida.
- Web futbol-tactico.com
- Revista ab futbol
- Revista Trainig futbol
- Succesinsoccer.com
- Insidesoccer.com



CHAMPIONS AND UEFA GAMES

REAL BETIS BALOMPIÉ
Champions: 2 pre + 6 / Uefa: 12
FC BARCELONA:
Champions: 6 / Uefa: 8
AEK:
Champions: 4 pre + 6 / Uefa: 15



LANGUAGES

Catalan: spoken, written
French: spoken, written
English: medium level



PEP ALOMAR

Miquel Verdera Street N°41, Sa Pobra · 07420 · Balearic Islands · Spain
50 Years Old · Married · 3 Childrens · 22/01/1967

+34 607 794 632 / +971 56 456 9421

pepalomar@fhit.es

fhit.es



WORK EXPERIENCE IN EDUCATION

- Swimming instructor in Petra 1987
- Swimming instructor in Muro 1989-1992
- Football Instructor, academy of Lérida. Seasons: 87-88,88-89, 89-90.
- Extra-School instructor (Football) in Lérida, 1990-91
Physical Training Teacher :
 - Saint Peter School: 1992
 - FP Inca: 1992
 - FP Manacor: 1993



WORK EXPERIENCE IN FOOTBALL

- Physical Training Teacher football 3rd grade / 1992 September
- Physical Training Teacher football 2nd level. Season 93-94.
- Physical Coordinator trainer Academy Football RCD Mallorca. Season 93-94
- Physical Trainer. Technical support of Real Betis Balompié. Trainer: Llorenç Serra Ferrer. 3rd classified Season 95-96 to play in UEFA.
- Physical Trainer. Technical support of Real Betis Balompié. Trainer: Llorenç Serra Ferrer. 6th classified Season 96-97 to Play in Uefa.
- Physical Trainer . Technical support of Real Betis Balompié. Trainer: Llorenç Serra Ferrer. 3rd classified to Play final King's Cup, season 97-98
- Technical – Coordinator Academy FC BARCELONA. Scouting FC Barcelona 98-2000 CHILD TRAINER UNDER SUB-13 & SUB 15 (WORLD CHAMPIONS) With players like ANDRES INIESTA.
- Physical Trainer. Technical support FC BARCELONA Trainer: Llorenç Serra Ferrer. Season 00-01. Champions Matches: 6 Uefa Matches: 8
- Scouting technical management Fc Barcelona 01-02
- Physical Trainer. Technical support of Real Betis Balompié. Trainer: Llorenç Serra Ferrer. 4th classified. Winner King's Cup 04-05. Classification for champion.
- Physical Trainer. Technical support of Real Betis Balompié. Trainer: Llorenç Serra Ferrer 12th classified. Champions Matches: 2 pre + 6. Uefa Matches: 6
- Physical Trainer AEK Athens, Technical support. Trainer: Llorenç Serra Ferrer. 2nd classified. Season 06-07. Classified for champion, Champions Matches: 2 pre + 6 Uefa Matches: 8
- Physical Trainer AEK Athens, Technical support. Trainer: Llorenç Serra Ferrer, 2nd classified, Season 07-08.
- Classification for champion Champions Matches: 2 (pre) Uefa Matches: 7
- Technical Director U.D Poblense (08-09/09-10) Up to Honour Division
- Physical Trainer RCD Mallorca 10-11
- Responsible Methodology Area, Football Academy, RCD Mallorca Season 10-11. Trainer: Michael Laudrup
- Physical Trainer RCD Mallorca 10-11. Trainer: Michael Laudrup
- Physical Trainer RCD Mallorca 11-12. Trainer: Joaquin Caparrós
- Physical Trainer RCD Mallorca 12-13. Trainer: Joaquin Caparrós - Trainer: Gregorio Manzano
- Trainer RCD Mallorca B
- Methodologic Area, football responsible RCD Mallorca Methodological area responsible FHIT concept (2013-2014) 3rd Division Champions (May 2014) UP to 2-B League.
- Trainer-Support First Team RCD Mallorca 2013-14, 3 last matches. Mission accomplished: Stay on 2nd Division.
- Sports Director on Baniyas Club Academy (2015-17), United Arab Emirates

