



## PERSONAL DATA

**Birthdate**

28-05-2000 (25 years old)

**Position**

2

**Height**

1,97m

**Wingspan**

1,97m

**Nationality**

Spanish

## SPORTING CAREER

SEASON	TEAM	CATEGORY/LEAGUE
2007 - 2016	CB Prat	School unitl Cadete
2016 - 2017	Jac Sants	Junior 1st year
2017 - 2018	CB Hospitalet	Junior Preferente / LEB Plata
2018 - 2019	CB Hospitalet	LEB Plata
2019 - 2020	CAM Enrique Soler + CB Melilla	Liga EBA / LEB Oro
2020 - 2021	CAM Enrique Soler	Liga EBA / LEB Plata
2021 - 2022	Real Club Náutico de Tenerife	Liga EBA (linked to ACB)
2022 - 2023	Círculo Gijón Baloncesto	Liga EBA
2023 - 2024	CB Es Castell	Liga EBA
2024 - 2025	CB La Matanza	Tercera FEB



## KEY FACTS

2018 - Champion of the 3-points Contest of the prestigious Adidas Next Generation International Tournament.

Debut in LEB Silver at 17 years old

Training in LEB Gold at 19 years old

2020 - Promoted to LEB Silver

2022 - Spanish 3x3 U23 PreSelection - Concentration in Madrid for the Mediterranean Games in Oran (Algeria) and the FIBA Nations League.

2022 - LEB Silver Promotion Phase

2023 - F4 Conference A Liga EBA

2025 - Top 1 Three-point shooters (more than 100 three-pointers shot) of the group B-A of Tercera FEB

Álex is a versatile and experienced young player.

Although his natural position is shooting guard, his enormous physical capacity allows him to play also play with solvency in the position of small forward

(3) and he can even help in the point guard position to bring the ball up.

Technically he is a player of great level who dominates the dribbling with both hands under pressure, has a good hand mainly in static and is able to generate his own shots off the bounce.

Excellent finisher on both sides, runs in the open field effectively and efficiently due to his good individual technique and his physical ability to absorb contact.

Defensively he is a very interesting player for any team. It is very difficult to find players who can defend in 4 different positions and that is very important for any coach because tactically it gives you a lot of possibilities.



The great physical quality allows him to defend with great solvency to any guard and his strength and speed make him an uncomfortable defender for any 4, especially if he has a good hand or is used to generate advantages from the outside.

Many coaches use Álex to squeeze the opposing point guard all over the court. He is used to defend the opposing guard stars and that in a player who also contributes in attack, has a lot of value.

In short, we are talking about a great defender with a good 3p %. He is also a great assistant and rebounder, making him a great team player on both sides of the court. Despite his generosity, he is capable of scoring a lot of points.

In attack he is very disciplined with the team's organised play and looks for his team-mates who score the most points. In defence he enjoys defending, likes to defend and increases the average intensity of the team, both in any training and in every game.

Navas is a clear example of professionalism. He works every day on his physique, takes care of his diet, leads a very orderly life, he takes great care of himself to be in perfect conditions and is an example for the rest of his teammates in terms of dedication and hunger.

Something very important for his coaches is that he is smart and not at all selfish.

He is the ideal player to give balance and versatility to any team.

