

## Efrain Alba

### Coaching Education:

USSF "D" License

USSF "E" License

NSCAA Advanced Regional Diploma

### Coaching Philosophy:

My goal is to help each player attain individual skill and experience necessary to continue personal growth at the club level program and above. To prepare the players and team with such qualities as pride, self-confidence and self-esteem. To teach our players the responsibilities of self discipline, sportsmanship and hard work.

### Coaching Experience:

24 years of coaching experience in San Diego County at the *recreational, club and High School* levels.

**Recreational coaching:** Boys Club of America Soccer, AYSO Soccer, HotspursUSA HotShots Academy and San Diego County Indoor Soccer Leagues

**Club coaching:** Alliance Soccer Club (Asst Coach), Aztecs FC (Asst Coach), Hotspurs USA (Head Coach)

**High School coaching:** El Cajon Valley High School Girls 1991-1993

### Playing Experience:

36 years playing experience in San Diego County at recreational, club, high school & semi-pro.

Played in the San Diego Premier League (outdoor), S.W.I.S.L .Semi-Pro Indoor (SD Blaze), San Diego Sockers (Reserve Squad), San Diego "A" Division Indoor Soccer Teams

### Coaching Accomplishments:

- 2011 G-U11 Presidio Cup (**Champions**)
- **2011 G-U11 AA-A Presidio League (Champions)**
- 2011 G-U11 Hotspurs Labor Day Tournament (**Champions**)
- 2011 G-U11 San Diego United Summer Challenge (**Champions**)
- 2011 G-U11 CV Manchester Cup (**Champions**)
- 2011 G-U11 Memorial Super Cup (**Champions**)
- 2010 G-U10 Presidio Cup (**Finalists**)
- 2010 G-U10 Memorial Day Forest Cup (**Finalists**)
- 2010 G-U10 CV Manchester Cup (**Champions**)
- 2010 G-U10 Beach Soccer Jam (**Champions**)
- **2009 G-U09 Red Division Presidio League (Finalists)**
- 2009 G-U09 Hotspurs Labor Day Tournament (**Champions**)
- 2009 G-U09 Crown City Classic (**Finalists**)