



PERSONAL DATA

Name
Phone
E-mail
Nationality
Date of birth

FRANCESCO BENASSI
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francesco_benassi77@yahoo.it
Italian
30/11/1977

PROFESSIONAL PROFILE

Physical performance coach with long experience with assignments up to Serie B.
Ability to work in synergy with staff and team, optimising everyday dynamics and challenges.
Excellent knowledge of training theory and methodology consolidated over the years.
Application of different working methods depending on the coach's performance model.
Ability to analyse and process various data (GPS) and contextualise it with the technical and tactical development of the game.
Excellent knowledge in the field of injured player recovery and gradual return to the team thanks to work experience as a trainer specialising in injured player recovery.
Ability to manage complex situations and make quick and assertive decisions.

FOOTBALL ACHIEVEMENTS

Won Campionato Lega Pro e Coppa Italia, Modena 2021 - 2022
Final Play Off, Carpi 2011 - 2012
Final Coppa Italia, Cosenza 2009 - 2010
Semi-final Play Off, Bassano 2008 - 2009
Won Coppa Italia e Final Play Off, Bassano 2007- 2008

WORKING EXPERIENCE

Serie B July 2021 – June 2025 August 2020 – December 2020	Modena FC Ascoli FC
Serie C July 2019 – June 2020 July 2017 – October 2017 July 2016 – September 2016	Lecco FC 1912 Casertana FC A.C.R. Messina
Youth League August 2015 – June 2016	Empoli FC

Serie C	February 2014 – June 2015 July 2013 – January 2014 July 2011 – June 2012 March 2010 – June 2010 July 2007 – June 2009	Unione Sportiva Grosseto FC Unione Sportiva Alessandria Calcio Carpi FC 1909 Prima Divisione Cosenza 1914 Prima Divisione Bassano Virtus 55 Soccer Team C2
EDUCATION AND MAJORS		
2009	UEFA B Football Trainer Course, Carrara	
2003	F.I.G.C. Physical Performance Coach Course, Coverciano Firenze	
2002	F.I.G.C Football Academy Instructor, Lucca	
1996	Degree in Sport Science (I.S.E.F.) University of Florence 110/110 Diploma Maturità Scientifica, Liceo Scientifico "Michelangelo", Forte dei Marmi	
SKILLS AND COMPETENCIES		
TECHNICAL EQUIPMENT	TAC System (Computerized athletic testing) with Platform and Knee brace (TT SPORT) Ergo Tester and Ergo Timer (GLOBUS ITALIA) Optojump Tesys 400 and "light barriers", Tesys 400 Real Power Blue 232 e Real Power La Suite Ergo Win Hosand Telemetry Stabilometric platforms (Delos) Isokinetic Equipment (CYBEX) GPS Roberto Colli Bodytec GPS K – Sport OptoGait – Gyko Microgate Chronojump BFR Vitruve – Beast (Velocity Based Training) Test Report ActiveForce	
LANGUAGES	Italian, English, French (good)	
INTERESTS, HOBBY, SPORT	Travelling to discover countries and understand their culture, reading books, movies, TV series, cars, tennis, running, gym, swimming and skiing	