

PORTFOLIO PROFESIONAL

Miguel Llorente

ENTRENADOR DE FÚTBOL PROFESIONAL
COACHING DEPORTIVO



- I am a professional football coach with 16 years of experience in youth, men's, and women's football, having worked with clubs such as F.C. Barcelona, Deportivo La Coruña, and Castellón.



Teléfono

+34670015290



Email

miguelllorent@gmail.com

My approach combines the development of individual and collective talent, promoting autonomy, confidence, and enjoyment. I believe in a style of play based on purposeful possession, cooperation, and an understanding of space-time to build cohesive and adaptable teams.

My goal is to continue growing within a competitive project and to contribute my experience toward achieving long-term sporting objectives.



Career / Clubs



CD Castellón / 1RFEF

Assistant Coach
2022/2023



- Deportivo Abanca / Reto Iberdrola

Head Coach
2021/2022



- F.C. Barcelona

- FCB Femení B / Reto Iberdrola**

Head Coach
2020/2021



Assistant Coach

2017/2018, 2018/2019, 2019/2020



- Barça Academy

2013/2016

- CE Europa

2007/201



Philosophy

■ My philosophy is grounded in a flexible and adaptive approach, where the playing system (usually a 4-3-3) serves as a starting point rather than a fixed structure. I don't see systems as immovable elements; instead, I believe the key to success lies in how players connect with one another based on the ball's position, rather than always focusing solely on the goal. My aim is to encourage an understanding of collective play, fostering cooperation and mutual awareness among players, which enables them to adapt to the changing dynamics of the game.

In my training methodology, I frequently use rondos, positional games, situational drills, and conditioned matches. In my view, these tools allow players, both with and without the ball, to understand the game situation and make decisions based on the specific moment and context.

This approach promotes player autonomy, fostering confidence in their ability to act effectively and adaptively on the field. By encouraging tactical independence and a deep understanding of the game, we aim to build a cohesive team that can quickly respond to the various demands of each match.



Football Coach Level III
2015



NLP Practitioner
Institut Gestalt
2014



Sports Coaching and Leadership
Institut Gestalt, Barcelona, 2013



**Coach Training Course: Level
I / Level II
Methodology and Tactics**



2023



**Founder / CEO
AcademiaEntrenamientoCircular**



Academia Liderazgo para
entrenadores / formación online

Playing Idea: When We Have the Ball

2

Creation of Superiority:

Generating superiority, both numerical and positional, is key to unbalancing the opponent. We aim to create advantageous situations in different areas of the field, facilitating passing options and generating spaces to progress and attack more effectively.

1

Take the Initiative Through Ball Possession:

Controlling the game through possession is essential to impose our rhythm and style. Keeping the ball not only wears down the opponent but also allows our players to find optimal moments to create attacking opportunities, maintaining the initiative in every phase of the match.

3

Good Relationship Distances:

Maintaining optimal distances between players ensures a balanced structure, allowing for secure and quick passing options. This not only facilitates possession and orderly progression but also provides a solid foundation for effective pressing after losing the ball.

+

4

Different Heights:

Arranging players at different heights on the field provides versatility and depth to our game. By positioning players in distinct lines and areas, we generate vertical and diagonal passing options, facilitating ball circulation and increasing our chances to progress and surprise the opponent.



1

Immediate Pressure After Losing the Ball:

Our goal is to quickly regain possession by applying immediate and organized pressure after losing the ball. This limits the opponent's options, reduces the space and time they have to organize, and allows the team to recover possession in advanced areas, thus minimizing the risk of a defensive transition.

3

Control of Passing Lines and Defensive Superiority:

We aim to block the opponent's key passing lines and position ourselves to create defensive superiority in the most vulnerable areas. This minimizes the chances of the opponent finding attacking options while always maintaining one more player in critical zones.

