

Professional Profile

Name: Márcio Faria Correa – CREF 117 – G/RS

e-mail: marciofariacorrea@gmail.com

Nationality: Brazilian (02/03/1966)

Degree: Physical Education Teacher Degree

1993 – Specialization: The Scientific Basis of Physical Preparation

1996 – Specialization Theoretical and Practical of Sports Training

2002 – Congress Latin American of Physical Education

* Internship of Technical Observation: Chelsea Football Club (England)

* Internship of Technical Observation: A. C. Milan (Italy)

Clubs:

2018 - Club Bolívar (Bolívia)

2017 - Criciúma Esporte Clube (SC)

2017 - Santa Cruz Futebol Clube (PE)

2015-2016 - Olympique de Marseille - Physical Coach of Lucas Silva (athlete) - France

2014 – Clube Atlético Paranaense (PR) – Scientific Coordinator

2014 – Criciúma Esporte Clube (SC) – Physical Coach and Scientific Coordinator

2013 – América Futebol Clube (MG)

2012/2013 – Criciúma Esporte Clube (SC)

2011 – Porto Alegre F.C. (RS)

2010 – Clube Náutico Capibaribe (PE)

2009 – E. C. Juventude (RS)

2008 – Guaratinguetá Futebol Ltda. (SP)

2008 – C. F. Belenenses (Portugal)

2007 – Clube Esportivo Bento Gonçalves (RS)

2007 – Club Cerro Porteño (Paraguai)

2006 – Santa Cruz Futebol Clube (PE)

2005 – Brasiliense Futebol Clube (DF)

2005 – Avaí Futebol Clube (SC)

2003/2004 – Grêmio Porto Alegre (RS)

2003 – São Gabriel Futebol Clube (RS)

2002 – Grêmio Esportivo Brasil de Pelotas (RS)

2000 – Al Ittifaq Sports Club (Saudi Arabia)

1999/2001 – Al Riyadh Club (Saudi Arabia)

1998/1999 – Al Shabab Sport Club (Saudi Arabia)

1997/1998 – Esporte Clube São José (RS)

1996 – Sport Club Internacional (RS)

1995 – Sel. Gaúcha de Futebol Feminino (RS)

1995 – S.E.R.C Brasil Farroupilha (RS)

1994 – Palmeirense (RS)

1994 – Clube Atlético Hermann Aichinger (SC)

1993 – Pinheiros E. C. Taquari (RS)

1993 – Taquariense F.C. – Taquari (RS)

Titles:

1999 – Prince Cup (Winner)

2004 – Brazilian State Championship (Best Physical Coach)

2005 – Brazilian State Championship (Winner)

2007 – Paraguayan Championship (Runner Up)

2012 – Brazilian National Championship (Access to Division A)

2017 : Brazilian State Cup "Taça Asa Branca - Recopa" (Winner)

International Competitions:

1998 – Arab Cup – Egypt

1999 – Arab Cup of Clubs – Syria

2001 – Arab Cup – Egypt

2000 – International Tournament – Kuwait

2002 – 6th International Friendship Football Tournament – Saudi Arabia

2003 – South America Cup – Brazil

2007 – Libertadores – Paraguai

2008 – Portugal Cup – Portugal

Languages:

- Portuguese (fluent)

- English (advanced)

- Spanish (advanced)

- Arabic (for training)

THE SECRETS OF THE MODERN PHYSICAL PREPARATION

One of the main secrets of the success of the work the Physical Coach Marcio Faria Correa, is in the cares and details that the physical coach, considers in the moment of to drift and to execute the training loads. We always needed to unite the advanced technology the quality of work of a soccer team, but independently of that, we always ratiocinated scientifically and with a lot of coherence for we prescribed our training methodology.

The weekly programs are carefully balanced among the technical, physical and tactical aspects. According to the coach: "now the Physical Coach's function is to be very informed, we should worry about the quantification and the qualification of the work loads in all the spheres of the training of the team." Accompanying the development of the science of the sport training and of the medicine we should be the competent of knowing to balance the training incentives and our athletes' recovery. For example: in a competition stage, we should not prioritize trainings of long duration and resistance aerobic, because the games will be two or three times a week, in that period we will give main focus to the trainings of force, Speed, together with technical and tactical. During the beginning of the competition the biggest loads will be the official games.

The big care will be in the recovery of the athletes' competitive condition for the following game.

"We prepared the athletes to be the best in the games and not in the trainings."

BIOLOGICAL INDIVIDUALITY:

Biological individuality: In most of the collective sports we found heterogeneous groups, inside of the soccer teams that happens always, we have players of the most varied ages, different physical aptitude differentiated positions, and rate of recovery of the most varied. Then there is also the need of individualized trainings in certain moments, to work inside of that process, all the athletes should be submitted to physical test in the start of each season so that we can identify the individual conditions in the moment.

This way we can examine the important points in each athlete, this must be made very carefully, and then after, we should correct specifically, each deficiency we meet. To respect the physiologic potential of each one is important so that the overload does not happen.

METHODOLOGY OF TRAINING:

Our daily training is based on the spaces and actions executed in the games. Thanks to the technology, today we benefit from many scientific researches all over the world on the wastes of each athlete during the 90 minutes of a soccer game. This helps us to create methodologies based on that collection of data that reflects the competitive reality.

There are three important points we must quantify carefully, to reach excellent body performance, if we break one of these factors, the work can be committed negatively:

- 1 – Training loads
- 2 – Rest
- 3 – Nutrition

The work of the physical preparation, is it that the fan, the reporters and even some leaders nor they see, but if it doesn't go very well accomplished, no tactical positioning can be respected in a satisfactory way, because the athletes without a good preparation level would not have the physical condition to give good technical answers or not even the resistance to run in a satisfactory way during the 90 minutes “.

Including the course: Clinic in Training of Soccer.