



POSITION DESCRIPTION

Job Title	STRENGTH AND CONDITIONING COACH
Responsible to	First Team Manager, General Manager, Chief Executive Officer
Behaviours that Build Relationships with	Players, football staff and admin staff
Job Description	
Location	Northfleet, Kent
Working pattern and Work base	Full-time Will be required to work flexible hours including evenings and weekends as required to fulfil the duties of the position.
Summary	<p>The role is to provide Ebbsfleet United FC's players with first class Sports Science, Strength & Conditioning services to help enhance performance. This is an opportunity for an ambitious, enthusiastic and driven individual who can work collaboratively and holds strong values and demonstrates high standards.</p> <p>The role requires a football analysis specialist who is motivated, prepared and willing to provide in depth review and data and able to be self-driven and ambitious to assist the first team manager and club.</p>
Objective of the role	<p>As the Strength and Conditioning Coach, you will be required to:</p> <ul style="list-style-type: none"> • Deliver individual and group strength and conditioning sessions to all first team players ensuring that all key physiological areas are covered and developed in addition to being based upon an athletic development. • Assist in the management of injuries and rehabilitation of players to enhance the return to play pathway following injury. • Deliver varied on pitch sessions (warm-ups / CV conditioning / recovery) as required. • Manage gym areas in co-operation with interns. • Oversee physical performance screening / testing of players during pre-season and in season. • Providing reports and structured individual performance goals based upon individual needs. • Improve performance through developing, implementing and evaluating strength and conditioning programmes. • Record players' adherence to Strength and Conditioning programs. • Work closely with Medical Staff to enhance and continue to develop injury prevention / performance / nutrition and recovery strategies.

	<ul style="list-style-type: none"> • Provide detailed daily GPS data from all training, rehabilitation sessions and matches. • Produce and oversee players off season fitness programmes.
Person Specification	
Qualifications and experiences	<ul style="list-style-type: none"> • BSc (Hons) Sports Science / Strength and Conditioning; • Minimum 2 years' experience in football, or elite full-time sport environment.
Skills required	<p>ESSENTIAL</p> <ul style="list-style-type: none"> • Experience of training / rehabilitation principles and a sound understanding of rehabilitation process. • Excellent communication skills with the ability to liaise with players, Medical Staff and coaches in a professional manner. • Demonstrate consistent leadership and management skills. • Ability to work in a high pressurised environment with a flexible approach to working hours and job role. • Attention to detail, organisation and time management skills. • Adaptability to changing environment at short notice. • Ability to set and maintain high personal and professional standards. • Evidence of being a strong team player. • Be innovative with progression of the department. • Competent use of IT programmes and online systems. • Ability to display key GPS data visually post sessions. <p>DESIRABLE</p> <ul style="list-style-type: none"> • UKSCA Accredited or working towards • First aid trained. • Extensive experience working in elite sport. • Experience working in multi-sport setting.

Ebbsfleet United FC strives to ensure it provides an environment where everyone's rights, dignity and individual worth is respected and takes a zero-tolerance approach to any form of discrimination. Equal Opportunity is an integral part of our recruitment and selection process, and we welcome applications from all individuals who feel they meet the core requirements of the role. All appointments will be made on merit of skill and experience relative to the role.

If you are interested in the role, please email a copy of your CV and a covering letter to careers@eufc.co.uk.

The cut-off date to apply for this role is Friday 24th May 2024.