



GUIDO SEERDEN



Goal

Become a world class football coach & sport scientist

Positions

- **Football coach**; specialized in talent development in grassroots and professional football
- **Fitness coach**; specialized in team and individual conditioning
- **Sport scientist**; specialized in applied science and football

Sport Science Experience

2009-2010	sv Roda JC <i>BSc Research internship</i>	Kerkrade
2010	Rapid Tennis Performance <i>Strength & conditioning coach</i>	Landgraaf
2010-2011	AFC Ajax <i>Intern performance analysis</i>	Amsterdam
2012-2013	Tranmere Rovers FC <i>Sport scientist, strength & conditioning and fitness coach</i>	Liverpool
<u>Accomplishment</u> : Moved from an intern position working within the academy only to work full-time with the First team within two months.		
2011-2014	Guido Seerden FC <i>Sport coaching consultant</i>	Europe
<u>Accomplishment</u> : Coaching congress for mainly Dutch and Belgium football coaches (45).		
2014-....	BeNeVoetbal <i>Founder</i>	NL
<u>Accomplishment</u> : Coaching congress with FC Utrecht (70) and Sparta Rotterdam (90 coaches).		
2014-2015	Al-Ahli Saudi Football Club <i>Academy Sport Scientist & Fitness coach</i>	Jeddah
2015-2016	Al Shabab Al Arabi Football Club <i>Lead Academy Fitness coach</i>	Dubai
2016-....	Cape Town City Football Club <i>Head of Sport Science & Performance</i>	Cape Town
<u>Accomplishment</u> : Telkom Knockout Cup Champions 2016		

Coaching experience

2004-2010	V.V. Schaesberg <i>Coach (U11s, U13s and U15s)</i>	Landgraaf
<u>Accomplishment</u> : League champions and cup finalist with the U13s, Strijthagen Cup winners with the U15s.		
2011-2012	FC Blauw-Wit <i>Head coach U17</i>	Amsterdam
2007-2013	Coerver Coaching / Total Soccer Method <i>Coach U7-U15</i>	BE & NL

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www.guidoseerden.com

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2011-2012	Ajax Camps & Clinics <i>Coach U7-U17</i>	Amsterdam
<u>Accomplishment:</u> Certified Ajax Kids Camps & Clinics Coach and Head Coach		
2012	The Amsterdam Football Academy <i>Coach U7</i>	Amsterdam
2012-2013	FC StartSoccer <i>Coach U7</i>	Liverpool
2012-2013	Liverpool John Moores University Football Club <i>First team manager</i>	Liverpool
<u>Accomplishment:</u> League champions (unbeaten)		
2013-2014	Al-Ahli Saudi Football Club <i>Head Coach U9-U10</i>	Jeddah
2014-2015	Al-Ahli Saudi Football Club <i>Head Coach U11-U12 & Coordinator U7-U10</i>	Jeddah
2016-....	Cape Town City Football Club <i>Coaching the U23s and First team for my AFC coaching course on an occasional basis.</i>	Cape Town

Education

2000-2006	Eijkhagen College <i>Economics & Society</i>	Landgraaf
2006-2010	Fontys University of applied sciences <i>Bachelor in Sports and Movement</i>	Sittard
<u>Major project</u> - What is the effect of periodizing football conditioning training sessions on the recovery capacity of male youth professional football players (age 14-15) who train four times a week and play in the First division?		
2008	Fontys University of applied sciences <i>Minor Sportbusiness</i>	Tilburg
2010-2013	VU University <i>Master of Human and Movement Sciences</i> <u>Specialization:</u> Sport & Exercise	Amsterdam
2012-2013	Liverpool John Moores University <i>MSc Research internship at the Science & Football department</i>	Liverpool
<u>Major project</u> - Does providing an English professional youth football coach with an evidence based coaching report help facilitate the use of key practice activities?		

Courses

2009	UEFA C	KNVB
2011	Certified Ajax Camps & Clinics coach	AFC Ajax
2012	Level 1	UKSCA
In progress	Performance Specialist	EXOS
In progress	AFC B licence coaching course	FFA

Linguistics

Fluent in Dutch, English and German.
 Arabic - conversation level and football language.
 Afrikaans – basic understanding.
 Currently studying Spanish.

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Attended symposia, conferences and field visits

2009	World football academy (NVA)	Hoenderloo
2011	Symposium for movement scientists	Utrecht
2011	Science+Football	London
2011	World football academy (NVA)	Amsterdam
2012	Football congress	Brussels
2012	3th World Conference on Science and Soccer	Ghent
2012	Sounders FC Sport Science Mentorship Weekend	Seattle
	• <i>Speaker at the soccer specific periodization panel</i>	
2013	Real Madrid C.F.	Madrid
2013	Science+Football	London
2013	Sounders FC Sport Science Mentorship Weekend	Seattle
2013	18 th annual congress of the ECSS	Barcelona
2013	BeNeVoetbal coaching congress	Tilburg
	• <i>Host</i>	
2014	4 th World Conference on Science and Soccer	Portland
	• <i>Presented: Coach education intervention promotes an increase in games-based practice activities.</i>	
	<u>Accomplishment:</u> won the Young Investigator Award	
2014	Sounders FC Sport Science Mentorship Weekend	Seattle
2015	BeNeVoetbal coaching congress	Utrecht
	• <i>Host</i>	
2015	Talent ID conference	The Football Association (UK)
2016	2 nd Aspire Academy Sports Science Conference	Doha
2016	2 nd International Sports Medicine and Fitness Conference	
	• <i>Presented: The variance of daily training load in Arabic professional youth soccer players after a change of head coach during the in-season.</i>	
	• <i>Presented: Horizontal alternation in daily training load within Arabic professional youth soccer players during the in-season.</i>	
	• <i>Presented: The variance of in-season weekly training load between Arabic youth soccer players.</i>	
		Dubai

Publications

2014	McMillan, K., Van Winckel, J., Seerden, G. & Helsen, W. High-intensity interval training (with special reference to Small-Sided Games). In van Winckel et al. (2014). Fitness in Soccer: the science and practical application. (pp. 83-108), Moveo Ergo Sum, Leuven.
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