Playing Idea: When we DO NOT have the ball

2

Guiding the Opponent to Less Dangerous Areas:

Through coordinated pressure and intelligent space occupation, we direct the opponent toward areas of the field where their threat diminishes. This limits their options and forces them to play in less threatening zones, facilitating our recovery of the ball under favorable conditions.

+

4

High Pressure from the Start of the Opponent's Play:

Our team applies structured high pressure from the beginning of the opponent's play, especially during their buildup from the goalkeeper. This forces the opponent to make quick and often erratic decisions, hindering their ability to build play and increasing our opportunities to regain possession in advanced areas where we are most dangerous.



How We Train

1

Regular and Consistent Use of Decision-Making Tasks with the Ball Always Present:

In each training session, I incorporate activities that require players to make decisions in real time, ensuring that the ball is always present. This allows them to develop their ability to read the game and react effectively to different situations.

3

Games to Foster Player Relationships at the Start of the Session:

At the beginning of each session, I include games that promote relationships and interaction among players. These activities help build group cohesion and establish an environment of trust and collaboration from the outset.

2

Cooperation and Self-Organization as Key Points:

I design tasks where cooperation and self-organization are essential. I foster an environment in which players take responsibility for their own learning and collaborate with one another to find solutions to the problems that arise during the game.

4

Constant Variability in Task Elements:

I maintain constant variability in the elements of the tasks—such as dimensions, number of players, and instructions—without changing the structure of the tasks themselves. This ensures that players remain challenged and engaged, allowing them to adapt to different situations and contexts.

Standard training template

DÍA -2

Objetivo de la sesión: Salida de balón / Presión vs Alavés.

TASK 1:

Activation Game.

Strength Circuit + Ball on the Return

Duration: 7 min

TASK 2.

Rondo 4x2.

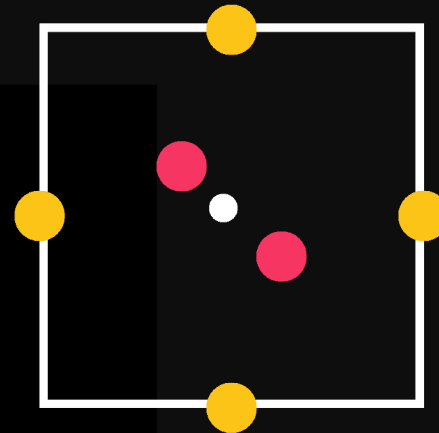
CB: Players participating outside the space aim to maintain possession of the ball.

1 or 2 touches, depending on the distance from the opponent and our intent.

SB: Recover as quickly as possible.

Recovering means regaining possession of the ball, which will be achieved by connecting with any of the outside players.

Duration: 7 min. / 2 sets



TASK 3:

Positioning Game 6x6+1 / 3 Teams / 3 Zones

CB: The team with the ball must successfully change the ball and connect with the opposing team without the ball being intercepted by the recovering team.

The positioning on the field will be according to roles, involving:

LI, CI, CD, LD, PIV 1, PIV 2 + Joker.

