



# Bernardo Ferreira Pinheiro

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## Education:

- FMH- Master in Sports Training (2018-2021)
- FMH - Degree in Sports Science / Sports Training (2015-2018)

## Other formations:

- FMH seminars:
  - Training in Hypoxia (04/2017)
  - Muscle Strength Assessment (06/2016)
  - Evaluation of Agility, Speed and Repeated Sprints (06/2016)
  - Concurrent Training (06/2016)
  - Strength Training in Team Sports (06/2016)
  - Resistance Training in Team Sports (04/2016)
- Technical training courses Benfica Schools - Benfica Training (2016/2017/2018)
- Level 6 English - Cambridge School - 2011-2014

## Professional Experience:

- Coach at Academy Camps USA – June 2024 to August 2024
- Gym Support and Personal Trainer at Fitness Hut – February 2024 – June 2024
- Gym Support and Personal Trainer at Next Level Fitness – July 2023 – June 2024
- Assistant Coach at Futebol Clube 'Os Belenenses' (Under-15) - June 2022- July 2023
- Assistant Coach at Sporting Clube Linda-a-Velha (Under-15, Under-17 and Under-19) – (September 2019-June 2022)
- Goalkeeping coach at Sporting Clube Linda-a-Velha (Seniors) - October 2019-to-July 2021
- Scout at Sporting Clube Linda-a-Velha – (September 2019- June 2022)
- Head Coach at Sporting Clube Linda-a-Velha - (September 2018- June 2022)
- Goalkeeping coach at Sport Lisboa Olivais (Seniors) - (August 2019-October 2019)
- Coach at the Benfica Oeiras Football School - From 2016 to July 2019
- Trainee Coach at Escola de Futebol Benfica Estádio (Competition 09) - From January 2018 to July 2018

## Other information / skills

- ❖ Coaching and Mentoring Skills
- ❖ Leadership Skills
- ❖ Soccer Analytics
- ❖ Team Management Skills
- ❖ Effective Communication Skills
- ❖ Strong Work Ethic
- ❖ Collaboration Skills