

Academy Assistant Strength and Conditioning Coach

Shrewsbury Town Football Club

2020/21 Season



Overall Objective

Assist in the management of Sports Science/Strength & Conditioning programmes and delivery for all academy players throughout the 2020/21 season. Ensuring the Academy Sports Science/Strength & Conditioning services are consistently operating at best-practice standards.

Summary of Duties

- Working closely with the Lead Strength & Conditioning Coach in the design and implementation of all athletic development programmes within training and fixtures on a weekly basis.
- Monitoring of player data for peak height velocity and maturation assessments.
- Collection and analysis of daily condition monitors (wellness) and appropriate interventions where necessary.
- Execution of physical attribute testing procedures, data collation and analysis, including player reviews and relevant intervention prescriptions.
- Implementing the physiological training games programme, monitoring external, internal and physiological training load through the use of GPS, heart rate and session RPE data collection.
- Any other reasonable management request.

Essential

- Excellent work ethic. Available at both evenings and weekends.
- Excellent communication & time management skills.
- Ability to work well under pressure, maintain an excellent attention to detail and meet relevant deadlines.
- Ability to work both independently & as a team.
- Live within a commutable distance
- Experience using coding software, Apple & Microsoft software packages.

Desirable

- FA Coaching Qualifications.
- Creative mind-set with good presentation skills.
- Solid understanding of football & the tactics involved in the game.
- Full, clean Drivers Licence.

The successful candidate will be required to undergo an Enhanced Disclosure Barring Service check.