



Professional Development Phase (U21) Physical Performance Coach

Due to an internal promotion, Middlesbrough Football Club are seeking to recruit a full time PDP Physical Performance Coach (U21) to be based at the Rockliffe Park Training Ground in Hurworth, near Darlington. The successful candidate will contribute towards the long-term athletic development of academy players (specifically the under-21 squad), by delivering an elite level service as part of a wider multi-disciplinary team (MDT), designed to prepare academy players for a future career in professional football.

THE ROLE:

- Perform physical profiling on all under-21s players over the course of the season, in line with EPPP requirements and club protocols.
- Work with the club's Loans Manager to monitor and support the physical development of academy players undertaking loan periods away from the club. This to include the provision of Loan Player athletic development programmes, the recording of loan match minute exposure and the tracking of training load data from the loan club where appropriate/possible.
- Lead on the practical delivery of all athletic development training units (field and gym based), for the under-21s squad.
- Plan and implement gym-based strength and power development programmes, specific to an individual's needs based in line with the club's athletic development framework.
- Work closely with coaching staff to structure the training cycle/week and design training sessions to meet the physical development needs of all under-21 players.
- Collect, analyse, report and feedback all training load and response to load information for the under-21 squad to the wider MDT.
- Contribute to under-21s players individual learning plans (ILPs), ensuring all players have appropriate physical ILPs.
- Travel to all under-21s fixtures to ensure optimal pre-, during and post-match provision to support optimal performance and recovery.
- Work with the wider MDT to design and support the delivery of individual rehabilitation programmes for under-21s players.
- To contribute towards research projects, both in house and as part of ongoing research projects with external institutions, to advance the department's current practices regarding players' physical development.
- Work collaboratively with medical staff to facilitate end stage rehabilitation and strength and conditioning provision for injured PDP players.

CANDIDATES SHOULD:

- Hold an Undergraduate degree in Sport Science or related field.
- Hold BASES Accreditation (or enrolment/willingness to enrol on Supervised Experience Pathway).
- Have excellent knowledge of the physiological demands of elite football and fundamental training principles to support the athletic development of young players.
- Be capable of demonstrating a wide variety of on and off-field exercises in line with the desired technical model.
- Have a proven track record of supporting the physical development of youth athletes.
- Be honest, with the ability to uphold a high level of confidentiality at all times.
- Be open minded with an outgoing personality and an excellent communicator.
- Show a willingness to work weekends and unsociable hours as the job demands.
- Be able to work to a high standard with good attention to detail and able to prioritise workloads.
- Show a 'can do' attitude to work and a desire to look for solutions to problems.
- Be eligible to work in the UK.

Desirable Criteria:

- Have a Postgraduate degree in Sport Science or related field.
- Have a recognised Strength & Conditioning Accreditation (UKSCA, NSCA, ASCA).
- Achieved ISAK Level One.
- Hold a FA Coaching License.

The salary for the role is competitive and will be discussed with shortlisted candidates at interview stage.

CLOSING DATE: 6th October 2023

If you would like to be part of a committed team and you can demonstrate MFC's key core value behaviours, please contact recruitment@mfc.co.uk to request an application form quoting Ref MFC/PDP21

Please note that this post falls within the scope of 'regulated activity' and is exempt from the Rehabilitation of Offenders Act (1974). Successful applicants will be required to undertake an Enhanced Disclosure & Barring Service (DBS) check and are required to declare any convictions, cautions, reprimands and final warnings that are not 'protected' as defined by the Rehabilitation of Offenders (Exemptions) Act 1975.

MFC is an equal opportunities employer and positively encourages applications from suitably qualified and eligible candidates regardless of sex, race, disability, age, sexual orientation, gender reassignment, religion or belief, marital status, or pregnancy and maternity.

MFC is also committed to the safeguarding of vulnerable groups.

