

CURRICULUM VITAE



PERSONAL INFORMATION

Name and Surname **LUCA BELLINI**
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Nationality Italian
Date of birth 10-06-1983

WORK EXPERIENCE

- Dates (from – to) 2007- Up to the present
 - Employer's name and address Fondazione Suore Orsoline di San Carlo, Saronno (VA), Via San Giuseppe 61
 - Business or sector Comprehensive highschool with 5 specialisms.
 - Type of business Physical education and sports teacher (for the classes included in the Gelmini reform)
 - Main activities and responsibilities From 2007 to 2008 substitute teacher, from September 2008 tenured teacher
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- Dates (from – to) 2016-Up to the present
 - Employer's name and address Allenatore.net
 - Business or sector Web-site specialized in Soccer publications
 - Type of business Article writer
 - Main activities and responsibilities Responsibile for the section "Tactics: a construction procedure" regarding the analysis of the tacticts by the most important professional coaches of the main nationa and European teams

- Dates (from – to) 2015-Up to the present
 - Employer's name and address M.I.U.R. – Universty e-Campus
 - Business or sector Faculty of Psychology — Course in Motor Sciences and Sports
 - Type of business Cult member
 - Main activities and responsibilities Cult member for the subjects related to the motor area of the Course in Motor Sciences and Sports of the Faculty of Psychology
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- Dates (from - to) 2014-Up to the present
 - Employer's name and address A.S.D. Speranza Agrate, Agrate (MB)
 - Business or sector Amateur Soccer Club acknowledged by F.I.G.C.
 - Type of business Coach of the Juniores Team
 - Main activities and responsibilities Responsible for the technical management of the team “Regional Juniores – Section B” from October 2014
From September 2016 promoted to category “Regional Section A” after winning the Play-Off of the season '15-16
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- Dates (from - to) 2012- Present
 - Employer's name and address A.S.D. Fly Dance Studio, Baranzate (MI)
 - Business or sector Dance Amateur Sport Association acknowledged by F.I.D.S. and C.O.N.I.
 - Type of business “Health & Safety Promotion” and “Lifespan Development in Dance” Tutor
 - Main activities and responsibilities Approved Tutor Responsible for Training courses for the sections “Health & Safety Promotion” unit 2 DDI and “Lifepsan Development in Dance” unit 3 DDE for the I.S.T.D. (Imperial Society of Teachers of Dancing based in London, and operating at A.S.D. Fly Dance Studio.
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- Dates (from – to) 2015-2016
 - Employer's name and address M.I.U.R – Regional School Office for Lombardy
 - Business or sector High school – I.I.S.S. “G.L. Lagrange”, Milano
 - Type of business Physical education and Sports teacher at the Scientific High School of Applied Sciences with Sports Specialism and at the polytechnic institute
 - Main activities and responsibilities From 21-9-15 substitute teacher until June 30th 2016
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- Dates (from – to) 2014-2015
 - Employer's name and address M.I.U.R – Regional School Office for Lombardy
 - Business or sector Secondary School, I.C. “Gianni Rodari”, Baranzate (MI)
 - Type of business Physical education and sports teacher
 - Main activities and responsibilities From 30-9-14 substitute teacher until June 30th, 2015
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- Dates (from – to) 2012-2014
 - Employer's name and address M.I.U.R. – University of Insubria, Varese (VA)
 - Business or sector Faculty of Medecine and Surgery of Varese – Department of Surgical and Morphological Sciences – Course in Motor Sciences and Sports
 - Type of business Appointed teacher
 - Main activities and responsibilities Teacher of the course “Theory, Technique and Teaching of Individual and Team Sports 2 – Soccer Module: Theory, Technique and Teaching (“Team A)

