

# Massimiliano Marchesi

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- . Professional Fitness coach
- . Sports Rehabilitations
- . Performance Football  
Strength & Conditioning  
Coach

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## CAREER: EXPERIENCE AND EDUCATION

Massimiliano, Born in Modena (Italy) in 1966, is a Specialist in sports' rehabilitations, fitness-performance coach with over 25 years in first football teams and clinical experience, and graduated at ISEF in Bologna in 1990; he earned license to Professional Fitness Strength and Conditioning Coach in Federal Technical Coverciano Centre –Florence (1998 Italy).

Actually he is the Head of fitness performance conditioning coach and sport rehab with staff of Steve Bruce in Aston Villa F.C. -Birmingham U.K. During these years, he worked inside the staff of Roberto di Matteo, Roberto Mancini, Walter Mazzarri, Zico, Lorain Perrin, Paulo Silas, Bruno Metz (with him Massimiliano worked for 8 years, a long collaboration ended with his death), Anghel Iordănescu, Oscar, Ivic, De biasi, Santarini, Stringara, Melotti, Dossena, etc. In this period he has engaged many professional football players to return to playing like: John Terry; Kodjia; Vidic; Icardi; Jovetic; Perisic; Shaqiri; Podolski; D'ambrosio; Kovacic; Osvaldo; Brozovic; Mark Bresciano; Medel; Palacio; Campagnaro; Miranda; Nene'; Cisse'; Juninho Pernambucano; ZeRoberto; Kallon and many others; he has created a platform for the collection of performance data regarding match-training load, injury prevention protocol, and skills. Max's main research interest focus on assessing, improving and monitoring the physiological determinants of soccer performance. He has also performed some research on acute and chronic effects of training load and their effects are normally on the athletes' injuries. Since July 2016, Max is the Head of fitness performance conditioning coach and sport rehab in Aston Villa F.C., before this new challenge for 2 season (2014-2016), he is a Professional fitness / rehabilitations Strength and Conditioning coach at F.C. Internazionale–Milan. Prior to this, from July 2008 to June 2014, he was the Head of fitness-performance conditioning coach and sport rehabilitation in Qatar. From 2008 to 2011, he has worked in National first Team, he has created a big data and personal file for all players around National Team.

From 2011 to 2014, he has worked in Al Gharafa Sport Club football team (it won Emir Cup, Prince Cup; and it reached quart final Asian champion's league).

From 2006 to 2008, Massimiliano was employed as Head of fitness-performance conditioning coach and sport rehabilitation in Football Federation of Emirates (U.A.E) National First Team when he won a Historical gulf cup (2007) and last round of World cup's qualification and Asian Cup.

Furthermore, he has worked as Head of fitness-performance conditioning coach and sport rehabilitation in Al Ittihad football club in Jeddah, Saudi Arabia K.S.A. (2004-2006). During this year with his team, Massimiliano won for two consecutive years (2004 and 2005), the Asian Champion's league: than in 2005 he won also the Arabian's champions league. Finally, in 2005, he and his team reach the 4° Classified in FIFA Club World Championship in Tokyo-Japan. Than from 1998 to 2004 he worked in Centre Fisiokinesiterapic "RIACEF" as chief manager " gymnasium" area; Strength & Conditioning coach (organic reconditioning and muscle/be divided pre-post Rehabilitative).

During the period 2000-2004, he worked at the same time in three different teams in third and second divisions: Brescello Calcio in Reggio Emilia (Italy), in Grosseto Calcio in Tuscany (Italy) and in Spal, Ferrara (Italy) as Head of Physical and Rehabilitations coach. However, in January-June 2001 he left Italy to go, in Saudi Arabia working for the first time with Al Ittihad in Jeddah as Head of fitness-performance conditioning coach and sport rehabilitation. With this team, he won the Prince Cup, the King Cup in Jeddah (Saudi Arabia) and the Super Cup Asian-Africa in Cairo (Egypt). During the period 1998-2000, he worked in Modena F.C, Modena (Italy) as Head of fitness-performance conditioning coach.

From 1995 to 1998, Max had the chance to work in different realities between youth development and first teams. From 1995 to 1998, he earned license to Professional Fitness Coach in Federal Technical Coverciano Centre –Florence (Italy). In the same year (1998), he becomes Physical Coach in Modena second division Under 20 (when he reaches final, 2 class in Italy). (1996-1998) He was in collaboration with international soccer schools Project of Parma first division and simultaneously he had the possibility to work in two clubs of fourth division: Fidenza-Parma (1996-97) and Sassuolo-Modena (1997-98) whit promotion to the third division).

Than from 1993 to 1995 he worked as Italian Federal Instructor (F.I.G.C.) Emilia Romagna Region under 16 (in 1995 he won the trophy for best region). On this occasion, the Federation offered to him the opportunity to perform an internship in Canada for a period of three months as a soccer-instructor. Early in his career, from 1990 to 1993 Max was occupied and semi-pro role player and sports instructor for youth development.

#### PALMARES

**1995 - PRIMAVERA CUP UNDER 16 (Winner first Region in Italy)**  
**2001 - PRINCE CUP (WINNER // Al-Ittihad Club– Jeddah - K.S.A.)**  
**2002 - KING CUP (WINNER // Al-Ittihad Club – Jeddah - K.S.A.)**  
**2002 - SUPER CUP ASIAN-AFRICA (WINNER /Al-Ittihad Club – Jeddah - K.S.A.)**  
**2004 - ASIAN CHAMPION’S LEAGUE (WINNER // Al-Ittihad Club – Jeddah - K.S.A.)**  
**2005 - ASIAN CHAMPION’S LEAGUE (WINNER // Al-Ittihad Club – Jeddah - K.S.A.)**  
**2005 - ARABIAN’S CHAMPION’S LEAGUE (WINNER // Al-Ittihad Club – K.S.A.)**  
**2005 - FIFA Club World Championship (TOKIO - 4° Classified //Al-Ittihad Club-K.S.A.)**  
**2007 - GULF CUP 2007 (WINNER // U.A.E. - National Team Emirates)**  
**2008 - QUALIFICATION WORLD CUP SUD AFRICA 2010 (U.A.E. National Team)**  
**2009 - QUALIFICATION WORLD CUP SUD AFRICA 2010 (QATAR National Team)**  
**2009 - GULF CUP 2009 -OMAN (Semifinal // QATAR National Team)**  
**2011 - CROWN CUP (WINNER // Al Gharafa Sport Club - DOHA – QATAR)**  
**2011 - EMIR CUP (Final 2° Classified // Al Gharafa Sport Club - DOHA – QATAR)**  
**2012 - EMIR CUP (WINNER // Al Gharafa Sport Club - DOHA – QATAR)**  
**2014 – EUROPA LEAGUE (F.C.INTERNAZIONALE –MILAN)**