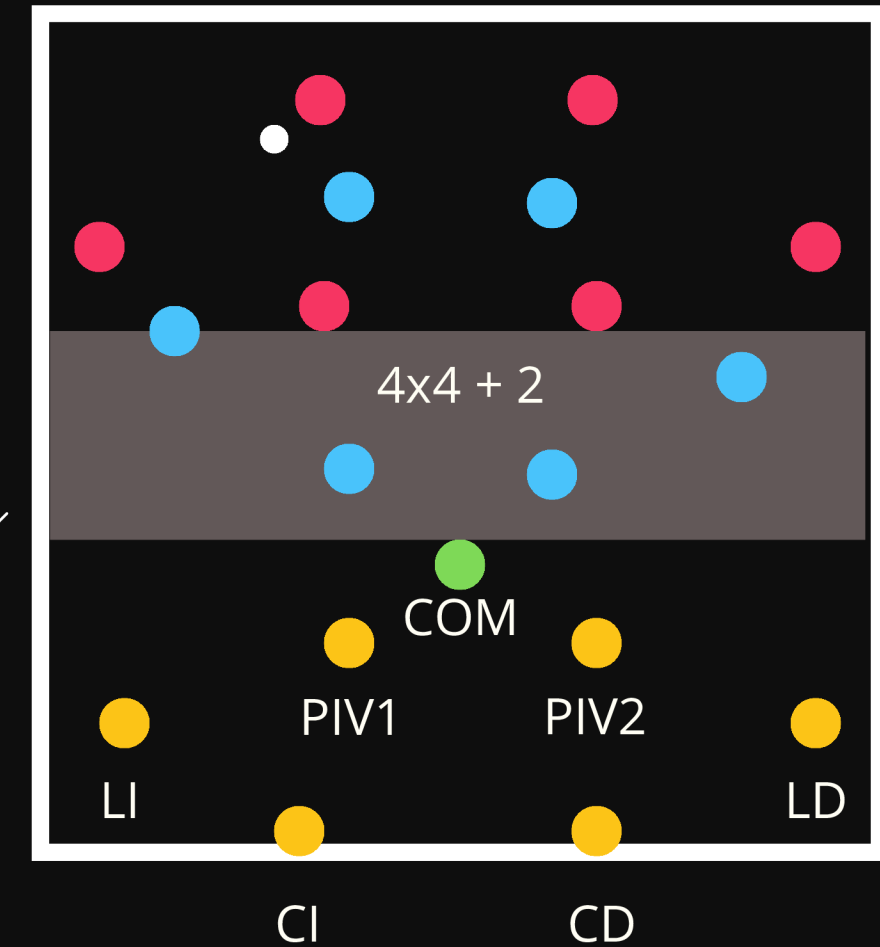
****SB:**** Recover as quickly as possible.

Taking into account the pressure from the opposing team, they will press with their two forwards and two wingers against our full-backs.

As the task is bidirectional, we will practice ball progression in a duplicated manner.

If the team in the central zone recovers the ball, they will play with the team at the opposite end and transition to regain possession.

Duration: 14 min. / 2 sets



TASK 4:

