



PETERBOROUGH UNITED FOOTBALL CLUB

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An exciting opportunity to join Peterborough United's first team staff has arisen

Job Title: First Team Physical Performance Coach/Sport Scientist

Department: Sport Science and Medical Department

Location: idverde Training Ground/ Alternative training/match venues

Reports to: First Team Manager

Responsible for: Strength and Conditioning Coach

Salary: Competitive

Hours of Work: As required and dictated to by the first team schedule, inclusive of match fixtures and training days. There is an expectation in the position to work evenings and weekends.

Contract: Permanent

Peterborough United Football Club is excited to be recruiting a First Team Physical Performance Coach/Sports Scientist. The successful candidate will play a vital role in optimising both player availability and athletic development to positively impact individual and team performances of Peterborough United's First Team squad. The successful candidate will be an experienced practitioner with strong leadership skills and an ability to make data-driven decisions in a fast-paced environment, whilst also having previous experience working in elite sport and understand the level of commitment and proficiency required and has displayed this consistently. The role will be based at the club's training ground and will require attendance at every first team training session as well as match day responsibilities, both home and away, as required.

Main Duties:

- To design and deliver periodised physical development programmes to all 1st team players to enhance performance
- Travel to 1st Team games, to deliver the physical preparation prior to and during matches and in conjunction with the S&C Coach provide an optimal match day provision.
- Develop and deliver structured/ periodised warm-ups to complement pitch-based conditioning.
- In conjunction with other members of staff in the medical and science department, liaise daily with the technical staff (Head coach, assistant head coach etc.) about optimal loading for all 1st Team players
- Measure anthropometry for all club players and take a lead on all nutrition strategies.
- Deliver and design daily pre-activation and injury risk reduction strategies.
- Download, monitor & evaluate physical performance using GPS technology for both training and games, and feedback this information into the coaching staff.
- Keep detailed notes of all physical development sessions completed by players.
- In conjunction with the Senior Physiotherapist, lead an in-house CPD programme in order to review new and emerging literature to inform future practice.
- Produce off-season programmes in conjunction with the other staff to manage the 1st Team player's integration back into the pre-season programme.



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Key Requirements

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- BSc Sports Science, Strength and Conditioning or Related Field

- MSc or higher Degree Strength and Conditioning or Sports and Exercise Science, or currently working towards one
- UKSCA Accreditation or ability to obtain within 6 months
- ISAK Accreditation
- Valid First Aid Certificate

Experience

- Minimum of 5 years experience
- Experience of working within a multi-disciplinary team within a sports medicine environment preferably with Elite athletes
- Experience of Working with Elite Athletes
- Experience using GPS Technology to monitor and assess performance
- Experience in delivering and programming for professional football players

Skills/Knowledge

- Excellent understanding of the periodization of training programmes to enhance performance
- Excellent knowledge and understanding of injury prevention programming and recovery strategies
- Excellent problem solving and decision-making skills in a fast-paced environment
- Able to analyse data in order to drive decision-making processes
- Excellent skills within Microsoft Office, Power BI and Excel

To apply for this position, please send your CV and covering letter detailing why you believe you would excel in this role to James Baum: james.baum@theposh.com. Please subject the email as '1st Team Physical Performance Coach Job Application – YOUR NAME'

Closing date for applications is Friday 25th March 2022 at 5pm.



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