

Selçuk TARAKCI

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MALTEPE /ISTANBUL

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Personal Information

Date of birth : 13.09.1987
Place of birth : Ordu / Ünye
Coaching License : UEFA B
: UEFA - ATHLETIC PERFORMANCE COACH

Education

University	Program	Department	Degree
Marmara University	B.Sc	Coaching	1.
Charles University / Prag	B.Sc	Coaching	Student Ex-Change
Marmara University	Master	Movement and Training Sciences	Honor
Marmara University	PhD	Movement and Training Sciences	

Spoken Languages

	Qualification	Institute	Level
English	Professional	Just English Language & TOEFL Center	Advanced
Spanish	Beginner	Just English Language & TOEFL Center	A1- Continues

Work Experiences

Season	Club	Team	Position	
2011-2012	BEŞİKTAŞ JK	U11	Intern Coach	Scouting
2012-2013	BEŞİKTAŞ JK	U13	Assistant Coach	Scouting
2013-2014	BEŞİKTAŞ JK	U14 & U17	Assistant Coach	*Match and Performance Analyzer
2014-2015	BEŞİKTAŞ JK	U17 & U19	Assistant Coach	*Performance Coach * Match and Performance Analyzer
2015-2016	BEŞİKTAŞ JK	U19	Assistant Coach	*Performance Coach * Match and Performance Analyzer
2016-2017	BEŞİKTAŞ A.Ş	U19	Athletic Performance Coach	* Match and Performance Analyzer *** ATHLETIC PERFORMANCE DEPARTMENT HEAD
2017-2018	BEŞİKTAŞ A.Ş	U19	Athletic Performance Coach	*** ATLETİK PERFORMANS DEPARTMAN ŞEFİ
2017-2018	KARŞIYAKA SK (2.league)	FIRST TEAM	Athletic Performance Coach	* Match and Performance Analyzer

Football-specific in-door and field tests

ENDURANCE TEST

Modified Shuttle Test (Lactate)	<ul style="list-style-type: none">• Organization of the test on the pitch• Blood Intake• Evaluation of the test results• Planning to team and individual trainings according to test result
Yo-Yo Intermittent Recovery Test Level 1	<ul style="list-style-type: none">• Organization of the test on the pitch• Evaluation of the test results• Planning to team and individual trainings according to test result
Yo-Yo Intermittent Recovery Test Level 2	<ul style="list-style-type: none">• Organization of the test on the pitch• Evaluation of the test results• Planning to team and individual trainings according to test result
Bruce Protocol (Lactate +MaxVO ₂)	<ul style="list-style-type: none">• Organization of the test in lab• Blood Intake• Evaluation of the test results• Planning to team and individual trainings according to test result

SPRINT-AGILITY-BALANCE TESTS

- **5m Reaction Test**
- **10m Sprint Test**
- **30m Acceleration Test**

Illinois Agility Test

Pro-Agility Test

Power - Jump Mat Test

Flamingo Balance Test

Y Balance Test

Balance Board Test

- Organization of the test on the pitch / in-door
- Evaluation of the test results
- Planning to team and individual trainings according to test result

STRENGTH – FUNCTIONAL TESTS

- **Maximal Strength Measurement**

- **FMS**
(Functional Movement Screen)

- **Nordbord Hamstring Test**

- Organization of the test in-door
- Evaluation of the test results
- Planning to team and individual trainings according to test result

ANTHROPOMETRIC MEASUREMENTS

- Measurement of body weight and height
- Body Mass Index (BMI) measurement and evaluation
- Skin-fold thickness measurement (Skinfold)
- Muscle Circumference measurement and evaluation
- Body type determination and evaluation
- Postural Analysis (FTR) (Lordosis, Scoliosis, Kyphosis, Pes planus-kavus, Genu varum, Genu Rekurvatum, Shoulder Lateness – Muscular Differences – Leg length differeces etc..)

Computer Skills – Performance Analysis Programs

- Office Programs
- Catapult Sports Performance Analysis
- Polar-Team
- Gp-Sports
- Mathball Game Analysis
- Wyscout

Published Researches

- The Dimension of the Athlete – Coach Relationship in Amateur and Professional Football Players – **8th World Congress on Science and Football in Denmark, 2015** – (Bachelor)
- Effects of high-intensity small-sided games in Professional Football Players repeated sprint, anaerobic threshold, positive acceleration, agility and reaction speed qualities – **Eurasian Research in Sport Science, 2018** – (Master Degree)

Reference

GÖKHAN KESKİN	BEŞİKTAŞ	SPORTS DIRECTOR	0(549) 592 19 03
EMRAH BAYRAKTAR	GALATASARAY	YOUTH TEAMS DIRECTOR	0(532) 402 52 22
CENGİZ AYDIN TAHMAZOĞLU	FENERBAHÇE	MANAGER	0(532) 485 93 95
ENGİN ÇALIŞIR		MANAGER	0(532) 283 19 09
SERKAN SALMAN		COACH	0(532) 357 58 65
İLKER KOYUNCUOĞLU		COACH	0(532) 440 68 64
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