



Christos D. Mourikis

Tel.0030 6974944403//Email:mourichr@gmail.com

PERSONAL PROFILE

A UEFA B licenced fitness coach and Soccer Scientist with great experience developing the physical aspects of players within high performance club environments in Greece Super League working also as assistant coach. A forward thinking individual who combines practical football experience with academic knowledge. He uses both fields to deliver innovative coaching sessions that build match intelligence enabling the players to improve and maintain peak performance levels.

An assured communicator and proactive teammate who is highly committed to supporting fellow fitness coaches as well as players making clear contributions to the establishment of professional and dynamic football environment. A quality driven, a hard working fitness coach and a life-long learner.

COACHING EXPERIENCE

2017- present OLYMPIACOS F.C., Soccer Scientist, Head Fitness Coach, Performance Analyst, Head of Rehabilitation department.

2010-2017 OLYMPIACOS F.C., Fitness Coach, Performance Analyst, Head of Rehabilitation department.

2008-2010 AEL F.C., Assistant and Fitness Coach, Performance Analyst, Head of Rehabilitation department.

2008-2009 PANIONIOS F.C., Fitness Coach, Performance Analyst, Head of Rehabilitation department.

2007-2008 PEGEIA F.C., (CYPRUS LEAGUE), Assistant and Fitness Coach, Head of Rehabilitation department.

2006-2007 PANIONIOS F.C., Fitness Coach, Performance Analyst, Head of Rehabilitation department.

2005-2006 KALLITHEA F.C., Assistant Coach, Fitness Coach, Performance Analyst, Head of Rehabilitation department.

2004-2006 APOEL F.C., Fitness Coach, Performance Analyst, Head of Rehabilitation department.

2003-2004 ASTERAS TRIPOLIS F.C., Fitness Coach, Head of Rehabilitation department.

2001-2003 OLYMPIACOS F.C., Fitness Coach, Performance Analyst, Head of Rehabilitation department.

2000-2001 LEONIDIO F.C., Fitness Coach, Head of Rehabilitation department.

1999-2000 ASTERAS VLAHIOTI F.C., Fitness Coach, Performance Analyst, Head of Rehabilitation department.

ACADEMIC RECORD

1997-1999 Liverpool John Moores University. M.Sc., Sports Physiology, Diploma in Soccer Science.

1989-1993 (National and Kapodistrian University of Athens), School of Physical Education and Sports Science.

1985-1988 Messini High School.

ARTICLES IN REFERRED SCIENTIFIC JOURNALS

Smpokos E., Mourikis C., Linardakis M., (2018) **Differences in motor activities of Greek professional football players who play most of the season (2016/17)**. Journal of Physical Education and Sport ® (JPES), 18 Supplement issue 1, Art 70, pp. 490 - 496,

Smpokos, E., Mourikis, C., Linardakis, M. (2018). **Seasonal physical performance of a professional team's football players in a national league and European matches**. Journal of Human Sport and Exercise, 13(4), 720-730.

Smpokos, E., Mourikis, C., & Linardakis, M. (2018). **The injury profile of professional football players. A three-season prospective cohort study**. Archive in Hellenic Sports Medicine 2020, 37():1-9.

Smpokos E., Mourikis C., Christos Theos & Manolis Linardakis (2018): **Injury prevalence and risk factors in a Greek team's professional football (soccer) players: a three consecutive seasons survey**. Research in Sports Medicine, DOI: 10.1080/15438627.2018.1553779.

Smpokos E., C. Mourikis, A. Theodorou, M. Linardakis (2017). **Lower-extremity strength ratios of professional Greek soccer players A follow-up study during in-season**. Archives of Hellenic Sports medicine 2017, 34(5):682-689.

BOOKS PUBLISHED

Mourikis C. Games in Soccer. Small, Medium and Large Sided Games with Restrictions. The new Scientific Evidence and their Periodisation in Soccer Microcycle. (in cooperation with: Valverde Ern., Aspiazu J., Pozanco J), 2019. ISBN: 978-960-9537-14-8

Mourikis C. Pre-Season in Soccer. Maximizing Performance. Athlotypo. 2011. ISBN: 978-960-9537-11-7.

Mourikis C. Training in Modern Soccer. Drills and Games improving Perception, Reaction and efficient Movement. Athlotypo. 2011. ISBN: 960-7378-7-4-1

Mourikis C. Exercises and Games for Effective Soccer Training. Warm ups, Conditioning, Tactics and Attacking Combinations. Athlotypo.2004. ISBN:960-7378-57-1