

# HEAD COACH RICARDO BELLi

## PERSONAL INFORMATION:

COACH LICENSES: CBF PRÓ – UEFA C

- MASTER IN SPORTS TRAINING UNIVERSITY OF COIMBRA/PORTUGAL 
- DATE OF BIRTH: 09/10/1986
- BORN IN SÃO PAULO/ BRAZIL 

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# PRINCIPLES THAT GUIDE MY PROFESSIONAL BEHAVIOR:

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- DURING MY CAREER AS A COACH I HAD SEASONS IN PROFESSIONAL SOCCER, YOUTH CATEGORIES, INITIATION AND WOMEN'S SOCCER. THERE WERE EXPERIENCES IN BRAZIL, PORTUGAL, THE UNITED STATES AND MEXICO. ALL THESE EXPERIENCES IN COMPETITIONS LEADING TEAMS (**WOMEN, MEN AND YOUNG PEOPLE**) IN DIFFERENT CONTEXTS CONTRIBUTED TO MY PROFESSIONAL AND HUMAN GROWTH.
- ADDED TO THE EXPERIENCES, THE STUDIES AND MY ACADEMIC TRAINING, THEY MAKE ME BELIEVE IN LEARNING AND THE DAILY EVOLUTION OF THE GAME AND THE HUMAN BEING WHO PLAYS. THAT IS WHY **I BELIEVE IN THE SYSTEMIC VISION** AND IN THE INVOLVEMENT BETWEEN ALL THE PROFESSIONALS AND DEPARTMENTS OF THE CLUB, INTEGRATING THE TECHNICAL AND TACTICAL AREA, INCLUDING PHYSICAL PREPARATION, PHYSIOLOGY, PHYSIOTHERAPY, NUTRITION, PSYCHOLOGY, PERFORMANCE ANALYSIS, THE MEDICAL DEPARTMENT AND MANAGEMENT.
- MY WORK PRINCIPLES ARE: RESPECT, TRANSPARENCY, DISCIPLINE, SINCERITY, PUNCTUALITY AND COMMITMENT TO THE CLUB AND MY PROFESSION. IT IS MY RESPONSIBILITY TO MANAGE A GROUP OF PEOPLE WITHIN A PROFESSIONAL STRUCTURE FOR THE SAME OBJECTIVES. THEREFORE, **MY RELATIONSHIPS ON AND OFF THE FIELD ARE GUIDED BY THESE VALUES**. AND THAT IS THE BASIS OF MY FREEDOM OF THOUGHT AND ACTION
- LOVE WHAT YOU DO AND YOU WILL BE ABLE TO CONTRIBUTE TO THE ENVIRONMENT IN WHICH YOU FIND YOURSELF.



# GAME MODEL

- The **GAME MODEL** is the matrix of a soccer team. Its structural principles determine the entire process, from training to the game, generating **BEHAVIORS AND PATTERNS** of the team in the different phases and moments of the game.
- **TACTICAL SYSTEMS** are initial platforms for the spatial organization of the team (for example, how to attack, how to defend...) that can be modified according to the dynamics of the game.

"More important than the positions are the functions of each one. Therefore, all players must think and understand the same game as the team."



# STRUCTURAL PRINCIPLES BASIC FOR THE PHASES AND MOMENTS OF THE GAME:

I propose to make a game centered on the player, an offensive and well-played football, with good treatment of the ball and understanding of the total spaces of the game, seeking control through possession, through a **dynamic and organized game** on the field, preventing the opponent from having the initiative of the game. To make this possible, we play **aggressively and intensely**, with a lot of courage and willingness to own the actions of the game, stimulating **creativity** and always looking for the opponent's goal, with the aim of preventing him from playing."

## SET PIECES

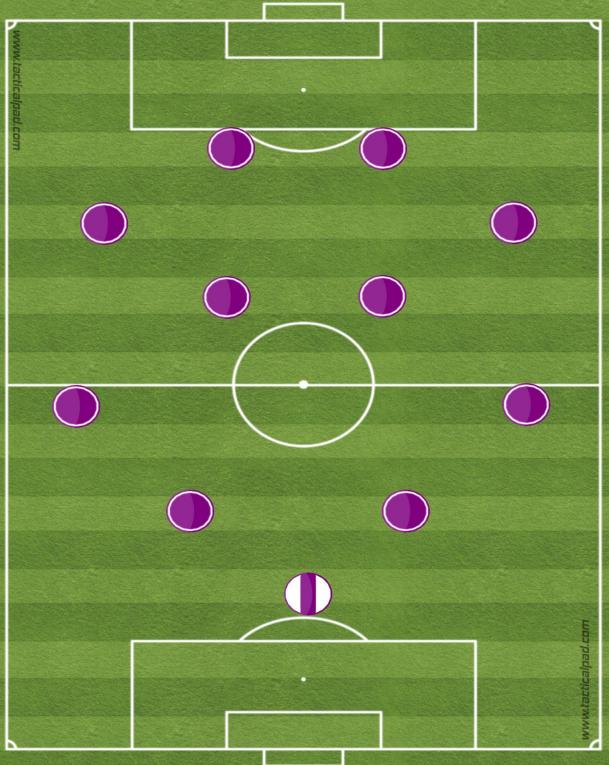
DEFENSIVE: Mixed Marking (Zonal and Individual)

