



J. ENRIQUE ARROYO H.

PHYSICAL PERFORMANCE SPECIALIST & COACH

"Champions aren't born, they're built. My purpose is to forge the physical and mental foundation upon which champions rise."

PROFESSIONAL STATEMENT

High-performance fitness coach with over 20 years of experience across all professional levels of football, from youth academies to first division and national teams. Creator of the **KA-Performance Method**, an evidence-based framework integrating physical conditioning, injury prevention, and mental resilience to achieve sustainable elite performance.

Recognized for achieving **the league's lowest injury rates** and maintaining **player availability even during high-density fixture seasons**, Kike empowers athletes to reach championship form through science, data analysis, and individualized training strategies.

EDUCATION



2020

WIMU – Advanced Scouting & Game Analysis (EPTS)

CITEC FEMEXFUT / Mexico.

2015 - 2017

Strength, Load Management & Applied Physiology

FEMEXFUT / Mexico.

2008 - 2010

International Sports Science Diploma

Universidad Católica de la Plata / Argentina.

2006 - 2008

Physical Performance Coach Professional License – NUI63630

Escuela Nacional de Preparadores Físicos (EMPREFI) / Mexico

2001 - 2005

BA in Sports Education

Escuela Nacional de Entrenadores Deportivos (CONADE) / Mexico

TOURNAMENT HIGHLIGHTS



Champion

Pumas UNAM U17 | Liga Mx Clausura Tournament

2024

Runner-up

Pumas UNAM U17 | Algarve International Tournament | Portugal

2024

Gold

Beach Soccer National Team | World Cup CONCACAF Qualifier

2015 & 2019

Qualified

Malacateco, Guatemala | Scotia Bank CONCACAF League

2022

Runner-up

Club America U17 | Liga Mx Torneo Clausura

2013

Runner-up

Irapuato FC | Liga Ascenso Mx Torneo Apertura

2008

Lobos BUAP | Liga Ascenso Mx Torneo Clausura

2012

TECHNOLOGY PROFICIENCY



WIMU PRO



Tactical Pad



Catapult Sports



Microsoft Office



Kinexon STATSports



CORE COMPETENCIES



WORK EXPERIENCE



- Strength & Conditioning
- Injury Prevention & Rehabilitation
- Neuromuscular training
- EPTS & GPS Load Management
- Mental Conditioning & Resilience
- Sports Science Integration
- High-Performance Team Coordination
- Youth Development & Transition to Pro
- Data-Driven Performance Analysis

EXTRA SKILLS



Periodization Mastery

Ability to adjust micro-, meso-, and macrocycle plans aligned with the competitive calendar.

Sports Data Literacy

Interprets and translates complex datasets into tactical and physical insights that the entire coaching staff can apply.

Recovery & Regeneration Strategies

Applies sleep analysis, cryotherapy, HRV monitoring, and individualized recovery protocols.

Tactical Synchronization

Physical preparation that mirrors the coach's tactical model and positional requirements.

Leadership & Communication

Clear, confident, and motivational communication across diverse teams and nationalities. Builds trust with players, while maintaining professional alignment with the head coach's philosophy.

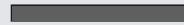
Continuous Innovation

Commitment to ongoing education in biomechanics, sports science, and emerging technologies (AI analytics, wearable data, neuromuscular diagnostics).

LANGUAGES



Spanish
Native



English
Professional Proficiency



Physical Performance Coach

2020 - Present

U17, U15, Femenil Mayor, Expansión MX / Pumas UNAM | Mexico

- Designed high-intensity, data-driven load management programs for men's, women's, and youth teams.
- Integrated psychological resilience training and mental performance alignment with the team psychologist.

Physical Preparation Specialist

2022

First Division / Club Malacateco | Guatemala

- Guided the team to the CONCACAF League 2022, achieving top performance metrics and maintaining over 98% injury-free player availability.

Physical Performance Head

2004 - 2008

Futsal, Beach Soccer, and U17 / Mexico National Teams | Mexico

2009 - 2010

2014 - 2019

- Participated in FIFA World Cups: U17 – Nigeria 2009, U20.
- IOC World Beach Games Qatar 2019 – Women 5th place FIFA Ranking (first participation ever of a National Team in an Olympic Beach World Cup).
- CONCACAF: Achieved Gold Medal at the 2015 El Salvador Beach Soccer Pre-World Cup and Runner-up (Silver Medal) Bahamas 2017 and Gold Medal 2019 Pto. Vallarta, tournaments.

Physical Preparation Coach

2000 - 2020

1st A, U17 & First Division / Professional Clubs | Mexico

- Lobos BUAP | Liga Ascenso Mx | Runner-up
- Club America | U17 Liga Mx | 2nd Place
- Irapuato FC | Liga Ascenso Mx | 2nd Place
- Celaya FC | Liga Ascenso Mx | 3rd Place
- Cruz Azul Hgo. | Liga Ascenso Mx | 3rd Place

K-A PERFORMANCE METHOD



A holistic methodology integrating:

Science & Data

EPTS, GPS, and HRV technology for load management.

Injury Prevention

Focus on neuromuscular balance and recovery science.

Mental Performance

Coordination with sports psychologists to cultivate focus, self-efficacy, and resilience.

Cultural Integration

Teaching players the philosophy behind performance – *understanding before execution*.

Further information of KAP Method will be provided based on mutual interest.