Reduced Game 6x6 + 3

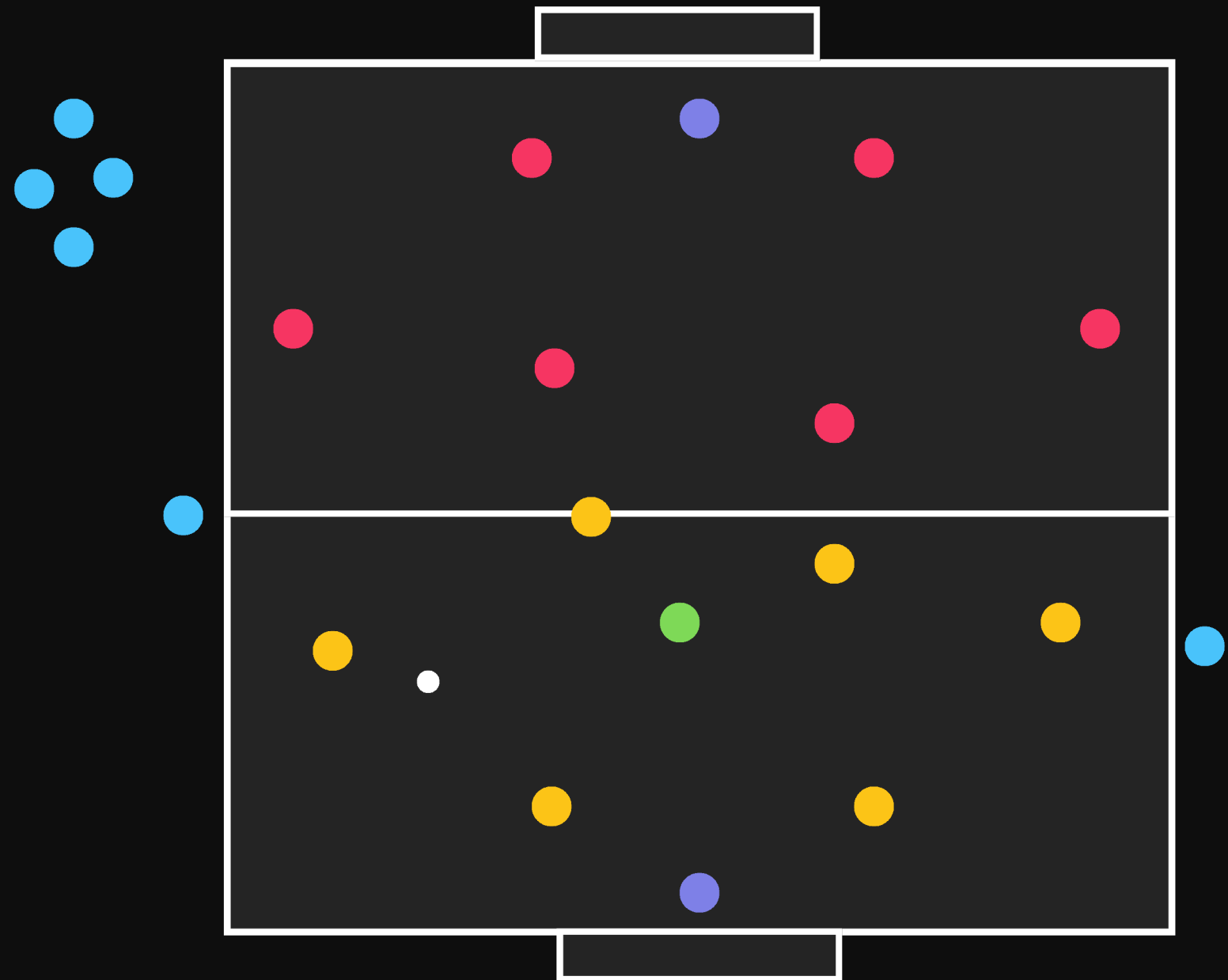
Game Format: Double area 6x6 + 3 jokers, one of whom plays inside and the other two play outside to create a 2x1 advantage on the flanks.

Objective: Practice pressing and ball progression simultaneously.
Equal pressure on center-backs and full-backs. The pivot will have space depending on the 2x1 situation inside.

Scoring: Matches will last 3 minutes or will end when a team scores two goals. The team that is outside will enter.

Format: Triangular. V 3pts

Duration: 22 min.

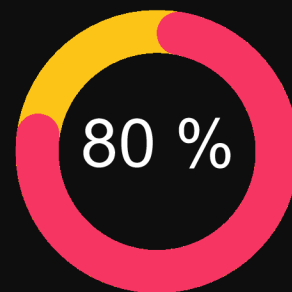


How we train:

