

David Pons: Football Coach

UEFA PRO Licence and Creator of the Pons Method

David Pons is a UEFA PRO football coach with over 20 years of experience in talent development. He is the creator of the innovative Pons Method, a 35-principle framework that enhances tactical, physical, and mental performance in high-performance football. Pons has achieved significant results across Spain, Saudi Arabia, Qatar, and Thailand, adapting his method to diverse football cultures while emphasizing team sustainability, mental resilience, and constant innovation.

D by David Pons

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Professional Summary and International Coaching Experience

1

Nongbua Pitchaya FC (2nd Division, Thailand) | 2018 - 2019

Achieved promotion to the first division through the Pons Method, implementing automatisms and adapting the model to the local football culture while restructuring the club's infrastructure.

2

Al Ahli SC (U19 & U23) (Qatar) | 2017 - 2018

Oversaw the U19 and U23 categories, enhancing tactical cohesion and reducing errors in high-pressure situations, especially off the ball. Successfully integrated 11 players into the first team, one of whom debuted at the World Cup in Russia.

3

Al Shabab FC (U23) (Saudi Arabia) | 2016 - 2017

Implemented adaptive automatisms in defensive and offensive phases, resulting in a cohesive, responsive team against high-pressing opponents.

4

Playas de Calvia FC (3rd Division, Spain) | 2015 - 2016

Focused on the tactical discipline and adaptability of promising young talents, preparing them for a variety of play styles in a high-competition environment.

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Education and Additional Skills

- UEFA Pro Licence | 2016
- Higher Technical Degree in Football | Technification Center of the Balearic Islands, 2010
- Master's in Sports Journalism | V.I.U., 2008
- Full Stack Web Developer and Blockchain Mastery | 2022 - 2023
- Methodology Director 2020
- Head of Performance 2021
- Set Pieces Specialist 2010

Languages

- Spanish (native)
- English (advanced)
- Thai (basic)
- Arabic (basic)
- French (basic)

Technical Competencies

- Performance analysis
- Tactical simulation technology
- Data management and performance tracking
- Video analysis
- Full Stack Web Development: Technological applications in player performance analysis and feedback

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The Pons Method: Overview and Key Principles

The Pons Method is a comprehensive and advanced training model that optimizes tactical, physical, and mental preparation for teams. Based on 35 specific principles, this method structures and automates performance across all game phases—offensive, defensive, transitions, and mental resilience. Its innovative approach integrates dynamic synchronization, predictive analysis, and advanced technology to ensure continuous improvement.

Offensive and Defensive Automatisms

Implementation of automated movement patterns for cohesion on the field.

Complex Dynamic Adaptability

Real-time tactical flexibility to respond effectively to opposing tactics.

Predictive Analysis and Scenario Simulation

Real-time data-driven strategy adjustments to anticipate opponent patterns.

Psychological Resilience and Pressure Management

Breathing and visualization techniques to maintain focus under pressure.

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Pons Method Principles & Innovations

Tactical Principles

- Principle of Specific Specialty
- Principle of Gamification
- Principle of Creation of Automated Processes (F.P.M)
- Principle of Progressive and Empathetic Synchronicity of the Game Model
- Principle of Dynamic-Complex Adaptability
- Principle of Effective Optimization of the Game Model
- Principle of Dynamic Simulation of Modern Game Patterns

Physical and Mental Principles

- Principle of Specific Rehabilitation of the Soccer Player
- Principle of Specific Applied Neuroscience
- Principle of Psychological Resilience
- Principle of Sensory and Perceptual Integration (ISP)
- Principle of Technological Biofeedback and Emotional Regulation (BTR)
- Principle of Mental Preparation and Emotional Control

Training and Development Principles

- Principle of Specific Fragmentation of Training
- Principle of Collective Individualization
- Principle of Specific and Individualized Inclusion of Modern Training
- Principle of Integral and Personalized Technological Update
- Principle of Continuity and Progression of Fragmented Training
- Principle of Sustainable Individualization of Training (SIT)
- Principle of Specific Synergy of the Technical Staff

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Game Model and Phases

1

Offensive Phase

Objective: Optimize the creation and completion of opportunities. Approaches: Offensive automatisms, attack fragmentation, and dynamic synchronization. Example: Fast attacks with 3-4 touches in wing plays, using synchronized runs with posesion play with automatisms.

2

Defensive Phase

Objective: Improve cohesion and reduce the opponent's opportunities. Approaches: Adaptive defensive automatisms and synchronization between lines. Example: High pressure when the ball comes out and a compact low block against fast forwards.

