



- ⚽ **JUAN CRUZ REAL**
- ⚽ **FORMER PROFESSIONAL SOCCER PLAYER**
- ⚽ **PROFESSIONAL SOCCER COACH**



- 1995-1997: C.A. Independiente (Argentina) 1 División.
- 1997-1998: C.D ESPANOL (Argentina) 1 División.
- 1998-1999: Club Los Millonarios (Colombia) 1 División.
- 1999-2000: Arsenal F.C (Argentina) 2 División.
- 2000-2001: Independiente Rivadavia (Argentina) 2 División.
- 2001: Brown-Arrecifes (Argentina) 2 División.
- 2002: C. Roulado de la Gonave (Haití) 1 División.
- 2003-2004: C. San Felipe (Chile) 1 División.

***Played more than 360 professional official games.**

Current positions

- Clarkson Sheridan Soccer Club (Head coach/Technical Director): Since 2007.
- ATFA International Development Program (North America (USA – Canada) - program coordinator: Since 2009.

Soccer Coaching Certifications

- “A” Pro International License (ATFA-Argentina/FIFA) 2008.
- (ATFA) Argentinean Soccer Coaches Association/International Professional Soccer Instructor License 2009.

Fitness Coaching Certifications

- Physical and Sports trainer (CEEf/ European Centre of Physical Education) 2006.
- Physical Trainer Certified for Sports Groups (S.E.).

Courses

- Sport Psychology course (SE) 2006.
- Training Methodologies Course (S.E.) 2009.
- Strength Training / Methodology and Periodization of the training (S.E) 2010.
- Specific Soccer Training for High Performance (SE) 2010.

Symposiums

- Ergogenic and High Performance Training (SE/2006).
- Applied Sciences for Soccer (SE/ 2007).
- Strength Training for Children and Youth (SE/ 2007).
- Physiology of Exercises as Applied to Training, Physical Activities and Health (SE/2007).
- Update on Physiology and Training (SE / 2008).
- Applied Sciences for Soccer (SE/ 2008).
- Fitness and Health (SE/ 2009).
- Update on Physiology and Training (SE/ 2009).
- Hydration, Nutrition and Ergogenic aids (SE/ 2009).

- Physiology and Training on Pediatric Population (SE/ 2009).



Presentation

- ATFA Mini course Special Topics / 2009 (Toronto-Canada): Coordinator

Presentation topics:

- * Specific Fitness Training for Soccer Players.
- * Skills Fundamentals applied for elite youth soccer players.
- * Comparison between Canadian Youth Development program and Argentinean Soccer Development program.

Soccer Coaching and Management experience

- Woodbridge S.C (Canada) U-21 OYSL (Sport and Strength Conditioning coach) 2006.
- Woodbridge S.C (Canada) U-16 OYSL (Sport and Strength Conditioning coach) 2006.
- Toronto Soccer Academy / Head Coach -Technical Director – 2005 / 2006.
- D&P Soccer Academy / Head Coach - Technical Director – 2006 / 2007
- Clarkson Sheridan Soccer Club (Canada) U-15 OYSL (Head Coach) 2007.
- Clarkson Sheridan Soccer Club (Canada) U-16 OYSL (Head Coach) 2008.
- Clarkson Sheridan Soccer Club (Canada) U-17 OYSL (Head Coach) 2009.
- North York Astros S.C / Canadian Soccer League (Sport and Strength Conditioning consultant) 2007 / 2009.

