

Dr. Jesus Rico-Sanz

SDA Boys Soccer Varsity Head Coach

Dr. Rico-Sanz played elite youth soccer and up to the second team of Real Madrid C.F., Spain; two groin surgeries at age 20 and 21 prevented his progression to the first team. He moved to the USA and, while studying for his B.S. degree in Exercise Physiology, he played for the University of California at Davis. At the club level played for Jalisco of the Northern California Soccer League and the Sacramento All-Stars. While obtaining his M.S. in Exercise Science, he played for FC Sacramento and the Sacramento Senators in the Western Soccer League (1st Division, USA). During his PhD studies in Human Physiology, he played with Vanløse IF (2nd Division, Denmark).

Dr. Rico-Sanz has coached youth soccer for many years. At the college level, he was the assistant coach for one year and the Head coach during two years at the University of California at Davis. He was assistant coach for Vanløse IF (2nd Division, Denmark) during one season. Currently, he has been an assistant coach of the San Diego Flash of the National Premier Soccer League during the past two seasons.

In addition, Dr. Rico-Sanz has performed extensive scientific research on different aspects of soccer, including analysis of technical, tactical, and physical performance, as well as the physiology, nutrition, body composition, and training adaptations of soccer players. He has also developed novel soccer-specific testing and training methods. His research has been published in prestigious journals such as the Journal of Physiology, American Journal of Physiology, Journal of Applied Physiology, Medicine and Science in Sports and Exercise, International Journal of Sports Medicine, International Journal of Sports Nutrition, and the European Journal of Applied Physiology.

Dr. Rico-Sanz has provided advice to coaches at the professional, college, and youth levels, as well as numerous soccer players. He has lectured in several countries about different aspects of soccer.