

CARLOS SOSA

WORK HISTORY

Head Soccer Coach, 08/2023 to 09/2023

Orlando City South - Sanford, United States

PROFESSIONAL SUMMARY

Experienced Soccer Coach adept at coaching players on how to improve gameplay, maximize agility and increase strength. Oversees team dynamics with practiced eye while maintaining safety and building skills. Offering years of related experience. Skilled Coach specializing in building and overseeing school programs. Background includes classroom instruction and team management. Record-winning history in as both player and coach. Considered valued asset in any sports program. Competent Soccer Coach focused on imparting sportsmanship while developing player talent. Well-versed in reaching out to the community, handling logistics and promoting team spirit. Prepared to offer 20 years of experience to a growth-oriented team. Inspiring Coach bringing extensive experience guiding and mentoring athletes to reach optimum potential. Driven and high-achieving with winning-team seasons throughout career history. Passionate about mentoring athletes to build sustainable training and eating habits.

CONTACT

Address: Orange City, FL 32746 **Phone:** 407-758-2258

Email: carlossosa96@gmail.com

SKILLS

- Player Evaluation
- Behavior Modeling
- Safety Awareness
- Strategic Planning
- Improvement Strategies
- Personal Training Techniques • Exercise Program Implementation

- Promoted love of game by assisting players with understanding positioning, play techniques, and teamwork strategies.
- Improved player behavior through modeling and disciplinary interventions.
- Adopted soccer strategies and tactics to maximize team potential.
- Coordinated game and practice schedules within rigid training timeframes.
- Developed and led age- and ability-appropriate soccer training drills.
- Established individual goals and monitored player performance to support achievement.
- Partnered with other organizations to send domestic players to play

in international soccer competitions.

- Engaged parents, players and staff to maintain open, constructive communications.
- Promoted stretching, mobility work, and proper form to help athletes safely build strength.
- Motivated athletes to become stronger, more agile, and more effective through training habits and proper nutrition.

Orlando City Youth, 07/2021 to 05/2023

OCYS - Sanford, Florida

- Accomplished multiple tasks within established timeframes.

EDUCATION

Criminal Justice

Phoenix Academy School - Florida

Body Design

College of Efficient Football (Soccer) - ONLINE

CERTIFICATIONS

Certification On Body Map

Personal Trainer

Barca Innovation Training

ConmeBol C AND B License

ConmeBol A license in progress

ADDITIONAL INFORMATION

Professional Teams play for it:

- River Plate Montevideo Uruguay
- Colon FC Montevideo Uruguay
- San Miguel Artigas Uruguay
- Club Deportivo Balboa Semi Pro New Jersey

LANGUAGES

English

Professional Working

Spanish

Native or Bilingual