



Mara Vieira

Portugal | 16 May 82'

Coach UEFA A

- ★ Founder & CEO of Official School of Tactical Periodization by Vítor Frade® since 2017

Languages



Education

- ★ Master in Psychobiology and Cognitive Neuroscience
University Autonomous of Barcelona
- ★ Degree in Sports and Physical Education- Football
Faculdade de Desporto da Universidade do Porto
- ★ Professional Master in High Performance - Team Sports
Football Club Barcelona Foundation, National Institute of Physical Education of Catalonia and the company Byomedic
- ★ Specialization in Education Management
Twofold - Education Academy(Braga, Portugal)
- ★ Specialist degree in Sports
Lusofona University of Porto
- ★ UEFA Study Group Scheme — Women's Football
UEFA (Frankfurt, Germany)
- ★ Gender Equality Specialization
Advancis Business Service , 2013

Sports Qualifications



UEFA A (level III)
2022



A FORMER PLAYER & **+10** YEARS OF EXPERIENCE AS A COACH WITH THE CREATION OF **INNOVATIVE** TRAINING MODELS AND STRATEGIES

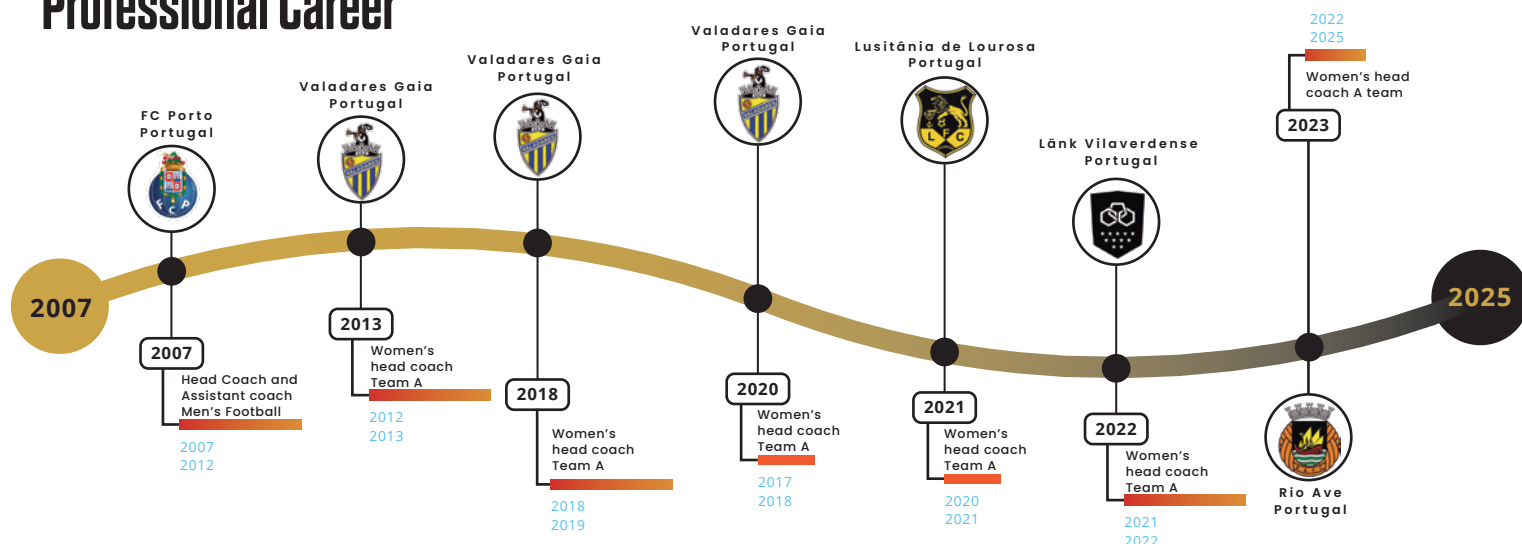
Sports Training & Player's Career

- ★ Youth soccer coach
Futebol Clube do Porto 2007-2012
- ★ Assistant Professor of football's methodology
Lusofona University of Porto - Faculty of Psychology, Education & Sports 2017/18
- ★ National Education system Sports Teacher
Santa Maria da Feira Highschool 2010/12
- ★ Sports Teacher
Infante Professional School, Vila Nova de Gaia 2008/10
- ★ Personal Trainer
Holmes Place Constituição, Porto 2006/08
- ★ Former Player Career
Restauradores Avintenses 2003/11



Radio Station football analyst Radio Renascença
"Bola Branca" show 2014/15

Professional Career



Conferences and Seminars (as Professor)

★ **Football (in) quality**, Algarve football Association, July 2020

Book presentation: Curar o Jogar de Vítor Frade, May 2019

Tactical Periodization by Vítor Frade; brief history, I Congress on Tactical Periodization at the Faculty of Sports, June 2017

A female club, one context of Tactical Periodization, Master of High Performance at the Faculty of Sport, University of Oporto, June 2014

Tactical Periodization in the context of Valadares Gaia FC women's football, Football Conference Cycle at the Polytechnic Institute of Bragança, May 2014

Marketing and Promotion in women's clubs, II International Seminar Algarve CUP 2014, March 2014

Methodological development in the current football, summer course in University of Cantabria (Santander, Spain), July 2013

A game idea for women's training, Seminar of Football Technical at the Institute of Higher Studies of Fafe, January 2013

Speaker: «The combination game. Creation and use of space» & «The area of creation», Summer course in University of Basque Country, San Sebastian, Spain

Technical Seminar of Football, Polytechnic Institute of Bragança, April 2011

The teaching of a play, one training in Oporto Football Club, Course of Football Coaches Level I and II, Bragança Football Association, January 2011

Honors & Awards



As a player:

- 2010 Finalist in the 1st Futsal World Cup, Madrid.
- 2006-2007 Winner of the Portuguese National Cup.
- 2004-2007 Winner of the AF Porto Championship, with Avitenses.
- 2003-2004 Winner of the National Teams Tournament (Portugal, Spain, and Russia).
- 2003 Winner of the II IA U20 Championship & the IV National Inter-Associations U20 Championship; **awarded Best Player**.
- 2002-2003 Winner of the Portuguese National Cup.
- 2002 Winner of the I Inter-Association U21 Championship; **awarded Best Player and Top Scorer**.
- 1999 Winner of the I Inter-Association U21 Championship.

Best Player - I Inter-Association U21 Championship (2002)

Top Scorer - I Inter-Association U21 Championship (2002)

Best Player - IV National Inter-Associations U20 Championship (2003)



As a Coach:

Contributed to the club receiving the UEFA Grassroots Programme **Silver Award - Best Grassroots Club 2014**, as a Technical Director at Girls' Academy

2012-2013: Achieved promotion to the 1st National Division and reached the Portuguese Cup Final.

2013-2014: Led the team to a 6th-place finish in the 1st National Division.

2014-2015: Achieved a 2nd-place finish in the 1st National Division.

Searching

Plan, Educate & Win

Lead teams

Professional growth