OFFENSIVE: Aggressiveness and set pieces.



# SOME VARIATIONS THAT WORK:

## System: 1-4-4-2



Balanced organization with compacity to attack and defend in opposing field (attack by scoring).

## System: 1-4-3-3



Control of the game through possession of the ball and the mastery of the spaces for quick changes in behavior.

## System: 1-3-5-2



Positional advantage with offensive and defensive coverage in all areas and sectors of the field.



## TRAINING METHODOLOGY

- I work with a training methodology that has a conceptual matrix, which is our way of playing. So our trainings are built so that in a functional way all the demands of the game are worked through a weekly pattern, game by game, and we call this morphocycle (or microcycle).
- Group management, integration and involvement of all professionals in the activities.
- In the operationalization of our game model and our training method, Tactical Periodization (Portuguese Methodology) will be used as a guide for the entire process.

# MORPHOCYCLE (EXAMPLE - FULL WEEK)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
START TIME	8:00	8:00	8:00	8:00	8:00	8:30	
TOTAL TIME	60' Gym + 90' Field	60' Gym + 90' Field	60' Gym + 90' Field	30' Gym + 70' Field		70' Field	
PHYSICAL DIMENSION	<b>Athletes "+" used</b>  <b>Readjustment of load balance tension</b> <b>Athletes "-" and "not" used - High Muscle Tension / Specific Strength / Explosive force</b>	Specific Strength Specific Resistance Flexibility	Coordination Game-specific resistance Flexibility	Game-specific speed Game-specific resistance	Coordination, Explosive force, Reaction speed		
Dimension	SSG Technical-Tactical Circuit – Game Principles, Offensive and Defensive Organization	Street Soccer/ Futsal  Cognitive perception  Defensive and offensive transitions	Offensive and Defensive Organization (Sectoral)  Offensive and defensive transitions	Offensive and defensive organization (intersectoral and global)  Offensive and defensive transitions	Tactical schemes of offensive or defensive organization		
TECHNICAL - TACTICAL							
Intensity	Low/Moderate/High	High	High	Moderate / High	Low/Moderate	GAME	RECOVERY
ACTIVITIES	Driving circuit / pass / pass-return / clearance / finish; Technical-recreational games (Rondos / futvoley) / 1x1; 2x2; 3x3; 4x4 - with / without supports and / or wildcards; Support game in the penal area (2 Goalkeepers); CCC Development Circuit; Possession games (general).	Technical games – Rondos; Games in conceptually reduced spaces that generate or stimulate team behaviors; Oriented ball possession; Games that encourage creativity and decision-making within our game principles	Rondós  Technical – tactical game in numerical superiority 4x2  Reduced possession matches with 5x3+2 transitions  Offensive organization with defensive transition (change of behavior)	Tactical combinations for submission (intersectoral with active opposition); Offensive organization in superiority – 1º FCJ with active opposition and transition  Offensive for submission; Offensive organization in superiority - 3º FCJ with active opposition and oriented offensive transition	Playful games (during warm-up is an option)  Cohesion; Tactical work  Strategic  Offensive and defensive organization) Tactical schemes (defensive and offensive set pieces)		
COMPLEMENTARY TRAINING	PPI- Injury Prevention Plan		TPO - Performance Optimization Training		CCC - Conditional and Coordinating Capabilities		

