



Joel Donés

Professional Strength & Conditioning Coach

📅 31/05/1990

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PROFESSIONAL CAREER



2026



Selangor FC
(Malasya Super League)

Head of performance and S&C coach



2025
/2026



Watford FC
(EFL Championship, United Kingdom)

Head of performance and S&C coach



2023
/2025



Cancún FC
(Liga Expansión MX, México)

Head of performance

🏆 Champion Apertura 2023

🏆 Champion of Champions 2024



2022
/2023



FC Goa
(Indian Super League)

Head of performance and S&C coach



2022



Ce Europa
(2a RFEF, Spain)

Assistant coach and strength and conditioning coach



2021



Águilas FC
(2a RFEF, Spain)

Strength and conditioning coach



2020
/2021



Lleida Esportiu
(2a RFEF, Spain)

Strength and conditioning coach



2016
/2018



K.C. Southern Football
(Hong Kong Premier League)

Strength and conditioning coach

EDUCATION & TRAINING

2023



CFSC by Michael Boyle

Level 1 & 2 certificate

2023



Hudl Academy

Certificate in decision making
with EPTS technology (WIMU)

2021



ISAK Anthropometry Course

Level 1 certificate

2019
/2021



Mastercede by FC Barcelona

Professional master degree in
high performance in team sports

2018



**Smart Performance
STAT Sports**

Master mentorship GPS

2018



FCB Universitat

Certificate in training for team sports

2017
/2018



Valencian Football Federation

Coach level 1 & 2

2011
/2015



INEF, University of Lleida

Degree in physical activity and
sports sciences

2009
/2011



TAFAD, Universidad de Lleida

College degree in entertainment,
physical activities and sports

LANGUAGES

Spanish



Catalan



English



PROFESSIONAL SKILLS

Sports performance optimization
Strength training with VBT
Internal load control (biomarkers)
External load control (GPS)
Sports rehabilitation (RTP)
Assesments Vals Performance
Team work
Accountability
Resolution capacity
Work under pressure