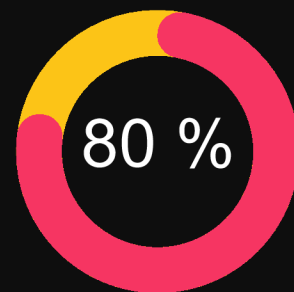
Distribution of tasks in mesocycle



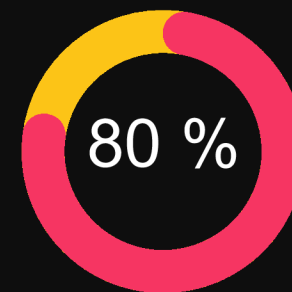
Juegos activación



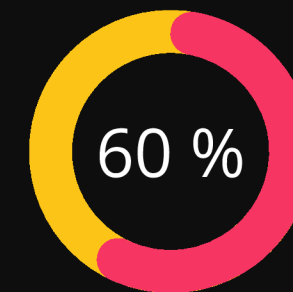
Rondos



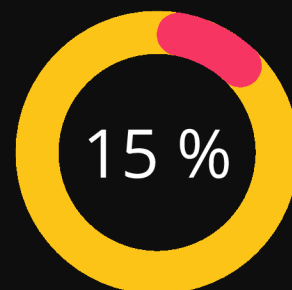
Juegos de posición



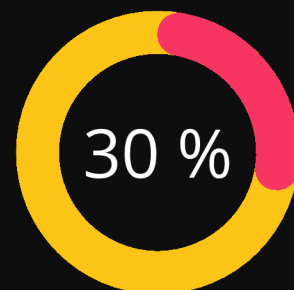
Juegos de ubicación



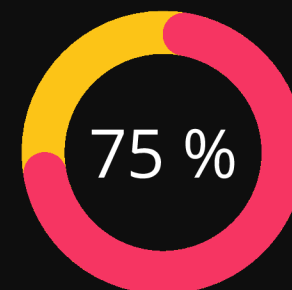
Circuitos



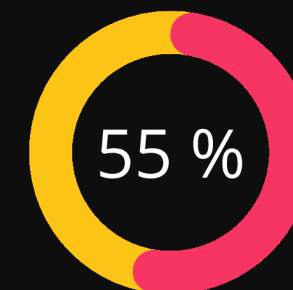
Finalizaciones



Partidos reducidos



Partidos condicionados



How we train:

Videos



■ Weekly Planning.

Day+1	+2	-4	-3	-2	-1	Match
Rest	Recovery (Players with more minutes)	Explosive Strength and Acceleration/De celeration	HSR / Speed	Aerobic Load / Endurance	Load Reduction	
	Compensatory (Players with fewer minutes)	Small-Sided Games	Positional Games (2)	Positioning Games with High Transfer to the Match	Match Simulation with Ball and Without Ball	
	Part of the training is done collectively.	Rondos and JDP (Juego de Posición) dividing the group into 2 or 3.	Positional Games with the Objective of Our Own Playing Model	Positioning Game 11x11 or Close to This Number / Reduced Matches Similar to Competitive Reality	Set pieces	

