



Matthias Nowak

OBJECTIVE/PHILOSOPHY

Develop players by integrating motor, sensory, cognitive and emotional intelligence through advanced training methods that enable players in obtaining heightened soccer technical and problem-solving skills.

CURRENT POSITION

Since 2009, Matthias is the Technical and Creative Trainer for the FC Bayern Munich Women's Team and, beginning this Spring 2016, Matthias has been appointed to work as well with the FC Bayern Munich Junior Teams (U9 to the Amateurs).

In addition, he is a personal trainer for numerous senior professional Bundesliga soccer players and the designated cognitive trainer for U17/U19 Bundesliga prospects.

ACHEIVEMENTS

FC Bayern Munich Women's Team (Senior Pro)

- Bundesliga Championship Winners for Year 2015
- Bundesliga Cup Winners for Year 2012

FC Bayern Munich Women's Team (U17)

- Bundesliga Youth Championship Winners for Years 2013 and 2014

EXPERIENCE

- Methodic Coach for the Real Madrid Foundation (Western Europe)
- U17 Technical Skills Trainer for SG Wattenscheid 09 (Germany)
- Youth Technical Skills Trainer at the German Football Academy (Germany)
- Technical Skills Apprentice to Michael Skibbe at Borussia Dortmund (Germany)
- Technical Skills Apprentice at Fortaleza Sporting Club (Brazil)
- Trainee at René Meulensteen Technical Training Seminar at Manchester United FC (England)

QUALIFICATIONS

DFB Coaching B License

PUBLISHED WORKS/COLLABORATIONS

- Chaos Game Plays (*Chaos-Spielformen*) for Technical and Creative Training
Author and Producer, Formats: eBook and DVD (2015)
- Clever Soccer Tricks for Kids: Fantastic One-On-One Moves Just For You
Presenter and Performer for 1x1Sport Studio, Format: DVD (2015)
- Visual Coordination Training with Samir Tanjo Volumes 1 and 2
Presenter and Performer for 1x1Sport Studio, Format: DVD (2014 and 2015)
- Innovative Women's Football Training: Coordination, Adaptability, and Technique
Presenter and Performer for 1x1Sport Studio, Format: DVD (2014)
- Innovative Technical and Creative Training - Volume 1 Basics
Author, Presenter and Performer, Format: DVD (2014)
- Creative Training in Football from Head to Foot (*Kreativtraining im Fußball vom Kopf in den Fuß Gespielt*) with Torbjörn Vestberg
Coauthor, Formats: eBook (2012)
- TeamBuilding4Kids - International Drills for E and D Youth
Author, Formats: eBook (2012)
- Play2Win - The Player Seminar
Author, Formats: eBook (2012)
- Power Coaching- The Core Competencies of a New Training Generation
Author, Formats: eBook (2012)

REFERENCES

“The applied Chaos game forms currently take place with me on Monday afternoons. It requires a small start-up period until the player can implement these game forms. Hereby, there are a lot of laughs, correcting and coaching each other; ‘cognitive’ more advanced players take on a leadership role - pure fun.

Most interestingly is that on Tuesday in tactical game forms - objective and subjective - more quality is retrieved. Faster action alternatives, effective swarm intelligence, more calm on the ball and under pressure situations, as well as improved pass and closure qualities are being unitary observed by our multi head coaching staff.”

-Ralf Santelli (Current Head Coach of U16 Red Bull Salzburg (Austria), Coached at VFB Stuttgart, Hannover 96, Armina Bielefeld)

“Matthias Nowak is an absolute expert in the field of technique and creative training. As a former professional, I wanted to experience this training method practically. After a three hour one-to-one training with Matthias, I was convinced of his work. As the owner of a coaching agency, I constantly occupy myself with further developments in football. The creativity of the players in today’s football is more than ever, if not, the success factor. And exactly this important component optimizes Matthias Nowak with his work.”

-Sebastian Kneissl (Former soccer professional player for various English and German clubs most notably Chelsea F.C. (England) and U21 German National Team)

“Matthias Nowak is an outstanding technique and creative trainer. Every player is able to improve his skills based on the training with Matthias Nowak – especially in 1:1-situations.”

-Peter Hyballa (Head Coach of Bayer Leverkusen, SK Sturm Graz, Alemannia Aachen, U19 Borussia Dortmund, U19 VfL Wolfsburg)

“After 9 months (20 sessions) of working with Matthias Nowak, there has been a significant positive development in the ability of concentration and cognition as well as in the playing efficiency of my players. Furthermore, my players achieved additional capabilities of solving complex situations during the game in many ways. This effect is due to the achievement of further coordinative variances with and without the ball. With his positively “crazy” personality, Matthias Nowak was always able to motivate the young players to reach their best and to fulfill even most the difficult exercises.”

-Francisco Copado (Youth-Coach for SpVgg. Unterhaching U17, Professional soccer player for 1899 Hoffenheim, Eintracht Frankfurt, RCD Mallorca, Hamburger SV)

“Today’s neuroscience presents most instructive findings for soccer application in the new century. Elegantly and with dynamic ease, Matthias Nowak employs neuroscience into fabulous soccer drills. Nowak’s constantly improved creativity trainings are opening the heart of the scientist: His exercises represent the progress to advance soccer, wherever it is played.”

-Dr. Roland Binz (German soccer historian and neuro-soccer scientist)