

# Jorge Castelo

*Professor / UEFA Instructor / Professional Football Coach*

As an investigator I say that each player and the team are, on the whole, of an infinite complexity. So, whether we like it or not, whatever the possibilities of study and its depth, the football played in the future will not be the same as today's football. Therefore, it is crucial to expand the sources that seek to explain the reality of the game and understand what factors most pressing its structure and functionality in the sense of evolution. Dogmatic knowledge creates constraints to the discovery of reality, slows us down and paralyzes progress, doubt, will consider and determine problems.

## PROFESSIONAL QUALIFICATIONS

- **Ph.D. in Sports Sciences - Football** **1993**
- **UEFA Instructor** **2004**
- **UEFA PRO Coach** **1982**

## EXPERIENCE

### UEFA Instructor

**2004-present**

The academic activity that was developing in parallel with the coaching activity led me to coaching role and responsible for training coaches, "Coach Education Specialist" in the UEFA terminology. In the Portuguese Football Federation, since 2004, I develop the subjects of Methodology of Training and Technical / tactics under coach education courses of Level III and Level IV, UEFA - Advanced and UEFA - Pro UEFA for Portuguese Football Federation, Spain Football Federation, Norway Football Federation, Croatia Football Federation and others.

### UEFA PRO Coach

**1982-present**

3 times Portuguese first league winner; 2 European cup finalist, semi-finalist in UEFA cup, semi-finalist in winners cup; 2 Portuguese cup winner; 2 Portuguese super-cup winner; Manager of youth department Sport Lisboa e Benfica e Clube Futebol "Os Belenenses" (1st league);

## RELEVANT SKILLS

- **Investigation and excellence developer:** Analysis of some of the most intimate aspects of football, in the framework of training process, planning and competition. Responsible for training methodology at the highest competitive level as exemplified by Sport Lisboa e Benfica.
- **Teach:** The university extension was one of the poles that never stopped investing, assuming a working life "double" exhausting but motivating. This approach creates the possibility of a clear statement of the University in national and international sports system.
- **Football Specialist:** if we consider that each sport holds itself an "identity card", containing its "fingerprint" individual, non-transferable, easily we realize that each sport has an operating logic, a reason to be and to exist.

## ADDITIONAL EMPLOYMENT

- **Football books author** **1994-present**
- **Football commentator** **1998-present**
- **Management** **1996-1998**

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Further references available on request.