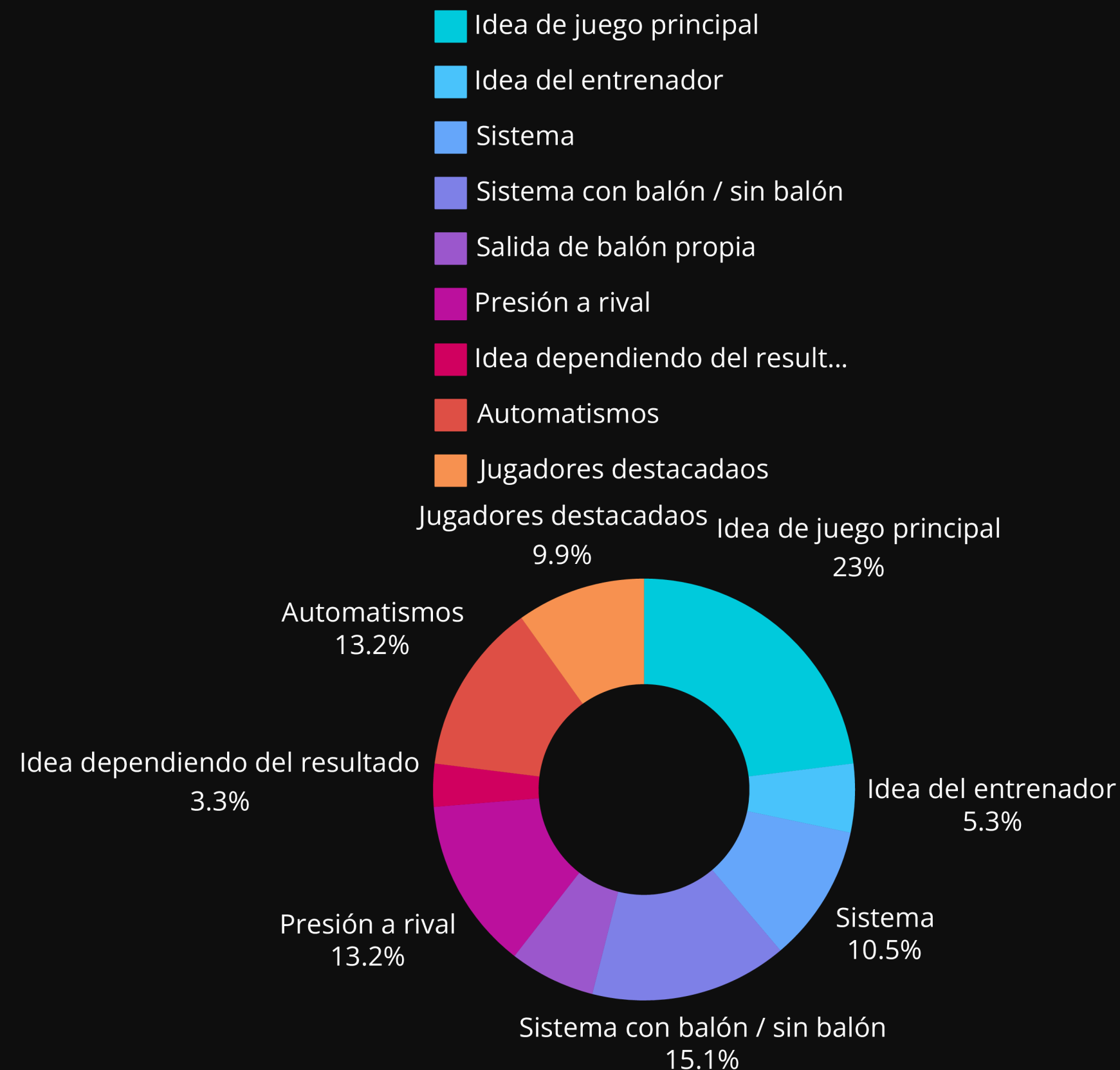


Opponent Analysis in %

Opponent analysis is important but not definitive:

Observing the opponent provides valuable information about their strengths, weaknesses, patterns of play, and possible behaviors. However, analysis should not become the sole focus or a limitation. It is essential to prepare the team to adapt to the circumstances of the game in real-time, without losing their identity or style. Knowledge of the opponent helps anticipate scenarios, but the team's performance will ultimately depend on its ability to play proactively, true to its own plan, and flexibly on the field.

In my view, the key lies in knowing what they will do against a team that plays with the same ideas we do. The percentage of attention given to each factor defines the importance we assign to it.



+ Management of Staff and Locker Room. Emotions make the difference.



Above all, the team comes first: Cohesion and collective commitment are the essence of success. Beyond individual talents, the team functions as a whole, and each player must understand that their role, while unique, always contributes to the common good of the group. Unity and personal sacrifice for the benefit of the team make a difference in collective performance.

The players are the protagonists; the game is theirs: In every training session and match, players must feel like the true owners of their performance. They are the ones making decisions on the field and expressing their talent, so the coach's role is to guide them and provide the space for them to develop their potential and autonomy within the game.



Having fear is the main enemy of the coach: A coach who acts out of fear of making mistakes or failing limits their ability to innovate and make bold decisions. The fear of error not only affects the coach but also influences the confidence of the players. Therefore, it is essential to act with confidence and be resilient in the face of challenges.

The goal of a coach is to be dispensable: The ultimate aim of a good coach is to ensure that the team functions autonomously, where players have the ability to make decisions and solve situations without relying on external instructions. By fostering autonomy in their players, the coach fulfills their purpose, achieving a self-sufficient and resilient team.

