



SOCCRATIS

Savvy Soccer Coaching

& Bepro-Football



Bilbao Soccer Academy

Season 2016-2017

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WHY LIVE IN BILBAO

FACILITIES AND ACCOMMODATION

-  **Accommodation**
-  **Common spaces**
-  **Food**
-  **Indoor sports facilities**
-  **Outdoor sports facilities**

WHY PLAY SOCCER IN BILBAO

WHY BEPRO-FOOTBALL & **SOCCRATIS**: METHODOLOGY/TECHNOLOGY

- **Motion analysis**
- **Anthropometric & Nutrition**
- **Match analysis**
- **Psychological test**
- **Learning process**

PROGRAMS DESCRIPTION

- **U-12**
- **U-15**
- **U-19**

ORGANIZATION OF WEEKLY SOCCER PROGRAMS

WEEKLY PLAN

BEPRO-FOOTBALL & **SOCCRATIS** PACKAGE

Why live in Bilbao

The **Basque Country** is one of Spain's **most distinctive regions**. Tucked between the green Pyrenees and the rugged Atlantic coast, this is the homeland of the Basques, one of the **oldest cultures in Europe** and speakers of a language related to no other on Earth.



These ancient roots have evolved into a thoroughly modern region whose renowned cuisine, world-class cultural attractions, **sublime landscapes and the highest quality of life in Spain** make it a solid choice for foreigners.

Almost half of the region's 2.1 million inhabitants live within the greater **Bilbao** area, the financial and industrial capital of the region. Many of Spain's largest and most profitable companies are based here and opportunities also exist at multi-national corporations. **Historically a center of shipping and industry**, Bilbao underwent a **radical transformation** a decade ago when the construction of the famous Guggenheim Museum spurred a citywide wave of redevelopment.

The city combines enchanted nooks and crannies with a **cosmopolitan atmosphere** that you will love at first sight. Full of contrasts, you will find that strolling through its streets is a pleasure that extends to the numerous experiences it provides.

"El Botxo", as the locals call it, has something for everyone, whether you're an art lover, music expert, sport's fan or technology whiz.

Check it out: [Bilbao, the art of living](#)



Facilities and Accommodation

Fadura Sports Residence Hall offers customized lodging for all kinds of athletes requesting an accurate **environment to increase** and maximize their sport careers.

The residence is located in **Getxo** (Bizkaia) a village close to the sea, the beach and to Bilbao. It belongs to the **Top Level Athletes Development Center** managed by the Basque Government.

This Sports Residence is able to offer an **exclusive service** that includes sports facilities in the same building, along with the close by **Fadura Sports Facility Complex** where the hall is located.



Accommodation



- Hall capacity is up to **33 rooms**, with bathroom inside:
- The offer ranges from **individuals, doubles and up to four people per room**.
- Room **cleaning** in a daily basis including change of beds sheets and towels.
- Free WIFI in every room.
- **Laundry service:** The guests might wash their clothes by using the laundry and drying machine.

Common spaces:

TV room (including TV sports channels).

Activity room, used for playing games, reading or any other requested activity. Group room full equipped with TV Projector, screen and computer connections. It is used for meetings, presentations, medical services...



Food



There are **special menus** designed for athletes and there is the chance to be designed by the athlete group managers. You can select the service that best fits to your needs:

- Bed and Breakfast
- Half Board
- Full Board

Indoor Sport Facilities



- **Gyms**, including full equipped material for cardio and body training.
- Covered **pavilion** with parquet floor, with multisport courts.
- **Tennis** and paddle courts.
- Frontis/Jal Alai.

Outdoor Sports Facilities

Fadura Sport Complex located in Getxo. The residence holds an agreement with Getxo village that allows making use of its **top class** sports facilities. All of them are within 5 minutes walking distance from the accommodation.

- Two covered **swimming pools**: Olympic 50 meters and 25 meters.
- Two **rugby** fields.
- Small turf field for rugby, baseball...
- **Hockey** grass field.
- Four soccer/**soccer fields**: one natural grass and three artificial ones.
- **Tennis** and paddle courts.
- **Multisport** courts: basket, handball, volleyball.
- **Athletic** track.
- **Velodrome**



Why play soccer in Bilbao

Bilbao is a city that **breathes soccer everywhere**. If you were born here, it is most than likely to be a soccer fan and of course an *Athletic Club* supporter. No matter if you are younger or older, if you are boy or girl. It is said that our city soccer team **is like a religion**. That is one of the reasons why the *Athletic Club Bilbao* Stadium, *San Mamés*, is known as “*The Cathedral*”.

