



THEODOROS ANTONOPOULOS

UEFA A Licensed Football Coach

MLS | National Team | 300+ Professional Matches



❖ GENERAL | ABOUT ME

THEODOROS (THEO) ANTONOPOULOS

FOOTBALL COACH | UEFA A LICENSE

Born: 14th of June 1987 (39 years old)

Nationality: Greek

Residence: Chicago, Illinois, USA

Email: theoantono@icloud.com

Tel: +1 7735141800

LinkedIn / Transfermarkt profile:

[Theodoros Antonopoulos](#)

❖ GENERAL | LANGUAGES

Greek ● ● ● ● ●
(Native)

English ● ● ● ● ●
(Lower B2, Cambridge University)

French ● ● ● ● ●
(Delf B1, Paris-Sorbonne Université)

Spanish ● ● ● ● ●
(Basic understanding and communication,
knowledge of soccer-specific terms)

❖ GENERAL | EDUCATION

- **Bachelor's Degree in Sports Science** (University of Athens, 2016)
- **Specialization in Soccer** (University of Athens, 2016)
- **UEFA A License** (Rhodes 2013, Greece)
- **UEFA B License** (Kalamata 2011, Greece)



❖ GENERAL | CERTIFICATIONS

ICDL:

ECDL Computer Knowledge Certification (2007)

InStat:

Match and Video Analysis in soccer (2019)

Barca Innovation Hub:

Certificate in Opponent Analysis (2020)



❖ GENERAL | COACHING PHILOSOPHY

Experience in top-level clubs and organizations. Offensive and Pressing style of play. Preferred systems:

1-4-2-3-1 | 1-4-3-3 | 1-3-4-3

- In my philosophy, systems of play are not as important, as creating the ability of a team to understand and occupy spaces with numerical superiority, while keeping its dominance and/or compactness.
- In addition, players' talent and specific abilities often define the team's tactical profile.
- Also, modern football is characterized from the ability of high-performing teams to get into different shapes according to the phase of the game or the third of the field. For example, one team that plays 1-4-2-3-1 as initial system of play, can build up from the goal kick in a 4-2-2-2, then build up at the midfield in 1-3-4-3, and finally defend in a 1-4-4-2 formation.
- Having coached as an assistant coach next to so many and important Head Coaches, I can really say that I have played with or against every possible system in the game, prepared and managed all types of game situations from the training procedure until the management of the game in real time.
- **This experience and knowledge give me confidence in creating or being an addition to any football project, either as a Head Coach, or as an Assistant Coach at the highest level.**
- **PASSION** and **INTENSITY** are the elements of my character that I always try to integrate in the teams I work with, regardless of the applied tactical profile.

❖ CAREER | COACHING EXPERIENCE

I have been coaching for TWO DECADES-ten years as academy coach and ten as assistant coach in professional clubs.

During the first four years of my coaching career (2006-11) I worked at soccer academies in the region of Athens. At the same time, I was also playing soccer at Greek lower leagues.

Then I started working for **Apollon Smyrnis F.C. Academy** (where I stayed for six years 2011-17), which was certainly an upgrade for my career. I have coached all ages -from U9 to U18- in these six years at the club's academy, where I had also leading role at the establishment of the Coaching Methodology, Program and Periodization of the whole Academy.

For over a decade as Academy Coach, I have developed players that play at the moment in top leagues and National Teams, such as Konstantinos Mavropanos (West Ham) and Christos Alexiou (Inter Milan) and many others in Greek Superleague or in smaller but significant professional teams and leagues.

In 2017 I was promoted to **Apollon Smyrnis F.C.** (first team) as Assistant Coach, I was 28 years old at the time. I worked for 5 seasons in this position, next to very important Greek and European coaches, who shared their knowledge and experience with me.

At the same time, I had also the honor to be selected at the coaching staff of the **Cyprus National Team**, under the leadership of the Coach Mr. Kostenoglou Nikolaos, with the role of the Head Analyst of the team, position that I remained for two years.

I left the club in 2022 to take over another Greek Super League 1 club, **Lamia F.C.** as immediate associate of Coach Mr. Gianluca Festa. We managed to save the team at our first season, under very difficult circumstances and against all odds. In our second season, the team evolved and established a superior way of playing and competing against every opponent, before we decided to take separate roads with the club mid-season.

