



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

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[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)

Barca Innovation Hub: Certificate in Opponent Analysis (2020)

InStat: Match and Video Analysis in soccer (2019)



❖ 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 over 20 years of experience as a professional football coach, with extensive experience in Europe and the United States. I have spent ten seasons at first-team level, contributing to **more than 300 professional matches** across the Greek Super League, the Cyprus National Team, Major League Soccer, and MLS NEXT Pro. My work focuses on match preparation, tactical planning, training delivery, and building high-performance environments, with a clear emphasis on team identity and competitive consistency. Throughout my decade as an academy coach, **I have developed players who progressed to top European leagues and national teams**, building strong foundations in technical, tactical, and professional standards. Later, at the professional level, **I have worked closely with established international players**, successfully managing high-profile personalities and contributing to high-performance dressing rooms, ensuring alignment, discipline, and maximum output at the highest level of the game.

❖ CAREER | COACHING EXPERIENCE (continued)

Chicago Fire FC: Assistant Coach (May 2023 – Dec 2024)

Worked closely with Head Coach Frank Klopas within a high-performance MLS environment, contributing to first-team competitive edge.

- Led tactical preparation and match planning
- Delivered position-specific training aligned with game model
- Contributed to in-game decision-making and adjustments
- Managed opponent scouting and analysis.
- Drove player development within elite environment



Chicago Fire II: Assistant Coach (Jan 2025 – Dec 2025)

Focused on developing players within the professional pathway, bridging academy to first-team standards.

- Implemented tactical and technical training programs
- Led player development and progression strategies
- Contributed to match management and performance outcomes
- Ensured alignment with first-team playing philosophy
- Collaborated across departments to optimize performance



Pas Lamia FC Greek Super League: Assistant Coach (Mar 2022 – Dec 2022)

Immediate associate to Head Coach Gianluca Festa, involved in all aspects of first-team performance and match preparation within the Greek Super League.

- Led game plan development and tactical preparation
- Delivered and managed training sessions aligned with match objectives
- Oversaw opponent analysis and match preparation
- Contributed directly to in-game management and tactical adjustments
- Coordinated daily football operations across performance areas



Cyprus National Team: Chief Analyst (Mar 2021 – Aug 2022)

Member of the national team technical staff, contributing to game preparation and tactical execution at international level.

- Contributed to game plan development and tactical preparation
- Supported training sessions with focus on match-specific objectives
- Provided opponent insights to inform strategy and adjustments
- Assisted in in-game management and decision-making
- Operated within UEFA/FIFA level competitive environment



Apollon Smyrnis FC Greek Super League: Assistant Coach (Jul 2017 – Feb 2022)

Part of the first-team environment within a top-tier competitive setting, working alongside experienced Greek and European coaches and contributing to overall team performance.

- Contributed to tactical preparation and game planning
- Delivered training content aligned with team strategy
- Supported match preparation and performance analysis
- Assisted in in-game tactical decisions and adjustments
- Contributed to player development and team cohesion



Apollon Smyrnis F.C. Academy: Head Coach (Jul 2012 – Jun 2017)

Led development programs across multiple age groups, focusing on long-term player progression and performance.

- Designed and implemented structured training methodology
- Led technical and tactical development across age groups
- Built individual development pathways for players
- Managed team performance and competitive preparation
- Established high standards within development environment



Athens Academies: Head Coach (Jul 2006 – Jun 2012)

Early-stage coaching role focused on player development, fundamentals, and building strong team environments. I developed my coaching methodology and identity and combined it with competitive playing experience in senior divisions.

❖ 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



	<p>ΑΚΑΔΗΜΙΑ ΑΠΟΛΛΩΝ ΣΜΥΡΝΗΣ 1891 FC</p>		
<p>ATHENS ACADEMIES 2006-2012 ACADEMY COACH 6 SEASONS</p>	<p>APOLLON SMYRNIS FC 2012-2017 ACADEMY COACH 5 SEASONS</p>	<p>APOLLON SMYRNIS FC 2017-2021 ASSISTANT COACH 4,5 SEASONS</p>	<p>PAS LAMIA FC 2021-2022 ASSISTANT COACH 1,5 SEASONS</p>
	<p>CYPRUS NATIONAL TEAM 2020-2022 CHIEF ANALYST 2 SEASONS</p>		<p>CHICAGO FIRE FC 2022-2025</p> <ul style="list-style-type: none"> ▪ ASSISTANT COACH MLS 2 SEASONS ▪ ASSISTANT COACH CFFC II 1 SEASON

