



JOÃO MOREIRA

FOOTBALL COACH



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JOÃO MOREIRA

about



joaomoreira20



João Paulo Urbano Moreira



@joaomoreira86



joao_moreira_20



A portrait of João Moreira, a football coach, sitting and looking towards the camera. He is wearing a white Adidas t-shirt and dark pants. The background is dark with a red and blue color gradient. The text is overlaid on the image.

JOÃO MOREIRA

football coach

Born in Coimbra, Portugal on the 6th of August in 1986. At presente, I´m 35 years old and I´m Coach since my 26 years old.

I started my career as a coach very early because I assume the desire to study full time and stop my career as a football player I start playing Football with 5 years of age and finish my football player career at the age of 26 As a player I represent my hometown town club, Leiria, from the youth Football teams until the professional team.

In all my career I had several personal characteristics like honesty loyalty perserverance because of that I was a role model to my teammates and became team Captain.

JOÃO MOREIRA

football coach

As professional I work as a fitness coach in **Brazil** I work in a gym and there I was in charge of the cardio fitness area.

After I worked in **China** for 3 years as a coach in youth football.

In 2019 I was in **Africa Cup of Nations (CAN 2019)** with the **National Team of Guinea Bissau** as fitness coach of the team.

Recently, I was head coach in a first division in **Gozo / Malta**.



<p>2017/18 UEBABA Football Association of Leiria (Portugal)</p>	
<p>2014/15 UEFA C Football Association of Leiria (Portugal)</p>	
<p>2012/14 Master Degree on Education of Physical Education to Elementary and High School FCDEF, Coimbra (Portugal)</p>	
<p>2008/12 Degree on Sports and Physical Education Sciences FCDEF, Coimbra (Portugal)</p>	
<p>2012 Orientation and Management of physical and sportive exercises. IDJP, Lisbon (Portugal)</p>	
<p>2015 Attending the "IXX Seminar of technical Football and indoors football" with "we can learn how to train" Fotball Association of Leiria (Portugal)</p>	

<p>2021 Head Coach Sannat Lions FC First Division Gozo - Malta Responsible for the planning, leading and evaluation of the training sessions</p>	
<p>2019 - 2020 Fitness Coach Guinea Bissau National Team Guinea Bissau Assist in the planning, leadership and evaluation of training sessions</p>	
<p>2019 Fitness Coach Guinea Bissau National Team Africa Cup Nations 2019 Cairo Egypt Assist in the planning, leadership and evaluation of training sessions</p>	
<p>2018 - 2019 Assistant coach A.D. Oliveirense National Senior Championship Porto Portugal Assist in the planning, leadership and evaluation of training sessions</p>	
<p>2016 - 2018 Head coach Devexplorer Football Club Gaoxin Number One Under 17 China Xian Responsible for the planning, leading and evaluation of the training sessions</p>	
<p>2015 - 2016 Head coach Devexplorer Football Club Under 7 and Under 8 China Xian Responsible for the planning, leading and evaluation of the training sessions</p>	
<p>2014 - 2015 Head coach Grupo Recreativo Amigos da Paz (GRAP) Under 11 Leiria Portugal Responsible for the planning, leading and evaluation of the training sessions</p>	

JOÃO MOREIRA

professional experience

2013 - 2014

Head coach Grupo Recreativo Amigos da Paz (GRAP) Under 13

Leiria Portugal

Responsible for the planning, leading and evaluation of the training sessions



2011 - 2012

Cardio Fitness and Body Building Teacher.