In these **7 seasons in Europe**, I experienced big victories and losses, relegation and immediate promotion, I was selected in the NT, and I managed every mental and psychological challenge, that a modern Coach must confront in professional football.

Seasons 2023 and 2024, I worked next to Coach Mr. Frank Klopas at Chicago Fire FC, one of the most important and historical MLS club, which is the highlight of my coaching career so far.

Last season (2025) I was the Assistant Coach of **Chicago Fire II** an MLS Next Pro team, next to Coach Mr. Mike Matkovich. We just finished a very competitive season, combining outstanding players' individual development and record-breaking results as a team.

I have ten seasons and more than 300 games at professional benches under my belt. I have cooperated with big coaches and coached big players, with international career such us Bruno Alves, Xherdan Shaqiri, and numerous other important players who are protagonists in important leagues and/or national teams around the world.



❖ CAREER | PROFESSIONAL COLLABORATIONS

I have collaborated with elite-level coaches across professional football environments. These experiences have significantly shaped my tactical understanding, leadership approach, and ability to operate within high-performance teams. Key collaborations include:

- Klopas Frank
- Kostenoglou Nikolaos
- Festa Gianluca
- Paraschos Georgios
- Papadopoulos Nikolaos
- Grote Marco
- Vulic Zoran
- Ismael Valerien
- Mantzourakis Giannis
- Petrakis Giannis
- Tennes Charalampos
- Mantzios Apostolos
- Chavos Makis



ATHENS ACADEMIES
2006-2011
ACADEMY COACH
4 SEASONS



APOLLON SMYRNIS FC
2011-2017
ACADEMY COACH
6 SEASONS



APOLLON SMYRNIS FC
2017-2021
ASSISTANT COACH
4,5 SEASONS



PAS LAMIA FC
2021-2022
ASSISTANT COACH
1,5 SEASONS



ΚΟΠ CFA

CYPRUS NATIONAL TEAM
2020-2022
CHIEF ANALYST
2 SEASONS



CHICAGO FIRE FC
2022-2025
▪ ASSISTANT COACH MLS
2 SEASONS
▪ ASSISTANT COACH CFFC II
1 SEASON



'He was captain, team-mates loved him': Mavropanos' disjointed path from Greece to West Ham

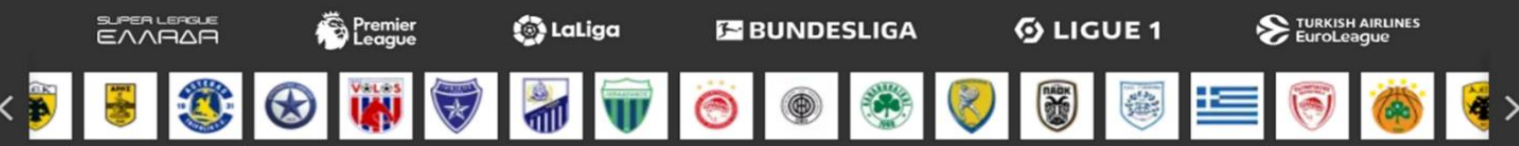
By **Roshane Thomas**
Dec. 29, 2023 | Updated Dec. 30, 2023

5



"It is a historical failure the way they treated Dinos. Why Apollon never gave him a chance I will never know. Dinos was our most talented player in the academy. I'd be encouraging the coaches to have a look at him, but they didn't listen to me."

Theodoros Antonopoulos, the assistant coach at [MLS](#) side Chicago Fire, is midway through recalling his fondest memories of [Konstantinos Mavropanos](#) when he pauses and launches a passionate rant about why Apollon Smyrnis failed to get the best out of the defender.