3

Transitions

Objective: Maximize efficiency in phase changes. Approaches: Change of pace, control of transitions, and fast counterattacks. Example: Immediate pressure after losing the ball to avoid opponent counterattacks.

4

Ball Possession

Objective: Control the pace and wear down the opponent. Approaches: Dynamic positional play and rapid ball circulation. Example: Alternating controlled possession with changes of pace that destabilize defenses.

5

Set pieces

- **Tactical Design and Precision Execution:** Describe your ability to craft detailed set-piece strategies tailored to exploit opponents' weaknesses. Emphasize how you design plays for both attacking and defensive scenarios that improve scoring opportunities or prevent goals.
- **Innovation in Set-Piece Patterns:** Showcase how you've innovated in set-piece routines, bringing in unique approaches that enhance predictability for your team while keeping opponents off balance.
- **Training for Situational Awareness:** Highlight your focus on preparing players to adapt quickly to set-piece scenarios, ensuring they understand their roles, positioning, and timing, which boosts overall team confidence and results in more precise execution.
- **Data-Driven Analysis:** Detail your use of technology and analytics to study set-piece trends, evaluate your team's performance, and identify the best ways to refine and improve outcomes based on measurable feedback.
- **Success Rates and Impact:** If possible, include metrics that reflect your success rate in set-piece goals scored or goals prevented, which would quantify your impact and showcase your contribution to match outcomes.

6

Mental Preparation and Resilience

Objective: Strengthen mentality for high-pressure situations. Approaches: Psychological resilience and critical scenario simulation. Example: Visualization and breathing techniques to maintain concentration at key moments.

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Highlighted Results and Endorsements

Highlighted Results

Highlighted Results

- Promotion of Nongbua Pitchaya FC: Implementation of automatisms and adaptation to the local football culture, restructuring infrastructures at the club to achieve promotion.
- Performance Optimization at Al Ahli SC (Qatar) and Al Shabab FC (Saudi Arabia): Enhanced tactical cohesion and reduced errors under high-pressure conditions, especially in off-ball play and fast transitions. Promoted 11 players to the first team, one of whom debuted in the World Cup.
- Talent Development at Playas de Calvia FC: Consolidated promising youth players with a focus on tactical discipline and adaptability to different styles of play.

Endorsements and Testimonials

> "David Pons guided me to reach my maximum potential during a season and a half under his leadership. He is a tactical and demanding coach who helped me achieve exponential growth in both my character and gameplay, giving my professional career a 360-degree turn."
>
> - Antonio Sánchez Navarro, Professional Footballer at RCD Mallorca

> "David Pons will always be an unforgettable and essential part of my career. He believed in me when no one else did and pushed me to reach my full potential. David demands excellence in every training and match, and his psychological preparation for any on-field situation is extraordinary. Tactically, I learned a great deal from him, and I have only words of gratitude for everything he did for me."
>
> - Marc Baro Ortiz, Professional Football Player | Left Back, Left Center Back

> "Working with David years ago was a significant turning point. His demands, knowledge, and competitiveness helped me reach my goals and advance my career. A true leader in the locker room, he always gets the best out of his teams."
>
> - Chechu Meneses, Professional Football Player

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Additional Information

Contact and Websites

- References available upon request
- Websites: DavidPonsCoach.com, PonsMethod.com, InnovaFootball.com, institute.ponsmethod.com

Quantifiable Achievements and Metrics:

- **Increased Tactical Cohesion:** Improved team tactical cohesion by demonstrated through reduced errors and an increase in ball possession by Y%, focusing on the fundamentals of training, easy play, and your unique "football language."
- **Error Reduction:** Achieved a reduction in game errors through a strong focus on basic skills and clear communication of foundational principles.

Psychological Approach and Winning Mentality:

- **Winning "Titan" Mentality:** Cultivate a winning mindset using my "football language" to communicate clear, powerful concepts that build players' confidence and mental toughness.
- **Psychological Training:** Created a psychological framework that integrates seamlessly into technical and tactical training, helping players develop resilience and focus under pressure.

Conferences and Publications:

- **Speaker:** Presented numerous conferences, including at the University of the Basque Country, sharing insights on high-performance training, talent development, and the Pons Method.
- **Author:** Published *Introduction to the Pons Method* on Amazon, a foundational guide that led to the establishment of one of the top sports education institutes, the Pons Method Institute.

Continuous and Technological Innovation:

- **Tech-Driven Methodology:** A pioneer in open-source methodology adaptation, actively integrating advanced software and hardware modifications to enhance training effectiveness.
- **Performance Monitoring:** Employ cutting-edge technology in training, leveraging real-time data analysis to track and improve player performance daily.

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