



YOAN-ALEKSANDAR HRISTOV HRISTOV

FOOTBALL POSITION: STRIKER

Height: **185 cm**

Weight: **68 kg**

Date of Birth: **2006**

Nationality: **Bulgarian**

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<https://yoan.football>

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CAREER OVERVIEW

I have been training in football since I was 8 years old. I graduated from a sports school with profile - football coach. On September 17, 2022, I made my debut in men's football at the age of 16. Since then, I have only played men's football. On May 30, 2023, we won the championship with the men's team, FC Dunav Lom, and we moved to a higher league.

FORMER FOOTBALL CLUBS

Free Agent (since 07.6.2026)

FC Spartak 1918 – Varna

(26.02.2026 – 06.06.2026)

Right Winger & Left Winger.

FC Septemvri – Sofia

(04.07.2025 – 17.01.2026)

Men's football team, Right winger.

FC Ruzhintsi – Ruzhintsi

(01.03.2024 – 25.05.2025)

Men's football team, Right winger.

FC Drenovets – Drenovets

(18.08.2023 – 22.12.2023)

Men's football team, Left winger.

FC Dunav – Lom

(01.09.2022 – 21.07.2023)

Men's football team, Right & Left Winger.

OFC Sofia – Sofia

(01.02.2022 – 31.05.2022)

U17 - Right Winger.

FC Sportist 13 – Sofia

(01.09.2021 – 30.01.2022)

U17 - Center Forward.

FC Parva Atomna – Kozlodui

(01.02.2021 – 31.07.2021)

U15 - Central Attacking Midfielder.

FC Pobeda – Sofia

(10.01.2020 – 10.01.2021)

U15 - Right & Left Midfielder

PFC Lokomotiv 1929 – Sofia

(01.09.2019 – 09.01.2020)

U15 - Right Winger.

FC Parva Atomna – Kozlodui

(01.09.2018 – 30.06.2019)

U13 - Center Forward

FC Polomie – Lom

(01.09.2015 – 08.08.2018)

U9 - U11, Center Forward

FC Almus – Lom

(01.09.2014 – 30.06.2015)

U9 - Defender.

CORE SKILLS & STRENGTHS

Plays equally well with both feet. Strong finishing shot. Creating space to attack. Good sense of timing on lead-off passes. Accurate and quick double passes on offense. Good linear speed, tactical discipline and sportsmanship.

TRAINING

Daily additional individual football training focused on improving first touch, dribbling, passing technique, kicking

technique and heading.

Regular physical training to improve my speed, strength and endurance.

Adherence to a strict diet, consistent with the training process and workload.

EDUCATION

I graduated from 153 Sports School "Neofit Rilski", where I studied a variety of subjects related to sports and physical education, including:

- Theory and methodology of sports training
- Physiology of physical exercises
- Biochemistry of physical exercises
- Sports psychology
- Theory and methodology of conditioning training
- Biomechanics and biomechanical analysis of physical exercises
- Human anatomy
- Theory of physical education
- Theory of sports training

LANGUAGES

Bulgarian: Native.

English: Proficient, studied extensively as part of the school curriculum, with a focus on football coaching terminology.