Team and supporters are like a **big family** because there is a special connection thanks to the unique philosophy of this centennial soccer club. Athletic Club’s story is one of innovation with

an almost complete reliance on their *cantera* **youth academy** and players they bring through their own system. Athletic has a policy where **only players native** to the Basque Country **are eligible to play** for them.

As a result, every **youngster plays soccer dreaming** of be part of Athletic Club some day and spend their whole sport life wearing the red and white shirt.

Due to those **belonging feelings**, those **sports values**, that **passion...** added to top class facilities, accommodation and its surroundings, **BePro & Soccratis** strongly believes that Bilbao is one of the **best places to experience** what we proposes: making from soccer a way of life.

Check it out: [Basque Identity vs Modern Soccer](#)



Why BePro & Soccratis ?

BePro & Soccratis are born with the goal of meeting the need of international players that **aspire to be professionals** with the wide offer that Spain provides, a reference country in the European and global soccer.

BePro & Soccratis Method is a holistic approach of coaching and training which strives to develop multiple dimensions of coach's and player's development, based on **science, experience** and **pedagogy**, main factors that are subject to the cognitive development. Thus, **BePro & Soccratis** have designed a **training method** that gradually broadens coaches' awareness of tactical knowledge and players' awareness of space and time and the use of the space on the field. The knowledge of the theory of the game helps the player to choose the right tactics, which were taught on an equal development of theoretical knowledge and practical experience.

The **BePro & Soccratis** Method establishes science as the basis of its methodology to design, develop and test performance in order to objectively **quantify the real process** of the different key development aspects of young players by means of:

Training Load

BePro & Soccratis quantify training sessions and matches with **GPS devices** and heart rate monitor to analyze player performance in every moment providing an accurate and data constant-flow in real time about how the players perform the physical activity and in return, improving his performance through a **smart analysis of the information at individual and collective level**, so that, different sensors collect cinematic variables such as acceleration, speed, distance covered, speed or physiological ones such as heart rate and HVH, impacts, metabolic power, oxygen consumption, respiration rate, EPOC and energy expenditure.

Likewise, GPS devices are used in **strength trainings** in order to control the acceleration & deceleration of movements and the angular velocity of each both repetition and movements.

Motion Analysis

BePro & Soccratis assesses the movements and forces produced by the player by means of using a wide range of **tools for to quantify movements**, including high speed 2D cameras, 3D

motion capture systems, force platforms, inertial measurement systems, speed guns, electromyography and pressure distribution systems.

Anthropometric & Nutrition

Electrical bioimpedance test show separated **body mass readings** for the right arm, left arm, trunk, right leg and left leg. It also prints out a complete **body composition profile** in seconds: including weight, body fat percentage, body fat mass, body mass index (BMI), fat free mass, estimated muscle mass, total body water and basal metabolic rate. After analyzing each data, **BePro & Soccratis establish a right diet plan** and designs an **appropriate nutritional program** to achieve a successful body composition.

Match Analysis

BePro & Soccratis record and analyze by means of a specialized **match analysis** program the matches in order to make two kind of statistical reports based on the numbers, comparative plots and video sequences. The matches are analyses to study the opponent performance and to show the players the team performance.

Moreover, **BePro & Soccratis** record and **analyzes the tactical training sessions** in order to study the individual movements and correct the tactical performance during tactical meetings daily. During the tactical meetings the players are observing, analyzing and understanding the right movements in each moment of the game.

Psychological test

BePro & Soccratis identify by means of various psychological tests the different mental characteristics of players as they grow up: concentration/attention span; level of curiosity and imagination; sensitivity to criticism or positive praise; **ability to overcome mistakes/need** for success; spatial awareness; level of competitiveness.

Learning Process

BePro & Soccratis use **psychological resources** to optimize the learning process and promote educational success and they are based on the **reticular activating system (RAS)**, a critical component of the brain that filters all incoming stimulus and prepares individuals for learning new information. Thus, **BePro & Soccratis** have designed an **educational training program** with the aim of encouraging the process of assimilation content information through constant changes in the training process that makes this an optimal time for meaningful learning.