# TRAINING SESSION (EXAMPLE):

## THEME:

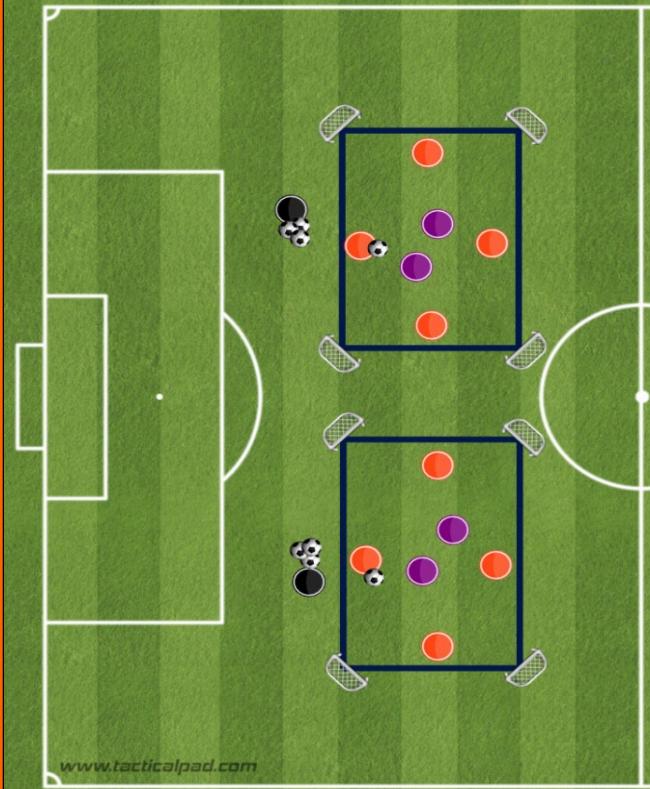
ORGANIZATION  
OFFENSIVE +  
DEFENSIVE  
TRANSITION

**TOTAL TIME:**  
90 MIN (C/PAUSES)

**WARM-UP:**  
15 MIN

- Neuromuscular activation
- Joint mobilization
- Pass lines.
- Coordination of movements

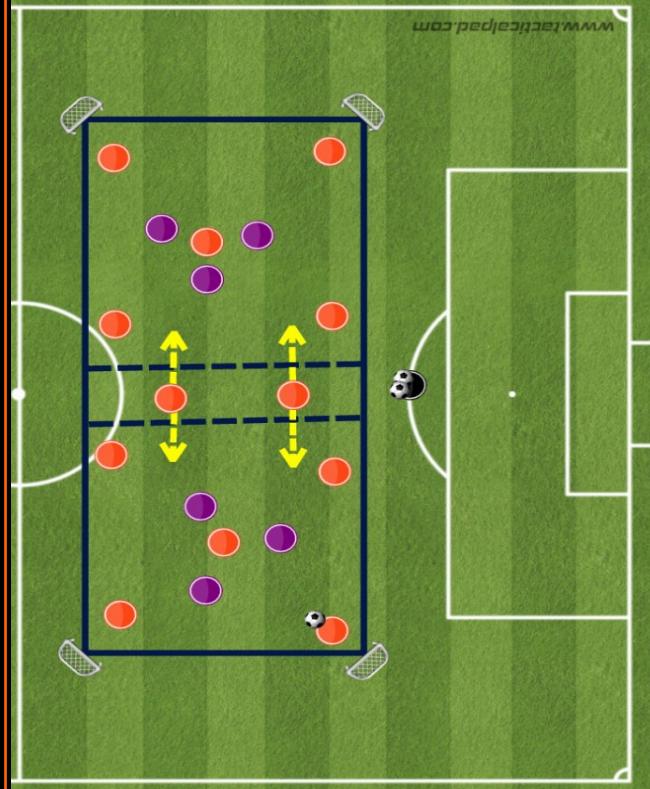
## ACTIVITY 1: 15 MIN



### WORK: 4X2 ROUND

**OBJECTIVES:** Quick change of behavior (decision-making), transitions: pressure after the loss, pressure output, supported game, possession with quick passes.

