



Andrea Togni

Date of birth:

Nationality: Italian

Gender: Male

CONTACT



(+39)

EDUCATION AND TRAINING

30 OCT 2013 – 22 MAR 2016 – Verona, Italy

Master Degree (MSc) - Sport Science and Physical Performance (EQF - Level 7)

Università degli Studi di Verona

- GPS usage
- Data manage, analytics, report to staff
- Conditioning planning and implement new training methods
- Working through first publication

Field(s) of study

- Health and welfare

Achievement with honours | External load assessment during SSGs and official matches in amateur soccer players using GPS | EQF level 7 | <https://www.univr.it/it/>

1 SEP 2010 – 22 OCT 2013 – Verona, Italy

Bachelor Degree - Science of Sports and Physical Activity (EQF - Level 6)

Università degli studi di Verona

- Lead athletic development of soccer youth school in a professional environment
- Manage and organise training regimen for youth development
- Experimental design and data collection

Field(s) of study

- Health and welfare

102/110 | Coordinative capacities in youth soccer players (6-10 years old): methods and experience | EQF level 6 | <https://www.univr.it/it/>

WORK EXPERIENCE

17 JUL 2021 – CURRENT – Trento, Italy

Academy Head Strength and Conditioning Coach

AC Trento 1921 srl

Lead the strength and conditioning for the Primavera 4 team (U19), working in a youth development program through all the academy.

Principal duties:

- Lead and program S&C training for the team Primavera 4
- Collect, monitoring and analyze TL and wellbeing data
- Fitness, speed, strength testing and report
- Lead and train the intern and coordinate the S&C staff through different duties
- Implement and manage gym sessions (strength training) from U15 to U19

1 AUG 2018 – 1 JUN 2022 – Rovereto, Italy

Head Strength and Conditioning Coach

Lagaris Volley SSD Srl

Lead the strength and conditioning area for the academy (U17-U19) and the first team (elite).

Principal duties:

- Strength and conditioning coach
- Injury rehab expert
- Collect, monitoring and analyze TL (S-RPE) and wellbeing data (Hooper), report to head coach
- Testing and performance evaluation

1 AUG 2017 – 16 JUL 2021 – Rovereto, Italy

Head Strength and Conditioning Coach

Rovereto Football Club SCSD

First team (amateur) Strength and Conditioning Coach, principal duties:

- Develop players performance,
- Fitness testing
- Collect, monitoring and analyze TL (S-RPE) and wellbeing data (Hooper), report to head coach

Lead the Strength and Conditioning area for the academy through a youth development program.

Manage injury rehabilitation and recovery for academy and first team in collaboration with physiotherapist and physicians.

1 FEB 2017 – 16 JUL 2021 – Rovereto, Italy

Head Strength and Conditioning Coach

Circolo Tennis Rovereto

Circolo Tennis Rovereto

Lead the strength and conditioning for the tennis center in Rovereto (CTR Baldresca), working especially through U10 - U16 in a youth development program and with elite adults (> 18)

Principal duties:

- Lead and program S&C training
- Collect, monitoring and analyze TL and wellbeing data
- Fitness, speed, strength testing and report

25 OCT 2017 – 8 DEC 2017 – Rovereto, Italy

Sport Scientist Assistant

CERISM - Centre of Research Mountain Sport and Health

The Cerism is a research center specialized in mountain sports and it has the aim to give functional

sports evaluation for different sports, especially endurance and mountain sports.

Duty:

- Run a VO2MAX test, SEPT (mobility and balance test), Core ability test, SJ, CMJ, ISO squat test, skinfold measurements, blood samples for lactate measure.
- Analyze data in a complete report for athletes and coaches

27 JUN 2016 – 27 AUG 2016 – Belfast, United Kingdom

Sport Scientist Internship

Ulster Rugby

Principal duties during internship:

- GPS analyst for U18 team (on-field sessions), assistant analyst for the academy
- Strength and Conditioning Coach U16 (gym sessions)
- Assistant Strength and Conditioning Coach of Academy, U19, U18, U17 (strength, speed and conditioning sessions)

1 OCT 2018 – CURRENT – Verona, Italy

Football Sport Scientist (practical expert for University)

CUS Verona

Collaborate with the University of Verona like auxiliary professor for the practice part of a course: Sport methodologies and technique of physical preparation (Football/Soccer).

PUBLICATIONS

Influence of pitch size and goalkeepers on external and internal load during small-sided games in amateur soccer players

2021 https://lnkd.in/dZwT_as

Roberto Modena - roberto.modena@univr.it

Abstract

Purpose

To analyse the influence of goalkeepers during 4-a-side small-sided games, played in pitches of two different sizes (small: 30 × 20 m, large: 40 × 30 m).

Conclusion

Implementing small-sided games, coaches should be aware that lower external load with similar internal load could be provided using small pitch with goalkeeper rather than either small goals or larger pitch. Furthermore, large small-sided games without goalkeeper may be the best choice for eliciting high training load.

https://lnkd.in/dZwT_as

Skill Development in youth Soccer (Capacità coordinative nella scuola calcio)

2018 <https://www.youcoach.it/it/libro/schemi-motori-nella-scuola-calcio>

YouCoach

Publication of three volumes with highly practical connotations: exercise proposal to develop skills in pre-puberty.

The aim of this publications is to stimulate coaches in exercise and proposal to be creative and give the kids a baggage of experiences and movement with the basis for futures efficiency.

<https://www.youcoach.it/it/libro/capacita-coordinative-nella-scuola-calcio-2> <https://www.youcoach.it/it/libro/capacita-coordinative-nella-scuola-calcio> <https://www.youcoach.it/it/libro/schemi-motori-nella-scuola-calcio>

LANGUAGE SKILLS

MOTHER TONGUE(S): Italian

OTHER LANGUAGE(S):

English

Listening
B1

Reading
B1

**Spoken
production**
B1

**Spoken
interaction**
B1

Writing
B1

DIGITAL SKILLS

Microsoft Office / Microsoft Excel / Google Drive / Zoom / Google Docs / Microsoft Word / Microsoft Powerpoint / Facebook / Skype / Data analysis / Analytical skills

Organizational and managerial skill

Organizational and planning skills / Good listener and communicator / Motivated / Creativity / Critical thinking

Job-related skill

BLSA certification / FIPL (italian federation of powerlifting) 1st level strength instructor / Competency in sports technologies