Main Teacher of the Cardio section

Feira de Santana Bahia, Brazil



JOÃO MOREIRA

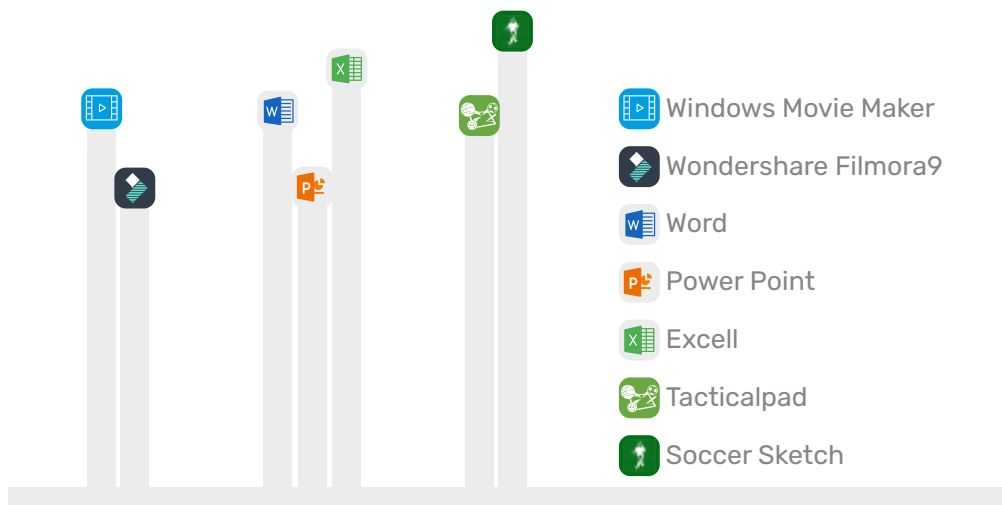
Scientific Publications

Moreira, J 2014 Essay about the Probation Degree Developed on school EBI/JI Prof DR Ferrer Correia with class 9 °G during the school year 2013 2014 University of Sports and Physical Education Sciences University of Coimbra, Portugal.

https://estudogeral.sib.uc.pt/bitstream/10316/27992/1/Rel_Estg1314_Jo%C3%A3o_Moreira.pdf

JOÃO MOREIRA

It Literacy



The frequent use of the computer allows me to make databases, correlations, dynamic presentations or digital training and various documents in any format.

JOÃO MOREIRA

football coach



Head Coach of the team U 17 Devexplorer Football Club 2016 / 2018



*Ad Oliveirense
Assistant Coach
2018/2019*

JOÃO MOREIRA

football coach



National team - Guiné Bissau - 2019



2° Game CAN 2019 - Guiné Bissau - Benin



2° Game CAN 2019 - Guiné Bissau - Benin



Fitness Coach in the National team of Guiné Bissau - CAN - 2° game 2019



Fitness Coach in the National team of Guiné Bissau - CAN - Pré jogo 2019



<p>2008 - 2009 Grupo Desportivo Guiense Division of Honor A.F.Leiria - Portugal</p>	
<p>2007 - 2008 Alqueidão da Serra Division of Honor A.F.Leiria - Portugal</p>	
<p>2006 - 2007 Grupo Desportivo da Caranguejeira Third National Division F.P.F - Portugal</p>	
<p>2005 - 2006 União Desportiva de Leiria First Nacional Senior Division F.P.F - Portugal</p>	
<p>2003 - 2005 União Desportiva de Leiria National Championship Under 17 F.P.F - Portugal</p>	
<p>2001 - 2002 União Desportiva de Leiria National Championship Under 16 F.P.F - Portugal</p>	

JOÃO MOREIRA

Achievements

CAN 2019 participation



Clearance for groups pool 2022



JOÃO MOREIRA

as a player

As a young player I played all my career in the principal club of my home town, União Desportiva de Leiria (UDL), starting at 5 years old. At 18 years old I achieved the Elite professional team competing in the First Division of the Portuguese League. The coach was Vítor Pontes.

I played as a winger on both.

After I left the UDL, I sign for the second best team in Leiria the União Desportiva da Caranguejeira at the time on the 3rd Division in Portugal. I retired as a player with two small clubs form Leiria but I was investing in my academic career, to become a football coach.



Me with Luís Figo in a preparation game for the 2004 European Championship in Portugal.



JOÃO MOREIRA

as a player



Caranguejeira
2005/2006



Alqueidão da
Serra
2007/2008



Alqueidão da
Serra
2007/2008

