# Thelonius Okafor-Brannstrom

**Head Soccer Coach, High School and Club**

Columbus, OH · thelonius.okaforbrannstrom@example.com · (971) 555-0121 · LinkedIn · Coaching portfolio

## SUMMARY

Head soccer coach with 8 years coaching ages 12 to 18 in a public high school and a competitive youth club. Holds a USSF C license, plans periodized seasons, tracks player load and has helped 14 players move on to college soccer.

## EXPERIENCE

### Head Boys Soccer Coach — Wexmoor Valley High School

Columbus, OH · Aug 2020 – Present

- Lead a varsity and junior varsity program of 52 players and 3 assistant coaches through a 20-game season.
- Built a periodized 14-week plan that cut soft-tissue injuries from 11 to 4 per season over 3 years.
- Raised the team's conference finish from 7th to 2nd within 3 seasons while starting 6 sophomores.
- Introduced weekly video review of 15-minute clips, which players rated 4.5 out of 5 in end-of-season surveys.
- Helped 14 players earn places on college rosters, 5 of them with athletic scholarships.

### Youth Development Coach — Scioto Ridge Football Club

Dublin, OH · Mar 2017 – Jul 2020

- Coached 3 teams aged 11 to 14, running 4 sessions a week for about 60 players.
- Raised spring-to-fall player retention from 72% to 90% by adding monthly individual progress talks.
- Ran 6 parent workshops on nutrition, rest and match-day behavior, each attended by 30 or more families.

## SKILLS

Coaching: Session design, periodization, small-sided games, set pieces, match analysis

Athlete care: Load monitoring, injury prevention warm-ups, concussion protocols, return-to-play plans

Tools: Hudl, Veo camera, TeamSnap, Google Sheets, heart-rate monitors

Program: Tryouts, roster management, budgets, parent communication, college recruiting support

## CERTIFICATIONS

USSF National C License, 2021

CPR, AED and First Aid, American Red Cross, 2025

NFHS Concussion in Sports, 2025

## EDUCATION

BS, Exercise Science, Ohio University, 2016

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