Proposing instead of imposing:

Training is based on proposal, not imposition. It is important for players to understand and take ownership of the coach's ideas by actively participating in the process. By proposing, an atmosphere of openness and learning is created in which the player is involved in the process and feels motivated to contribute their own ideas.

The coach must accompany and support:

The coach's role is not just to give instructions but to accompany players in their development, guide them, and provide constant support. A present and approachable coach helps each player feel confident and backed, especially during difficult moments.



Interpersonal Skills

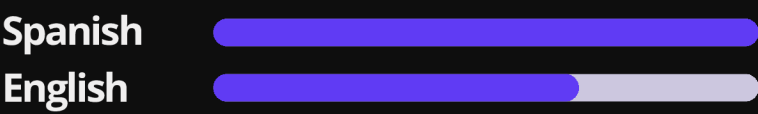
- **Leadership:** The ability to guide and motivate players, establishing an environment of respect and collaboration within the team.
- **Adaptability:** The ability to adjust to changing situations in the game, as well as to the individual needs of each player.
- **Effective Communication:** The ability to convey ideas, instructions, and feedback clearly and constructively, both to players and to other coaching staff members.
- **Teamwork:** Fostering cooperation and cohesion both on and off the field, creating a united and collaborative group.
- **Empathy:** Understanding and addressing the emotional needs of players, helping them feel valued and supported.
- **Conflict Resolution:** The ability to manage and resolve differences peacefully and effectively, maintaining a positive environment within the team.
- **Pressure Management:** The ability to make decisions under pressure and maintain composure, conveying confidence to the team in high-demand situations.

Technical-Tactical Skills

- **Tactical and Technical Analysis:** The ability to evaluate both the performance of one's own team and that of the opponent, identifying strengths, weaknesses, and areas for improvement.
- **Training Planning:** Experience in designing effective and dynamic training sessions tailored to short- and long-term objectives.
- **Physical Load Management:** Knowledge in physical preparation to schedule the appropriate workload and prevent injuries.
- **Game Strategy and Tactical Adaptation:** The ability to develop a style of play and adapt to different formations and strategies based on the opponent and the context of the match.
- **Individual Player Development:** The ability to identify and work on areas of improvement for each player, enhancing their skills and confidence.
- **Use of Technology in Sports:** Proficiency in analysis tools and sports software (such as GPS, video analysis) to maximize performance and strategic planning.
- **Innovation in Training Methodologies:** The ability to integrate innovative training methods tailored to the holistic development of players.

Habilidades Profesionales

Languages



Scouting Software



Editing Software



Productivity Software



Media.



Ruedas de prensa F.C. Barcelona



Play Fútbol SER Catalunya



Ruedas de prensa R.C. Deportivo de La Coruña



Inside kings



Barça TV



Inside podcast



Congreso Be Magistral 2024



Führung



Other Projects:

Entrenamiento Circular Academy

The Entrenamiento Circular Academy is a personal and independent project.

An international online training program for football coaches, it focuses on sports leadership applied to the game model.

Over the course of 3 years, the program builds essential competencies in self-awareness, communication, motivation, productivity, and personal branding. These skills enable coaches to connect with their players, influence effectively, and support their growth both on and off the field.

With a community of over 7,000 coaches, the project offers a monthly newsletter and courses that provide practical, up-to-date tools for implementing a complete and coherent game model.

ACADEMIA ENTRENAMIENTO CIRCULAR



www.thecirculartraining.es

Other Projects:

Podcast El Camino del Entrenador

"El Camino del Entrenador" is a podcast designed for coaches who want to delve deeper into sports leadership. For over 4 years, the project has featured guests from the professional and high-performance sports world, who share their experiences, lessons, and insights. Through these conversations, listeners gain valuable, practical information they can directly apply to team development and management.



Cap. 07
**Xavi
Lucas**
La Exigencia

