

Academy Physical Performance Coach

Derby County Football Club are seeking to recruit an Academy Physical Performance Coach to join our team at our Category One Academy.

Our Academy vision is to continue to provide talented, well balanced young professional footballers for Derby County's first-team squad and become recognised as the 'Academy of Choice' for young players within our local area and beyond.

The successful candidate will support the development and delivery of an athletic development program to all schoolboy academy players to; enhance athletic development, reduce relative injury risk, and improve the physical condition of the Academy players at the Club (Under 9-16s).

Working closely with the Lead Academy Sports Scientist and Academy coaching team, the successful candidate will work to positively impact the physical development of Academy players (Under 9-16s) from an individual perspective. This will include carrying out appropriate on and off field testing and implementing optimal interventions. In addition, the post holder will complete assessments of Academy players at the club in relation to monitoring of training and playing loads (influence on field training) readiness to train and return to sport fitness / rehabilitation.

Key responsibilities:

Planning and Delivery

- Develop and lead the long-term athletic development program for Academy players aged 9 to 16 (group and individual)
- Deliver age appropriate on field and off field strength and conditioning, and sports science support, for all players aged 9 to 16 in accordance with the DCFC Academy Physical curriculum.
- In collaboration with the Medical Team, aid in the end stage rehabilitation of injured players providing on field support.
- In collaboration with Technical Coaching Staff, and Sports Science intern, plan the weekly timetable for Strength support for academy players age U9-16.
- In collaboration with technical coaches, support the planning of macrocycle, mesocycles & microcycles for each youth phase age group.
- Alongside Academy physiotherapist complete injury prevention programs for all academy players aged 9 to 16.
- Assist the performance and medical team with gym-based injury prevention and pre-activation sessions for Academy players.
- Collaborate with the Head of Strength and Conditioning with regards to gym-based testing and delivery and assist where possible with PDP off field sessions.
- Work with the Lead Academy Sports Scientist with data collection, analysis, and feedback of player monitoring; readiness to train, conditioning, training and match loads for Youth team and Academy players.
- Work with the wider sports science and medical team as well as coaching staff to provide an integrated approach to performance enhancement.

Assessment

- Ensure that each Academy Player undergoes anthropometric assessments and physiological/fitness testing at regular times throughout the season to construct profiles and log adaptation to training stimulus.
- Record data expeditiously in relevant data bases (PMA / DCFC performance) and analyse data using DCFC dashboards to create a player needs analysis.

- Provide feedback to MDT on player status and progress, and based on data, plan and deliver appropriate individual intervention where necessary, relating to growth and maturation, as well as physical performance targets.
- To monitor the on-field load of youth phase age groups using where appropriate GPS and provide appropriate information to inform training and educate coaches.

Education

- Provide education and support to technical coaches relating to loading and performance in relation to technical and tactical aspects of sessions.
- Work with the club nutritionist to provide nutritional support to all academy players.
- Manage and mentor Sports Science / S & C Interns alongside the Lead Academy Sport Scientist.
- Keep abreast of current research and the latest developments in Sports Science and Strength and Conditioning practice and educate the medical team, Academy management team, Academy players and parents accordingly.

Personal characteristics and experience:

- Degree in Sports Science (or other relevant discipline) from a recognised university
- Postgraduate study in Sports Science (or other relevant discipline) from a recognised university is desirable
- British Association for Sport and Exercise Science Chartered Sport Scientist status would be desirable
- UK Strength and Conditioning Association Accreditation is desirable
- Previous experience (2 years + full time) in providing Athletic development support to players, athletes, or coaches to improve performance
- Knowledge of and ability to construct strength, power, and endurance-based training programmes, both gym and field based
- Knowledge of and ability to coach and integrate football skills and techniques into strength and conditioning sessions
- Previous experience using GPS devices in a sporting environment.
- Good IT skills with the ability to use computer-based programmes to fulfil the role of the job
- Experience of Using data visualization tools such as PowerBI and Tableau would be desirable
- Recent and relevant experience in a professional sports performance environment

Derby County Football Club is committed to safeguarding and promoting the welfare of children, young people and vulnerable adults and expects all staff and volunteers to share this commitment.

The safeguarding and welfare of our players is paramount and as such this position may be subject to the Disclosure and Barring Service (DBS) Criminal Records Check (CRC).

Derby County Football Club is an Inclusive Club for all and is committed to Equality and Diversity.

To apply for this role, please complete an application form, which can be found [HERE](#).

The closing date for receipt of applications is **Sunday 24 April 2022**. We reserve the right to close the vacancy early.

Derby County Football Club's Job Applicant Privacy Policy can be found at dcfc.co.uk.

We are a Disability Confident Committed employer.