



NUNO ABRANTES

VOLLEYBALL HEADCOACH

PROFILE

45 years old
1st League Head Coach (ROM / POR)
Former National Team (POR) U19/U21
Assistant Coach. Former Scouter (Data Volley). Former player (played in all court positions).


I'm a Portuguese Coach living the dream of working in what I love to do! Social and friendly, I believe in the principle of treating others as one wants to be treated.

I'm hardworking, focused and passionate, prompting me to a pedagogic and positive approach.

Lead by example, open-minded, who believes one can benefit from anyone's experience as well as our own and we can inherit their wisdom and knowledge.

Status: Married (1 son)

CONTACT

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 nuno_abrantes@hotmail.com

LANGUAGES

- #1 Portuguese - Native
- #2 English - Fluent
- #3 Spanish - Regular
- #4 French - Beginner
- #5 Romanian - Beginner

EDUCATION

FPV – Portuguese Federation Volleyball

Level III Volleyball Coach - (18/20 values) - 2018

FADEUP – Faculty of Sport of Porto University - 2011 / 2014

3 Years Degree in Sports Science (17/20 values)

Specialized in High Performance – Volleyball -1,5 years (19/20 values)

IST – Instituto Superior Técnico - 1998 / 2004

5 Years Degree in Civil Engineering

WORK EXPERIENCE

C.S. Unirea Dej (ROM) – Head Coach – Men's Team

2025/09 – 2026/05 - Romania A1 Division

A.A. SÃO MAMEDE (POR) – Head Coach – Men's Team

2024/09 – 2025/05 – Portugal 1st League

A.J. FONTE BASTARDO (POR) – Head Coach – Men's Team

2022/09 – 2024/05

3rd place CEV Challenge Cup 2023. 5th place CEV Challenge Cup 2024.

Finalist Portugal 1st League Championship 2022/23.

Supercup 2022 Winner and 2023 Finalist.

Finalist Portuguese Cup 2022/23 and 2023/24.

CASTÊLO DA MAIA G.C. (POR) – Head Coach – Men's Team

2018/09 – 2022/05 Portugal 1st League. Rebuilding team on an historic volleyball club, negotiation and hiring players (looking for volleyball skills and the right profile as person and athlete), analysis (Data Volley).

CASTÊLO DA MAIA G.C. (POR) – Assistant Coach (Men's Team +U-Team)

2016/09 - 2018/09 Assistant Coach/Scouter Men's Team and Head Coach of U- teams.

A.A. SÃO MAMEDE (POR) – Head Coach – Women's Team

2015/09 - 2016/06 – Portugal 2nd League

PORTUGAL NATIONAL TEAM U-19 and U-21 (Men) – Assistant Coach

2013/10 - 2015/08 - Assistant Coach on both teams.

3rd place in Pools to Youth European Championship.

Winner of Guadalajara U19 Tournament vs Spain, France and Denmark.