



Liliana Dinis

Portugal | 20 January 87'

Coach UEFA A

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Languages



Education

- ★ Maia University - ISMAI
Masters degree in physical & sports education
Portugal

Sports Qualifications



UEFA A (level III)
06/2019



School Sports Teacher

COLÉGIO LUSO INTERNACIONAL DO PORTO
Porto, Portugal, since 2012

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



Former Player Career

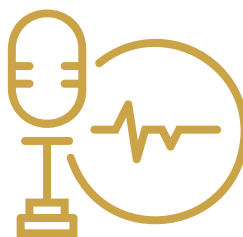
Restauradores Avintenses 2004/07

EDC Gondomar 2007/08

Restauradores Avintenses 2008/10

Leixões SC 2010/13

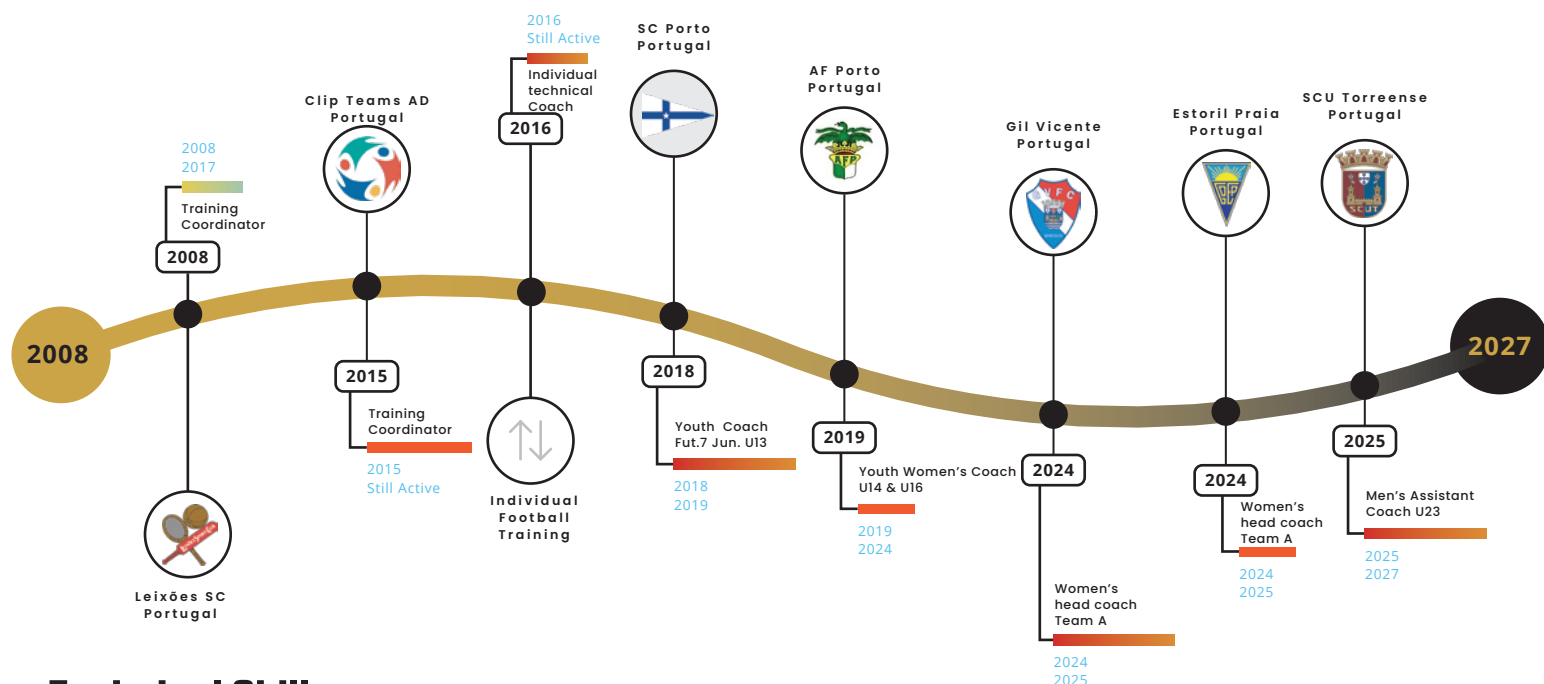
Lusitânia de Lourosa 2020/21



Game Analyst &
commentator at Porto Canal
Porto - since 09/2022

Player's Career

Professional Career



Technical Skills

★ Sports sciences:
Technique, tactics, physical and mental aspects of sport; medicine, nutrition, first aid and injury prevention; methodology and pedagogy (didactics); training theory, periodization and planning.

- ✦ Experience in leading teams
- ✦ Excellent Motivator
- ✦ Prepare, plan & establish training
- ✦ Open to challenges.
- ✦ Goals-oriented, Focus on quality & fulfilling requirements
- ✦ Rapid tactical decision making



Searching

Plan, Educate & Win

Lead teams

Professional growth

Honors & Awards



As a player:

- Player for the Portuguese National Team U19
- BI-Champion National Futsal in Restauradores Avintenses
- TRI-Champion National Universitária
- District Champion AFPorto - Guilhabreu
- District Champion AFPorto - Gondomar



As a Coach:

- National Champion Interassociações U16 in AFPorto - 2022/23
- National Champion Interassociações U14 in AFPorto - 2023/24
- Qualification Champion II Division National Women's Football - 2024/25