- Dates (from – to) 2008-2010
 - Employer’s name and address C.O.N.I., Milan Provincial Committee (MI)
 - Business or sector Comprehensive school “Italo Calvino”, Via Scialoia, Milano
 - Type of business Sports instructor
 - Main activities and responsibilities Responsible for the implementation of the projects: “Game Sport” for the primary school and “Global motor activity in the context of Junior Games (Giochi della Gioventù)” for the secondary school.
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- Dates (from – to) 2006-2008
 - Employer’s name and address “Thema” s.r.l., Milan (MI)
 - Business or sector Pre-primary School “Maria Immacolata”, Novate Milanese
 - Type of business Psychomotoricity Instructor
 - Main activities and responsibilities Responsible for all the psychomotoricity activities (children of the 3 age ranges attending the school)
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- Dates (from - to) 2013-2014
 - Employer’s name and address A.S.D. Uboldese 1946, Uboldo (VA)
 - Business or sector Amateur Soccer Club acknowledged by F.I.G.C.
 - Type of business Coach of the Juniores Team
 - Main activities and responsibilities Responsible for the technical management of the team “Regional Juniores – Section A” from December 2013
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- Dates (from - to) 2011-2012
 - Employer’s name and address A.C. Monza Brianza, Monza (MB)
 - Business or sector Professional Soccer Club acknowledged by F.I.G.C.
 - Type of business Goalkeeper trainer
 - Main activities and responsibilities Instructor at the “Goalkeepers school” for the athletes of the years 2004-1995 registered at the amateur clubs affiliated to the A.C. Monza e Brianza
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- Dates (from - to) 2012-2013
 - Employer’s name and address A.S.D. Real Cadorago Calcio, Cadorago (CO)
 - Business or sector Amateur Soccer Club acknowledged by F.I.G.C.
 - Type of business Athletic trainer
 - Main activities and responsibilities Responsible for the training of the first team enrolled for the II Category championship
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- Dates (from - to) 2012-2013
 - Employer’s name and address A.C. Garibaldina, Milano (MI)
 - Business or sector Amateur Soccer Club acknowledged by F.I.G.C.
 - Type of business Goalkeeper trainer
 - Main activities and responsibilities Responsible for the specific training of goalkeepers playing in the teams of the pre-agonistic categories (Beginners and Spring-chicken)

- Dates (from - to) 2011-2012
 - Employer's name and address A.C. Senago Calcio, Senago (MI)
 - Business or sector Amateur Soccer Club acknowledged by F.I.G.C.
 - Type of business Coach of the Juniores Team
 - Main activities and responsibilities Responsible for the technical mentoring of the teams of the category "Juniores Responsabile della guida tecnica per la squadre della categoria "Regional Juniores – Section B"
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- Dates (from - to) 2010-2011
 - Employer's name and address Pro Novate A.C.D., Novate Milanese (MI)
 - Business or sector Amateur Soccer Club acknowledged by F.I.G.C..
 - Type of business Coach of the Juniores Team and Technical Collaborator for the first team
 - Main activities and responsibilities Responsible for technical mentoring of the teams of the category "Provincial Juniores " from February 2011, and technical collaborator for the first team enrolled for the III Category championship from the same month.
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- Dates (from - to) 2006 -2011
 - Employer's name and address Pro Novate A.C.D., Novate Milanese (MI)
 - Business or sector Amateur Soccer Club acknowledged by F.I.G.C.
 - Type of business Goalkeeper trainer and consultant for technical training
 - Main activities and responsibilities Responsibile for the specific preparation of goalkeepers in the competitive age range (over 12) and consultant for the technicians regarding the athletic training of all the teams included in the competitive sector, including the first team. My activities covered the Under 25 categories in the season 2006-2007 and the Giovanissimi A 1993 as well, which won their championship in the season 2007-2008
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- Dates (from - to) 2008-2009
 - Employer's name and address A.C. Baranzate , Baranzate (MI)
 - Business or sector Amateur Soccer Club acknowledged by F.I.G.C.
 - Type of business Goalkeeper trainer and Coach of the team of the Giovanissimi A category
 - Main activities and responsibilities Responsible for the specific preparation of goalkeepers for the first team, enrolled in the "First Category" championship and for the "Regional Juniores section B" team. Coach of the "Giovanissimi A" category team
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- Dates (from - to) 2005-2006
 - Employer's name and address C.S. "Le Tuberose", Milano (MI)
 - Business or sector Course management at Le Tuberose Sporting center
 - Type of business Sport instructor
 - Main activities and responsibilities Responsible for the Soccer, Athletics and Multisport (handball, volleyball, basketball and soccer) for children from 5 to 10.
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- Dates (from - to) 2003-2005
 - Employer's name and address Centro Sportivo Universitario Milanese, Segrate (MI)
 - Business or sector Management of sport courses at C.U.S. ,Milan
 - Type of business Sport instructor
 - Main activities and responsibilities Responsible for the 5-a-side soccer course Responsabile dedicated to university and C.U.S. member students

