

Person Specification

PHYSICAL PERFORMANCE COACH

Title	Bedfordshire FA Girls' Advanced Coaching Centre - Physical Performance Coach
Rate of Pay	£15 per hour (2 hours on a Monday evening) over 29 weeks a season.
Location	Cranfield Pavilion, Lower Breaches Gardens, Cranfield, MK43 1AH
Responsible to	Advanced Coaching Centre Manager
Purpose of post	To help deliver fundamental movement skills that underpin athletic development and football performance in line with a strategic model of progressions. To also coach technical aspects of good warm-up technique as well as appropriate movement patterns.
Start Date	Monday 6 th September 2021

Responsible for:

- To implement a training programme, that is age appropriate and supports the development of mobility and stability as well as strength and power.
- Supporting players to be exposed to the physical demands of the game.
- To support with player education (S&C exercises correct execution, exercises they can complete outside of the centre).
- Liaise with Regional and National medical staff on fitness for duty of selected players (if applicable).
- Providing high quality coaching and support for players.
- To support the technical coaching staff.
- To support the welfare of players within their designated age group.

Key skills and experience required:

Essential:

- BSc in Sports Science or a Sport Science related discipline.
- Hold UK Strength and Conditioning Association (UKSCA) or ASCC accreditation (If accreditation has not been obtained, evidence must be provided to demonstrate an ability to working towards obtaining it).
- An FA recognised First Aid qualification (FA Introduction to First Aid in Football, FA Basic First Aid for Sport, FA Emergency Aid in Football).
- An accepted FA Disclosure and Barring Service (DBS) Disclosure (previously known as an FA CRB Disclosure).
- Knowledge and understanding of child protection issues, also must hold a current FA Safeguarding Children in Football qualification.
- Evidence of continuing education in sports medicine, sports science or strength and conditioning specific to the practitioner's profession.
- Experience in analysing and coaching movement competency to developmental athletes, with a knowledge of appropriate interventions for managing dysfunctions.

Address

St. George's Park
Newborough Road
Needwood
Burton-Upon-Trent
DE13 9PD



ADVANCED COACHING CENTRES

- Willingness to work evenings.
- Ability to communicate effectively with people from diverse backgrounds.
- Ability to travel independently.
- Ability to work in a team environment.
- Understanding of the FA girls & women's player pathway.
- Knowledge and understanding of working with young players.

Desirable:

- An understanding of Talent Identification.
- An appreciation of Long-Term Player Development.
- Knowledge and understanding of working with young players.
- Ability to work in a team environment.
- Understanding of the FA Lionesses Talent Pathway.

If you are interested in this position, please send your CV with a covering letter to:

Marc.DiCarlo@BedfordshireFA.com

Closing Date:

2nd August 2021 (5pm)

Interview Date:

9th August 2021

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