The belief of the athletes in their **personal efficiency** is the **main feature** for their own awareness and wellness. That's why soccer, as psychology, needs a **continuous learning** that strengthens the individual in order to **manage cognitively and emotionally** every kind of sportive situation.

On the other hand, **BePro & Soccratis** Method employs a **pedagogy** which allows the players to assimilate the essential by means of a practical way of different concepts, characteristics of each work areas actions and increase the repertoire of **applicable resources** to the different problems that may arise during the match. Thus, the players can successfully combine their own abilities with the acquired resources by **increasing the level of efficiency** achieved in each intervention, in parallel developing the ability in order to identify the situations in the game and establish a relationship with the concept or corresponding action to success.

Besides, **BePro & Soccratis** Method analyzes the characteristics of the **growth development** with the aim of applying the most appropriate teaching **methodology for each age**. Thereby, **BePro & Soccratis Pedagogy** responds to different dynamics of working which players have for easy access of the contents and specific objectives of each of the work areas. Moreover, players are **required to interpret** the characteristics of each teammate.

Therefore, due to the changes occurring in child growth and puberty, **BePro & Soccratis** have carefully designed **three difficult educational soccer programs** for each period of growth, as follows:

U-12 YEARS

PEDAGOGICAL TRAINING

Strategy in practice: Preferably use global with polarization of the focus, global with modification of reality and progressive analytics for the training sessions.

Teaching styles: Preferably use traditional, participative and creative methods in the warm up, participative, socializers, cognitive and creative methods in the main part; and traditional method in the cool down.

OBJECTIVES OF THE GROWTH PERIOD

Technique: moving throw-in, master the qualities of a bouncing spinning ball. Experiment with the qualities of a flighted ball, feints with the ball, receiving bouncing and air balls with the thigh and chest, first touch receiving, heading to score goals and for clearances while standing or jumping, outside of foot passing, receiving with either foot, short passing with both feet, bending shots, crossing to near post space and penalty spot space and heel and flick passing. Introduce half volley and volley shooting, chipping to pass and slide tackle. For goalkeepers: W grip, footwork, underarm bowling, side-arm throwing to targets, taking own goal kicks, side winder kick, low and forward diving and angle and near post play. Introduce deflecting and boxing.

Tactics: 2v1 defending, 2v2 attacking and defending, roles of 2nd attacker and defender, man-to-man defense, combination passing, playing on and around the ball as a group with purpose, verbal and visual communication for all positions, halftime analysis, general work on all restarts, wall pass at a variety of angles, passing combinations on the move and rotation of all players through the team – everyone plays in each position. Reinforce the principles of defense. For goalkeepers: positional play, basic angle play (ebb and flow) – into and down the line of the flight of the ball, commanding the goalmouth for the goalkeeper and positioning during a penalty kick and communication.

Psychology: Keep it fun and enjoyable to foster a desire to play, self-motivation. Focus on teamwork, confidence, desire, mental skills, handling distress, how to learn from each match, fair play, parental involvement and emotional management (discipline).

Fitness: Fitness work continues to be done with the ball. Strength can be improved with body resistance and aerobic exercises. Also focus on agility at speed (sharp turns), acceleration, deceleration, reaction speed, range of motion exercises, proper warm-up and cool-down (include static stretching in the cool-down) are highly recommended now (please note that the components of the game are in a priority order for this age group).

U-15 YEARS

PEDAGOGICAL TRAINING

Strategy in practice: Preferably use global with polarization of the focus, global with modification of reality, progressive analytics, sequential analytics and analytical pure for the training sessions.

Teaching styles: Preferably use traditional, participative and creative methods in the warm up; participative, cognitive and creative methods in the main part; and traditional methods in the cool down.

OBJECTIVES OF THE GROWTH PERIOD

Tactics: Should be developing the ability to adapt tactics during the flow of play and key players should be able to dictate the rhythm of the game. Practice playing on, around and away from the ball with purpose, group tactics, the role of the 3rd attacker, principles of attack and defense, diagonal passing, dribbling and off-the-ball runs, wing play, overlapping runs, defending in the midfield and attacking thirds, all possible set plays, match analysis and switching the point of attack. For goalkeepers: command out to the penalty spot, initiate the attack, provide support on the attack to the fullbacks, recognize pressure on and off the ball and team organization when defending against free kicks.

