



PERSONAL DATA

Name	FRANCESCO BENASSI
Phone	+ 39 3911026230
E-mail	francesco_benassi77@yahoo.it
Nationality	Italian
Date of birth	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	
Febraury 2014 – June 2015	Unione Sportiva Grosseto FC
July 2013 – Jenuary 2014	Unione Sportiva Alessandria Calcio
July 2011 – June 2012	Carpi FC 1909 Prima Divisione
March 2010 – June2010	Cosenza 1914 Prima Divisione
July 2007 – June 2009	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
	F.I.G.C Football Academy Instructor, Lucca
2002	Degree in Sport Science (I.S.E.F.) University of Florence 110/110
1996	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 platfroms (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