



# Dundee United Football Club

## Physical Performance Coach Job Description

<b>Job Title</b>	Physical Performance Coach
<b>Place of Work</b>	Gussie Park, Regional Performance Centre, Baldragon Academy (all Dundee) and Wallace High School (Stirling)
<b>Status</b>	Part Time
<b>Hours of Work</b>	20 hours per week, daytime and evenings
<b>Report To</b>	Lead Physical Performance Coach
<b>Key Relationships</b>	Head of Player Development Head of Academy Coaching Individual Development Coach Analyst Position Development Coach Analyst Academy Physio Coordinator Physical Performance coaches All Academy staff, parents and players
<b>Salary</b>	£8,000-12,000 dependant on experience
<b>Start Date</b>	November 2021

### Overall Purpose of Job

To lead the delivery of the Physical Performance programme for S1-4 players attending Baldragon Academy & Wallace High Schools and support the delivery of Physical Performance to the wider Academy programme.

### Main Responsibilities/Description of Duties

- To lead the design and delivery of the Physical Performance programme for S1-4 players attending our school programmes at both Baldragon Academy and Wallace High School.
- To support and implement the design of the overall Physical Performance structure for both school programmes.
- To monitor and report the physical load of players within the school programmes.
- To lead the design, delivery and monitoring of Individual Physical Development Programmes for Academy players in conjunction with the player, parents/guardians and Lead Physical Performance Coach.
- To monitor growth and maturation rates of Academy players, reporting to coaches and tailoring individual programmes appropriately.
- To design and deliver rehab sessions for injured players when required.
- To complete and submit all session plans including session objectives and post-session evaluation timeously and to a high standard.
- To develop and maintain a professional relationship with the relevant parents/guardians of players within your group including regular communication of training and match day information.
- To maintain and update all player information including medical and emergency contact details.
- Work closely with the Lead Physical Performance Coach in completion of your Coach Development Plan.
- To attend and contribute to all Academy In-Service days and deliver input where required.
- To attend and contribute to relevant Academy Performance Board meetings where required.
- To support the development of young players in a healthy lifestyle, diet, drug awareness, education.
- To take responsibility for the care and maintenance of all equipment.
- To attend tournaments and trips when requested by the club.
- To abide by all club policies including, but not exclusive to, Safeguarding, Equality and Health & Safety

- To maintain a valid National Sports First Aid Certificate.
- To maintain a valid and up to date PVG every three years.

### Experience and Qualifications

#### Essential:

- **Must be eligible to work in the UK.**
- Flexibility of working day time and evenings minimum three days per week.
- Highly motivated and passionate about developing young athletes.
- BSc in Sports Science, Strength & Conditioning or related field.
- Previous experience working with young athletes.
- Strong IT skills particularly Word, Excel and PowerPoint.
- Excellent communication skills specific to age and stage of players and other relevant partners (eg. parents, academy staff).
- Ability to relate to and understand young people, demonstrating personality and enthusiasm.
- Committed to working evenings and weekends including training sessions, fixtures and in-service training.
- Sensitive to the needs of young players and parents/guardians.
- Full driving licence and access to a car.
- PVG check to be completed before appointment.
- Eligible to work in the UK.

#### Desirable:

- Currently undertaking or completed further education in relevant field (MSc, UKSCA, additional courses).
- Experience of designing and developing Long Term Athletic Development Programmes
- Knowledge of mental skills development in young people.
- Child and Adolescent Mental Health course or equivalent.
- National Sports First Aid Certificate.
- Additional skill set to coaching that can enhance other areas of the academy/club.

### Application Details

To apply, please send your CV and covering letter to [Ewan.Anderson@dundeeunitedfc.co.uk](mailto:Ewan.Anderson@dundeeunitedfc.co.uk) by Friday 22<sup>nd</sup> October 2021.