Psychology: personal accountability, drive, courage, sacrifice in order to achieve one's best, sportsmanship, parental involvement, how to play, emotional management and communication.

Fitness: power, vertical jump, body composition, plyometric exercise, soccer-specific weight training, interval training, recovery exercise and time off for rest, agility training with and

without the ball, range of motion exercises especially during the warm-up and cool-down must include static stretching as well as light movement and proper nutrition and hydration.

Technique: Chipping to score and airborne kicking; forward volley, scissors volley and bicycle kick. For the goalkeeper: backwards diving, saving the breakaway, all forms of distribution, narrowing the angle and improve reaction saves.

U-19 YEARS

PEDAGOGICAL TRAINING

Strategy in practice: Preferably use global with polarization of the focus, global with modification of reality, progressive analytics, sequential analytics and analytical pure for the training sessions.

Teaching styles: Preferably use individual, participative and creative methods in the warm up; individual, participative, cognitive and creative methods in the main part; and individual methods in the cool down.

OBJECTIVES OF THE GROWTH PERIOD

Tactics: Should be able to adapt tactics and change team formation during the flow of play. Team tactics, tactical functional training, specialized tactics for a particular opponent, midfield play, attacking out of the back third, possession with a purpose, combination play with tactical implications, penetration with creativity, intentional flank play, pressing to win possession as an attacking concept, consistency on set plays, playing a role, combination zone and man-to-man marking defense, creativity on the attack, total soccer concept and playing on, around and away from the ball with purpose. For goalkeepers: support the attack from the defensive third, command beyond the penalty area, last line of defense – first line of attack and most of all, presence.

Fitness: Use the 11+ routine as a part of the warm-up. Be consistent with cool-downs, plyometrics, depth jumping, implementing the overload principle and fitness tests with and without the ball.

Psychology: Factors include increased concentration, reduced mental mistakes, playing with self-confidence and self-motivation, emotional management during a match, dedication, commitment, leadership, personal responsibility for actions on and off the field, sportsmanship, how to play, selfless – team comes first, discipline, composure, concentration, confidence, consistency, courage, personal goal setting, imagery, patience and respect for the game. With increased player responsibilities comes a decrease of parental involvement and that is suitable to the age and needs of the players.

Technique: technical/tactical functional training, all techniques rehearsed at match speed and at match related and match condition levels.

Nevertheless, **BePro & Soccratis** method implements a personal game philosophy throughout training programs in order to create an **own identity** of team.

All players attack and all players defend:

All players must be involved in the game as a unit.

Numerical advantage:

Soccer is a game of numbers where we try to create a numerical advantage in attack and avoid being in a numerical disadvantage in defense.

Flow of the ball:

The ball should flow from inside (of the space) to outside and outside to inside. Balls out wide are more secure and the ball in the middle increases the options of play.

Triangle principle and passing options:

The player in possession of the ball must receive constant support and have at least two passing options.

Speed of play:

Quick movement of the ball creates 2v1 situations.

Pressure as a unit:

Organized pressure forces the opponents to commit errors.

Movement off the ball:

Find the best available space to create passing options for the player in ball possession.

Transition:

Improve transition by reducing the number of passes needed to arrive at the target area or the opponent's goal.

Direction of the game:

Game flows in 2 directions. Keep the essence of the game in the majority of your practices.

Take initiative during the game:

Team breakdowns will occur. The team must be capable of adapting to new situations and imposing its own style of play during the game.

ORGANIZATION OF **WEEKLY PROGRAM** U-12, U-15, U-19

Psychological applications in the training process are a key element. Thus, **BePro & Soccratis** Method carefully organizes the training contents during the week based on the principles of assimilating information and learning process for each growth period.

OBJECTIVES FOR TRAINING SESSION **DAY 1**

Specific Coordination:

Progressively develop and strengthen patterns of the corporal movement and displacement in space.