- Dates (from - to) 2004-2006
- Employer's name and address Centro Sportivo Universitario Milanese, Segrate (MI)
- Business or sector Management of sport courses at C.U.S. ,Milan
- Type of business Sport instructor
- Main activities and responsibilities Responsible for motor activity at summer campus organized by C.U.S. for the children of the employees of the University of Milan

- Dates (from - to) 2003
- Employer's name and address INSport Milano
- Business or sector INSport Milano
- Type of business lifeguard
- Main activities and responsibilities Lifeguard at the idropark fila (artificial lake in Milan) during the summer season

EDUCATION AND TRAINING

- Dates (from - to) 2011-2012
- Education or training organization's name University of Milan
- Main subjects covered / professional skills acquired Course in Active Training Apprenticeship – Contest Class A-029 – Physical education in schools and in high schools
Teaching of Motor Activity Didactics in High School and Ordinary and Special Pedagogy, Teaching of “unconventional” disciplines and Methodologies for Assessment in schools
- Qualification obtained Licence for teaching Physical Education in Schools and in high schools
Trickle-down licence for teaching Sports and Motor Sciences in secondary schools (contest class A-030)
- Mark or level Licence mark 97/100 obtained with the thesis “Competence in the context of Health and Wellness, Safety and Prevention in two high school third classes” Mentor: Professor Invernizzi Pietro Luigi

- Dates (from - to) 2006-2008
- Education or training organization's name University of Milan, Motor Sciences Faculty
- Main subjects covered / professional skills acquired Degree in Sport Science (Class 75/S – Sport Science and Technique)
In-depth knowledge of Team Sport Science (exam passed with 27/30 mark), training apprenticeship on soccer theory, technique and teaching at Atlanta B.C. (pre-agonistic section teams) and at A.C. Pro Sesto (Junior Athletes and Agonistic section teams) soccer clubs. In-depth knowledge of physical training and workout organization and planning (exam passed with 27/30 mark), in-depth knowledge of Functional Assessment (exam passed with 30/30 mark)
- Qualification obtained Degree in Sport Science
- Mark or level Master's Degree mark 110/110 full marks and honour with the thesis “Study of goalkeeper tactics on inactive ball“ Mentor: Professor Arcelli Enrico; Assistant Supervisor: Professor Musicco Alessandro

- Dates (from - to) 2002-2006
- Education or training organization's name University of Milan, Motor Sciences Faculty
Bachelor's Degree in Motor and Sport Science (Class 33 – Motor Sciences)
- Main subjects covered / professional skills acquired Basic knowledge of the following disciplines: Volleyball (exam passed with 30/30 and honour), Basketball (exam passed with 26/30 mark), Fencing (exam passed with 26/30 mark), Swimming (exam passed with 27/30 mark), Rugby (exam passed with 27/30 mark) Handball (exam passed with 28/30 mark) and Athletics (exam passed with 24/30 mark). Exam in Theory and Methodology of human movement passed with 30/30 and honour.
- Qualification obtained Ph. D. in Motor and Sport Science
- Mark or level Doctorate mark 99/110 with the thesis "Goalkeepers: a question of technical and coordination skills or of morphological and functional features?" Mentor: Professor Torri Luciano
- Dates (from - to) 2012
- Education or training organization's name "Guglielmo Marconi" University, Rome
Master's Degree in "Motor activities in the developmental age"
- Main subjects covered / professional skills acquired In-depth analysis of the themes related to the development of motor skills in children from 6 to 14 years old, physical features that can be trained along the developmental age, sport educational contribute, physical education in differently-abled pupils evolutionary process, physical training, body schema definition and concept development, sport and sport activities, physical training regulations, elements of general and metacognition didactics.
- Dates (from - to) 2012
- Education or training organization's name F.I.G.C. – Technical Section
U.E.F.A. – B Coach course
- Main subjects covered / professional skills acquired Licence to manage the technical aspects of all the first teams of the Amateurs League, of amateur regional juvenile teams, and national teams except for the Under 21 (*Primavera n.d.t.*) category.
- Qualification obtained Basic Coach –U.E.F.A. B Degree– Enrollment n°115713
- Mark or level 116/140 mark
- Dates (from - to) 2012
- Education or training organization's name I.S.T.D.
Imperial Society of Teachers of Dancing
- Main subjects covered / professional skills acquired Licence to teach the subjects treated in Unit 2 (*Promotion Health & Safety in Dance*) of the I.S.T.D. course "Foundation in Dance Instruction" in Dance Teachers international training centers
- Qualification obtained Tutor in Promotion Health & Safety in Dance