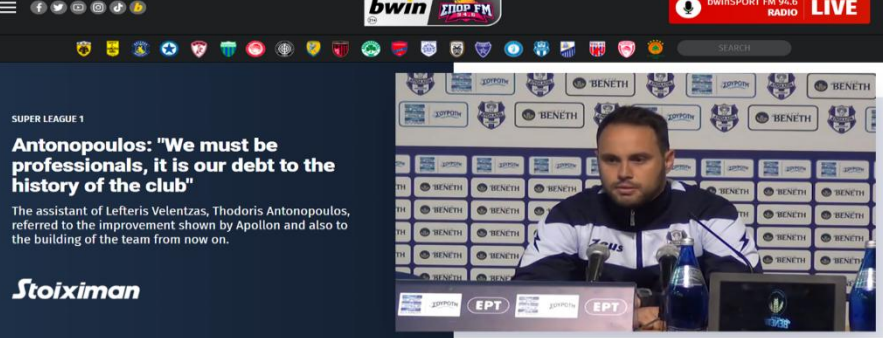
Antonopoulos: "It's a successful season."

Thodoris Antonopoulos stood in the good face of Apollon Smyrnis after the 0-2 victory of the "Light Brigade" over PAS Ioannina, in the context of the last matchday of the Superleague Playouts.

FOOTBALL SUPER LEAGUE 1

NEWSROOM

- 19:02 **TIMELINESS**
Revelation of Lambropoulos: "The elder woman emptied the Ark's bank deposit box two days ago with complete secrecy"
- 18:52 **SUPER LEAGUE 1**
Panathinaikos: Double training without Palasios
- 18:43 **BASKETBALL**
Itoudis: "I had to work with six people every day on how Giannis should be treated"
- 18:33 **SUPER LEAGUE 1**



Antonopoulos: "We must be professionals, it is our debt to the history of the club"

The assistant of Lefteris Velentzas, Thodoris Antonopoulos, referred to the improvement shown by Apollon and also to the building of the team from now on.

Stoiximan

PUBLICATION DATE: 14/04/2019, 22:08

To work until the end with professionalism and to give everything on the field as a minimal debt to the history of the team is what everyone in Apollo has according to Lefteris Velentza's assistant, Thodoris Antonopoulos.

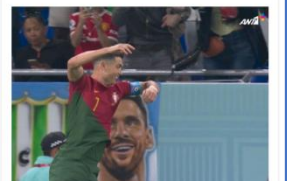
What he said in detail at the press conference:

"We were coming off a very good performance in the previous match. We improved offensively, especially in terms of tactics and ball possession against Apollon. We wanted to combine that today with a more aggressive presence and get the win against Panaitolikos. Against us we had a very well-structured team, but we could not, despite having a good performance, combine it with a win. We wanted to block the axis of the Panaitolikos and from there create rifts. We had defensive balance but the match was decided in a phase where there was a penalty that we should have avoided. We are pleased with the children's effort and the coach congratulated them. We continue to work with a professionalism that is inversely proportional to our ranking, which is our debt to the historical association. We have to slowly prepare the team for the new year.

We have improved a lot defensively. This formation gives us a defensive balance. We are not particularly threatened by our opponents in normal game time. If the penalty hadn't happened, I think the match would have been completely different. What we want to correct is that we didn't threaten too much," he said.

LATEST NEWS

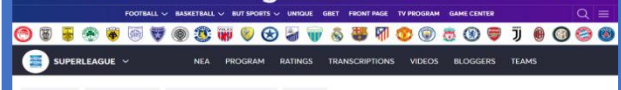
"Kim, Kim, Kim, Kim, Kim": The epic pronunciation of the South Korean XI by an Italian speaker
WORLD CUP 2022 19:14



Tehran regime arrests former international soccer player for 'spreading propaganda'
TIMELINESS 19:12

Doc: "I've been an Olympian since I can remember"
SUPER LEAGUE 1 18:56

Ronaldo found the net but the goal was disallowed for a foul
WORLD CUP 2022 18:42



Antonopoulos: "We dominated in the second half, but..."



The assistant of Makis Havos in Apollon Smyrnis focused on the opportunities that his team did not take advantage of in the home defeat by Lamia.

What Thodoris Antonopoulos said in detail to NOVA:

"We played a good game. Even in the first few minutes, we didn't make a bad entry. We wanted to finish our home matches with a win, but we didn't manage to and that makes us sad. The game was balanced in the first half. The opponent was lucky to take the lead at a very unfortunate moment. From then on, however, I don't remember us being threatened. On the contrary, we had the conditions for a goal. In the second, we prevailed by state. Unfortunately we couldn't find the goal to equalize. We wanted a victory and now we will go to Ioannina on Wednesday to close a successful year with a victory."