Collective game:

- 1- Manifest innate abilities and resources acquired through training in the context of the competition (tactical system, playing position, game style, ...).
- 2- Gradually assimilate game philosophy through ball control.
- 3- Gradually assimilate the basics of the game play style of acting within the specific playing position.
- 4- Internalize patterns of relationship among playing positions which facilitate the manifestation of goals.

Perceptual elements:

Develop the capacity to perceive stimuli generated from the variables that make up the game (space, time, paths, ...), interacting with them effectively and demonstrating efficient individual driving patterns.

Tactical Concepts:

- 1- Know the utility and the aspects on the run mode of different tactical concepts and practical application.
- 2- Develop the ability to solve isolated situations (core game) by a correct interpretation and choice of answers.
- 3- Develop the ability to identify, lead and solve situations within a wide context of game (game related).

OBJECTIVES FOR TRAINING SESSION DAY 2

Ability:

- 1- Manifest a high level of skill on the ball impacts.
- 2- Transfer the skills developed in different areas of contact to the technical actions of the game.
- 3- Progressively run the quality and speed of technical execution.

Technical Actions:

- 1- Know the utility and the aspects on the run mode relating to each of the different technical actions.
- 2- Progressively develop the quality and speed of execution of the various technical actions.
- 3- Correct interpretation of the game situation to choose effectively run the technical action.

Pace of play:

Gradually increase the exercise tolerance threshold while maintaining efficiency and emphasizing the intensity-rate intervention.

Technical-tactical work:

- 1- Develop game sequences through the exercise, considering the mode and speed-run time.
- 2- Develop the ability to respond to different situations with optimum technical and tactical sequence.

Interpretation of the Game:

- 1- Develop the ability to streamline the game by understanding the situation to resolve considering the variables that are included in it (contrary, space, time, rules, regulations, etc).
- 2- Progressively develop soccer intelligence and consolidation of the criteria player game.

OBJECTIVES FOR TRAINING SESSION DAY 3

Numerical Equality situations:

- 1- Develop the ability to express offensive and defensive superiority in individual match ups with direct adversary.
- 2- Identify, lead and resolve situations of numerical equality within a wide context of game (game related).

- 3- Correctly associate a game situation on an equality with the best response (core game).
- 4- Develop the ability to execute the optimal response to the game situation with equal skill and optimal speed.

Situations numerical superiority in offensive / defensive phase:

- 1- Recognize situations offensive superiority / defensive inferiority, as context of great advantage for the attacker and the defender great disadvantage.
- 2- Identify, lead and resolve situations of numerical superiority in a context of wide game.
- 3- Correctly associate a game situation in superiority optimal response (core game).
- 4- Develop the ability to execute the optimal response to the situation of superiority game with skill and optimal speed.

Basics Style:

- 1- Progressively internalize the general criteria of offensive and defensive game that constitute the philosophy of the academy.
- 2- Instill in the player a preferred idea of how the game should be developed for a target end-result.
- 3- Put the service of the basics of style of play the innate and acquired individual resources of soccer player.

Playing habits:

- 1- Gradually internalize behaviors, applicable to individual game executed in response to defined situations.
- 2- Optimize execution mode associated actions applied in response to different game situations.
- 3- Develop specific aspects that are different basics of the game, either offensive or defensive level.

Interpretation of the Game:

- 1- Develop the ability to streamline the game by understanding the situation to resolve, considering the variables that are included in it (co contrary, space, time, rules, regulations).
- 2- Progressively develop soccer intelligence and consolidation of the criteria player game.

OBJECTIVES FOR TRAINING SESSION DAY 4

Communication and Terminology:

- 1- Develop the ability to send and receive information on the game and speeding up the decision-making process.
- 2- Generate the need to maintain a constant attention to the dynamics of the game.

Types of Attack:

- 1- Determine the usefulness and peculiarities of each of the different types of attack / types of marking, and application mode in the game.
- 2- Progressively internalize different behaviors of attacking individually and collectively.
- 3- Gradually develop the ability to interpret the offensive / defensive behavior rival to choose the most appropriate response.

Marking Types:

- 1- Determine the usefulness and peculiarities of each of the different types of marking, and application mode in the game.
- 2- Progressively internalize different behaviors when defending individually and collectively to the adversary.
- 3- Establish direct link between the correct application of marking and recovering the ball.