- Dates (from - to) 2012
- Education or training organization's name I.S.T.D.
Imperial Society of Teachers of Dancing
- Main subjects covered / professional skills acquired Licence to teach the subjects treated in Unit 3 (Lifespan Development in Dance") of the I.S.T.D. "Foundation in Dance Instruction" in Dance Teachers international training centers
- Qualification obtained Tutor in Lifespan Development in Dance

- Dates (from - to) 2011
- Education or training organization's name C.O.N.I. e F.I.G.C. (Legnano Committee)
C.O.N.I-F.I.G.C. Course
- Main subjects covered / professional skills acquired Learning of the basic concepts and knowledges about soccer training for the Juvenile and School Section of the F.I.G.C. (under 13) with special attention to the concepts of movement and physical training, and basic motoricity concepts, aimed at basic soccer gestures education.
- Qualification obtained C.O.N.I. – F.I.G.C. Instructor for Soccer School

- Dates (from - to) 2005
- Education or training organization's name F.I.G.H.
Acknowledgement of the credits obtained with the Handball course held at the Motor Sciences Faculty of the University of Milan
- Main subjects covered / professional skills acquired Permit to manage the technical aspects of Under 16, Under 18/F, Under 19/M, serie C/M and B/F category teams
- Qualification obtained I level coach – Enrollment n°: 00991971

- Dates (from - to) 2003
- Education or training organization's name Società Nazionale di Salvamento (*National Rescue Society*),
Course for the qualification in Rescue Service
- Main subjects covered / professional skills acquired Learning of the knowledge and skills enabling to perform the activity of lifeguard in swimmingpools and free water
- Qualification obtained Lifeguard

PERSONAL SKILLS

Acquired during the lifespan and through the career, but not necessarily certified by official qualifications.

MOTHERTONGUE

ITALIAN

OTHER LANGUAGE(S)

ENGLISH

- Reading
- Writing
- Spoken production

ELEMENTARY
ELEMENTARY
ELEMENTARY

COMMUNICATION SKILLS

- Speaker at Milan AIAC updating event "Technical Tactical Training

Living and working with other people, in a multicultural environment, holding a job where communication is important and in situations where team work is essential (eg. Sport or culture)

ORGANIZATIONAL / MANAGERIAL SKILLS

Eg. Management of human resources, projects or budgets on the workplace or in voluntary work (eg. Culture, sport), at home, etc.;

and Conditional Training: a possible bond” held in Milan on September 26th, 2016 (26-9-16)

- Speaker at the conference “The metabolic power of soccer and the use of GPS – from a match assessment to training suggestions” organized by the association *calcisticamente.com* and held in Santena (TO) on 2016/09/07
- Speaker at Milan AIAC updating event on the occasion of the 50th anniversary of the AIAC foundation “Technical Tactical Training and Conditional Training: a possible bond” held in Verano Brianza (MB) on 2016/04/18
- Speaker at the VIIth National D.M.S.A. (Doctor in Movement Science Association) Convention, in the School Area, with the speech “Health and wellness competences in a highschool third class” held on 2015/10/3-4
- Speaker at the 1° Clinic organized by Pavia A.I.A.C. (Broni, 2015/04/23) with the speech “Methodology and teaching of the technique, tacticts and training fundations in modern soccer: physical training in team layout”
- Speaker at the Roncalli Amateur Soccer Club meeting (Legnano 2015/04/17) with the speech “Management of the passage from the School Yourth Section to the Agonistic Youth Section”, providing an insight in the methodological aspects of the management of athletes playing in “esordienti” (beginners) teams, with a view to their passage to the “giovanissimi”(youth league) category
- Speaker at the Training Meetings held at the Rondinella Amateur Sport and Soccer Associations (Sesto San Giovanni, 2014/12/12) and at Roncalli Soccer Club (Legnano 2015/02/10) with the speech “Which methodology for a soccer school!? From theory to implementation suggestions”, providing an insight on the methodological subjects to be used for teaching soccer to the teams playing in the School Youth Section league.
- Assistant supervisor at the update meetings organized by Milan A.I.A.C. about “Methodology and teaching of the technique, tacticts and training fundations in modern soccer” held in Vimodrone on March 24th and 31st, 2014 and in Nerviano on April 5th and 12th, 2014 during the lessons held by Professor Luciano Torri (Teaching Training theory and methodology at the Federal Courses for U.E.F.A. – B soccer coaches and Amateur Coaches) and Professor Alessandro Musicco (U.E.F.A. – A Coach and F.I.G.C. collaborator for the national youth teams)

From April 2012 I have been appointed Responsible at a national level for “School and Training” withing the D.M.S.A. (Doctor in Movement Science Association) national association.