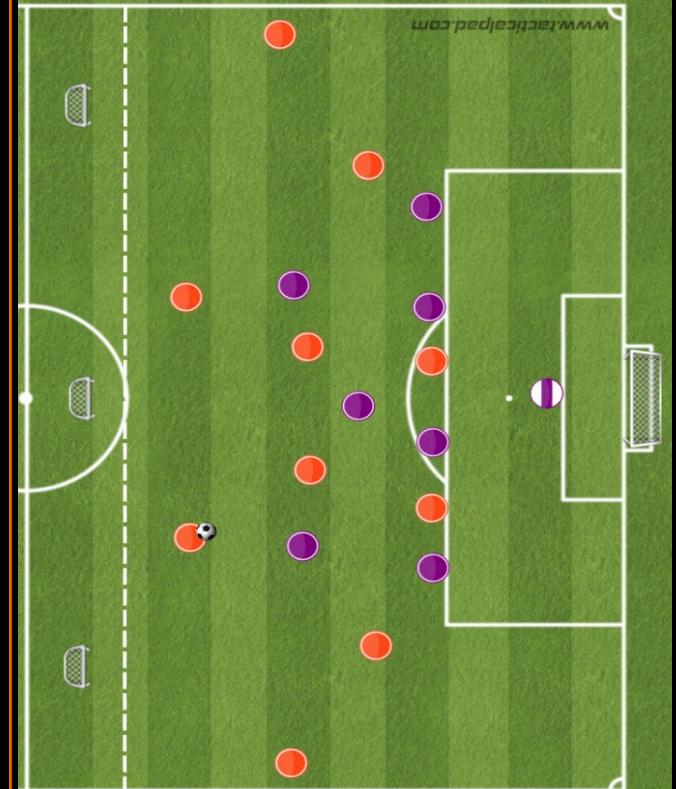
## ACTIVITY 2: 20 MIN



### WORK: 5x3+2

**OBJECTIVES:** Possession, passes between lines, mobility, supported play, transitions: pressure after loss, removal of the ball from pressure

## ACTIVITY 3: 30 MIN



### WORK: 10 x 7 + 1G

**OBJECTIVES:** Possession, defensive transition, rapid change of behavior (pressure after loss).

# PROFESSIONAL EXPERIENCES



- **VENEZUELAN NATIONAL TEAM**
- **Period: 2025 to date**
- **Women's Head Coach**
- **Copa America 2025**



# PROFESSIONAL EXPERIENCES



**DEPORTIVO TOLUCA (MÉXICO)**

Period: 2024 - 2025

Women's Professional Team  
Coach

- **Qualification for Liguilla (playoffs) in the 2024 APERTURA tournament.**
- **CLAUSSURA 2025**



# PROFESSIONAL EXPERIENCES



## SOCIEDAD DEPORTIVA PALMEIRAS

Period: 2022 - 2023

Women's Professional Team Coach

- Champion of the 2022 Copa Libertadores and vice champion in 2023
- Paulista Champion 2022



ITUANO FUTEBOL CLUBE  
Periodo: 2022

Entrenador del equipo Sub-20  
Participación en el Campeonato Paulista



# EXPERIENCIAS PROFESIONALES



## SOCIEDAD DEPORTIVA PALMEIRAS

Period: 2019 to 2021

### Women's Professional Team Coach

Champion of the Paulista Cup  
2019 and 2021

Brazilian Vice Champion 2021

**Nominated for the Silver Ball  
of the Brasileirão in the  
category of Best Coach.**

Selected by the IFFHS to  
compete for the **The best in the  
world in the technical  
category of women's soccer  
clubs.**



### VILLA NOVA ATLÉTICO CLUBE

Period: 2019

Technical Assistant of  
Professional Team

Participation in the  
Campeonato Mineiro de  
Primera División



### FUTEBOL CLUBE BETINENSE

Period: 2018

Assistant coach

Participation in the  
Champion. Mining Module II  
Head Coach of the 34th  
Youth Soccer Cup of Belo  
Horizonte – U17



### ROCHESTER ACADEMIA DE FÚTBOL

ESTADOS UNIDOS

Period: 2018

Coach

Participation in the  
Minnesota State  
Championship (USA)  
Obtaining third place  
with the U-13 selection



### RIO BRANCO ESPORTE CLUBE AMERICANA/SP

Period: 2013

Coach

Participation in the  
Paulista Junior  
Championship - 1<sup>a</sup>  
Sub-20 Division



### ASOCIACIÓN ACADEMICA DE COIMBRA OAF – PORTUGAL

Period: 2013 to 2014

Professional Internships  
and Assistant Coach/  
Performance Analyst  
Participation in the  
national youth  
championship A Sub 19 1<sup>a</sup>  
Division



## SPORT LISBOA Y MARINHA – PORTUGAL

Period: 2014 to 2016

### Head Coach and Technical Coordinator

Participation in the  
National Youth U-19  
Championship in  
2015/2016 District  
Champion of Leiria  
(Honor Division) Sub-19  
in 2014/2015



### PAULISTA FUTEBOL CLUBE - JUNDIAÍ

Period: 2017 and 2010

Coach

Participation in the Campeonato Paulista  
Sub-20 - 1<sup>a</sup> Division (2017) Professional  
Practices with Coach FERNANDO DINIZ  
(2010) Champion of the São Paulo Football  
Federation Cup in 2010.

**Elected Best Coach of  
the Competition in  
2014/2015**



