Role Profile
Physical Performance Coach (RTC U9s – U16s)

Role Reports To: Youth Technical Director

Role Purpose: Development and delivery of a Sports Science and Strength and Conditioning support program to players within the Regional Talent Club (RTC).

Main Responsibilities and Accountabilities

- Delivery of individual and group strength and conditioning services to players.
- Specific responsibility for the support of players within the RTC, including pre-training preparation, post-training strategies, field-based conditioning, and general sports science support.
- Understanding of female biomechanics and physiology.
- Develop structures and platforms for progression throughout the pathway.
- Work with the football coaches to develop practices that incorporate physical, tactical, technical, and psychological components so that time spent training maximises parameters as efficiently and effectively as possible.
- Improve performance throughout to help develop, implement, and evaluate strength and conditioning programmes.
- Maintain a comprehensive database of programs and session plans for athletes and coaches in line with the Club’s Data Protection policy, inclusive of training loads, injury prevention and testing data.
- Perform physical testing at regular times throughout the season; monitor and assess activities to construct profiles and log adaptation to training stimulus.
- Work effectively with other support staff and services, including physiotherapy/medical services, to provide an integrated approach to performance enhancement.
- Maintain the necessary professional qualifications and complete continuing professional development required by relevant football and/or other professional bodies, as are necessary to maintain your professional status and perform in this role.
- Actively participate with any audit which the Club is required to undergo to maintain or as a result of its League status.
- Demonstrate commitment to Safeguarding by adhering to relevant policies, procedures and values relating to safeguarding children and adults at risk.
- Support the Club’s commitment to equality, diversity and inclusion.

Qualifications, Key Skills & Experience

Essential

- BSc Sports Science, Strength and Conditioning or similar.
- UKSCA ASCC accreditation, or currently working towards this qualification (or ability to obtain within 6 months).
- Experience in providing S&C support to athletes and coaches to improve performance within a professional setting.
- Experience in developing, implementing, and evaluating strength and conditioning/rehab and pre-habilitation programs.
- Knowledge and ability to construct, strength, power, and endurance-based training programmes, both gym and field based.
- Flexibility to work evenings and weekends.
Aston Villa Football Club is an inclusive institution that provides a welcoming environment to supporters, the local community, customers, employees, contacts and competitors. We want to ensure that the Club and all its subsidiaries are free from discrimination of any kind, embracing all regardless of age, race, disability, gender reassignment, pregnancy and maternity, sexual orientation, marriage and civil partnership, sex (gender), religion or belief.

Aston Villa Football Club is fully committed to safeguarding children and adults at risk across our Club. As such, we adhere to Safer Recruitment processes and for some roles a satisfactory enhanced disclosure via the Disclosure & Barring Service may be required prior to starting in a role at the Club. For more information, please see Aston Villa Football Club | The official club website | AVFC - Safeguarding

Desirable

- Experience working in a professional football environment
- BASES Accreditation
- ISAK Level 1 Accreditation
- MSc In Strength & Conditioning / Sports Science

Disclosure and Barring Service Check Requirement

- This role will be subject to an enhanced disclosure including a barred list check