On 2016/06/18, I took part to the workshop “Geometric organization” held by *allenatore.net*. The event included 4 sections regarding game organization, leadership, communication and teaching methodology through tactic periodizing.

On 2015/05/30 I took part to the workshop “A new soccer training technique with GPS” edited by Professor Roberto Colli.

On 2013/04/27 I took part to the convention "Low speed strength training, from an initial concept to its implementation on the field. A comparison between theoretical aspects and practical experiences" organized by F.I.D.A.L.

In 2011 I took part to the training course organized by A.C. Milan for "Milan Junior Camp" instructors.

During the academic years 2009-10 and 2010-11 I collaborated with Professor Giampietro Alberti, teaching "TRAINING THEORY AND METHODOLOGY IN INDIVIDUAL SPORTS AND ATHLETIC DISCIPLINES" and "METHODS AND TEACHING IN INDIVIDUAL AND TEAM SPORTS (Soccer, Basketball, Volleyball, Rugby)" with 2 teaching actions in the context of the Masters Degree Course (LM-68) "Science and Tecnique of Sport" at the Faculty of Motor Sciences of the University of Milan. From the academic year 2008-2009 I have been collaborating with professor Alessandro Musicco teaching "THEORY, TECNIQUE AND TEACHING IN TEAM SPORTS" (Soccer module), at the University of Milan, and from the academic year 2011-2012 I have been collaborating with Professor Luciano Torri teaching "THEORY, TECNIQUE AND TEACHING IN TEAM SPORTS" (Soccer module), at the University of Milan, with speaches on methodology, technique and teaching of the goalkeeper role in soccer.

I took part to the convention "Health, prevention and rehabilitation in soccer" held on April 14th-15th, 2007 organized by ISOKINETIC with the patronage of the Faculty of Motor Sciences of the University of Milan.

I took part to the satellite symposium to the convention "Health, prevention and rehabilitation in soccer" of April 14th-15th, 2007 held on 2007/04/16 organized by ISOKINETIC, by the Faculty of Motor Sciences of the University of Milan and by Il Nuovo Calcio

I took part to the convention about accident recovery in young soccer players, held on May 19th, 2003 in Milan, organized by ISOKINETIC in collaboration with Nuovo Calcio newspaper, with the patronage of F.I.G.C.

I have been a member of the 11-a-side university soccer team that took part to the championship for milan universities, and that won the season 2003/2004, taking part to the national phase organized by the Italian University Sport Center.

I played soccer for more than 20 years as a goalkeeper
I practiced swimming and played baseball.

JOB-RELATED SKILLS

With pc, specific equipment, other devices.

Good knowledge of Microsoft Office Power Point, Word, Excel
Good use of the Lagala-Colli software for the analysis of GPS data in soccer
Good knowledge of the LongoMatch application for the video analysis of soccer matches
Good use of Pinnacle Studio video editing software

PUBBLICATIONS

1. "A comparison between the response of professional vs amateur players in team layout and ball possession" by Stefano Martini and Luca Bellini, edited by Alleniamo.com, 2014
2. "Not only a question of method" by Luca Bellini, edited by Alleniamo.com, 2015
3. "They are stronger", suggestion of a series of weekly training sessions to get ready to a match against opponents who are forecasted as favourite, edited by Topallenatori.com, 2015
4. "Analysis and comparison of 2 team layout exercises brought to conclusion through metabolic power", edited by Alleniamo.com, 2015
5. "What to integrate in an integrated exercise – GPS analysis of an integrated exercise", edited by Alleniamo.com, 2016
6. "Tactical or physical exercise? – Comparison and analysis of an exercise for a 4 players defense line, compared to the Functional Model of the player during a match", edited by Alleniamo.com, 2016
7. "Play construction in Ancelotti's Bayern Monaco" – published on Allenatore.net, 2016, magazine n.4

NOVATE MILANESE, September 23rd, 2016

BELLINI LUCA