Competitiveness:

- 1- Develop the ability to manifest and appropriate attitudes and skills necessary to overcome the adversary in competition.
- 2- Establish a direct link between the reward for winning and losing.
- 3- Increase the threshold of ambition shown in the competitive reality.
- 4- Develop self-learning ability of the player or “free learning”.

Interpretation of the Game:

- 1- Develop the ability to streamline the game by understanding the situation to resolve, considering the variables that are included in it (contrary, space, time, rules, regulations, etc).
- 2- Progressively develop soccer intelligence and consolidation of the criteria player game.

OBJECTIVES FOR TRAINING SESSION DAY 5

Acceleration capacity:

- 1- Develop the ability to reduce the time spent in relation to the rate of change of speed.
- 2- Develop the ability to apply the acceleration capacity own efforts to of the game (speed applied).

Speed:

- 1- Develop the ability to maintain max speed completing medium distance routes (10-15m).
- 2- Develop the ability to apply the speed to of the game own efforts (speed applied).

Overflow and finalization:

- 1- Develop the ability to overcome the opponent in the last quarter of field individually or collectively generating scoring chance.
- 2- Develop the ability to finish attacking moves about on target with optimal speed and efficiency.

Speed Gesture:

- 1- Develop the ability to make a brief body movement at the maximum speed, in response to a stimulus.
- 2- Develop the ability to apply own efforts gestural speed of play (speed applied).

Reaction Speed:

- 1- Develop the ability to reduce the time required to issue a response to the perception of a stimulus.
- 2- Develop the ability to apply the rate of reaction to of the game's own efforts (speed applied).

Interpretation of the Game:

- 1- Develop the ability to streamline the game by understanding the situation to resolve, considering the variables that are included in it (contrary, space, time, rules, regulations, etc).
- 2- Progressively develop soccer intelligence and consolidation of the criteria player game.

EXAMPLE OF WEEKLY PLAN

U-12	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00-08:30	Breakfast						
09:00-10:00	BePro & Soccratis Course						
10:00-11:30	Training sessions in the field					Friendly match	Friendly match
12:00-13:00	English/Spanish Course						
13:15-14:00	Lunch						
14:00-17:00	Free time						
17:00-18:00	BePro & Soccratis Course						
18:00-19:00	Training sessions in the field					Friendly match	Friendly match
19:00-20:00	Free time						
20:00-21:00	Dinner					Free time	
08:00-08:30	Breakfast						
09:00-10:00	BePro & Soccratis Course						
10:00-11:30	Training sessions in the field					Friendly match	Friendly match
12:00-13:00	English/Spanish Course						
13:15-14:00	Lunch						
14:00-15:30	Rest					Free time	
15:30-17:00	Physical training						
17:00-18:00	BePro & Soccratis Course						
18:00-19:30	Training sessions in the field					Friendly match	Friendly match
19:30-20:00	Mental Training Inc. Program						
20:00-21:30	Dinner						
21:30-22:30	Video match analysis						

BEPRO & SOCCRATIS package includes:

ACCOMMODATION & FACILITIES

- Fadura **Residence** (up to 3 months)/ Mañarikua Residence (longer than 3 months)
- **Full board**: breakfast, lunch and dinner (Special menus for soccer players)
- **Fitness** center
- Room **cleaning** once a week
- Bed clothes and **towels**
- **Laundry** services (washer, dryer and ironing equipment)
- Free **WIFI and TV** connection

BEPRO ACADEMY

- 5-8 **Training** sessions weekly
- 1-5 **Physical** sessions weekly
- 3 **Video-match analysis** meetings (projector for viewing videos)
- 1-2 **Friendly matches** weekly + **Transfer** matches
- **BePro Clothes** (2 full training kits, 1 academy tracksuit, 1 shorts, t-shirt & sports bag)
- **BePro Physical assessment**
- Individual **report** of player development
- **Medical insurance**

STUDIES

- **BePro & Soccratis** Program
- **Language** Program: English and Spanish course
- **Mental Training** Inc. Program

TOURS (one per month)

- **Athletic Club / Real Madrid / Barcelona** Stadium tour & league match **ticket**

ACTIVITIES (one per weekend)

- Surf / Paddle Surf / Kayaking...
- Mountain hiking / bike route / Horse ride...

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