

# Martin Contreras

**IMPACT Soccer Club**  
Coaching Staff



## **Biography:**

### **Professional:**

- Leon A.C. – Mexico (First Division) 1981-83
- Pumas UNAM – Mexico (First Division) 1983-84
- Union de Curtidores F.C. – Mexico (Second Division) 1985
- San Diego Sockers – NASL (First Division) 1986-87
- CCV Hydra – USISL (Second Division) 1994-1996

## **Coaching Background:**

- Volunteer coach with EDYSL/Impact. 1999-2009
- Freedom High School Men's JV Head Coach/ Varsity Asst. Coach, 2003-2004
- Freedom High School Men's Varsity Head Coach, 2004-2012
- Impact 94/95 Boys Coach, 2009- 2012
- Impact Goalkeeper Director, 2017-Present

## **Coaching Credentials:**

- Professional Goalkeeper License - Federacion Mexicana de Futbol Asociacion A.C. (Mexico)
- National A Coaching License (Equivalent to USSF National A License) –Federacion Mexicana de Futbol Asociacion A.C. (Mexico)

## **Coaching Philosophy:**

Build strong technical players through planning and organizing training sessions, while adding individual tactical training in preparation for group training. Along the way, mental and physical training is also taking place to develop successful players while creating an enjoyment for players. My philosophy is not only to develop players in the technical, tactical, or fitness of the game, but also in the acts of sportsmanship, citizenship, and most of all, respect.