



JOB INFORMATION

Job Title:	U21 Athletic Development Coach (Academy)
Contract Type:	Permanent: Full Time
Working Hours:	40 hours per week, Flexible Monday to Sunday. To include working evenings.
Location:	Sheffield Wednesday Training Grounds
Salary:	As per contract

POSITION IN THE ORGANISATION

Reports to:	Head of Academy Sports Science
Responsible for:	U21 Players

JOB PURPOSE

The U21 Athletic Development Coach will be responsible for planning, delivering and reviewing the athletic development programme for the Academy's U21 age group, while supporting the delivery of high-quality athletic development provision across the Youth Development Phase (YDP), U13–U16. The role will also require flexibility to provide support to First Team staff and players as and when required.

Working as part of the Academy's multidisciplinary performance team, the post holder will help develop players who are physically prepared to meet the demands of professional football. The role will contribute to the long-term development of Academy players through an age-appropriate, individualised and evidence-informed approach to physical development.

This person will work closely with the Academy coaching, medical, performance analysis and recruitment departments to ensure athletic development is fully integrated into the Academy programme and aligned with the Club's playing philosophy and player development model.

GENERAL DESCRIPTION – TASK RELATED

U21 Athletic Development

- Lead the day-to-day athletic development provision for the U21 age group.
- Design, deliver and evaluate individual and squad-based athletic development programmes.
- Develop players' physical qualities, including:
 - Strength and power
 - Speed and acceleration
 - Agility and change of direction
 - Running capacity and repeated high-intensity efforts
 - Movement competency
 - Robustness and physical availability

Trading address

Sheffield Wednesday Football Club
Hillsborough, Sheffield, S6 1SW
Telephone: 03700 20 1867
Website: www.swfc.co.uk

Registered address

Wednesday 1867 Limited
c/o BDO LLP, Two Snowhill, 7th Floor
Birmingham, B4 6GA
Company number: 17111133



- Develop individualised physical development plans based on player needs, maturation, training exposure and match demands.
- Integrate athletic development with football training and match schedules to optimise player development and performance.
- Monitor player training loads and physical outputs, working with the wider performance team to inform training decisions.
- Support the physical preparation of players returning from injury in conjunction with the medical and rehabilitation teams.
- Contribute to the development of players transitioning towards first-team football and senior football demands.
- Provide clear and regular feedback to players regarding their physical development and areas for improvement.
- Maintain accurate records of player testing, monitoring, training and development.

YDP Support – U13 to U16

- Support the delivery of the Academy's athletic development programme across the U13–U16 age groups.
- Work collaboratively with athletic development staff to ensure consistency in principles, language and methodology across the Academy.
- Provide additional support for individual players or groups where required.
- Contribute to age-appropriate development of fundamental movement skills, strength, speed, coordination and physical literacy.
- Support the implementation of individual development plans and targeted athletic development interventions.
- Assist with physical testing and monitoring processes across the YDP.
- Help educate young players on training habits, recovery, nutrition, sleep and other behaviours that support long-term athletic development.
- Support the transition of players between age groups, ensuring relevant physical development information is communicated effectively.

Player Development

- Place long-term player development at the centre of all athletic development activity.
- Understand the physical, biological and psychological characteristics of adolescent players.
- Consider biological maturation and individual differences when designing and delivering training.
- Ensure physical development is age-appropriate and complements technical, tactical and psychological development.
- Develop strong working relationships with players and act as a positive role model.
- Encourage players to take ownership and responsibility for their physical development.
- Support the Academy's individual player development review process.

Performance Monitoring & Data

- Utilise appropriate physical performance testing and monitoring systems to assess player development.
- Collect, analyse and interpret relevant physical performance data.
- Use monitoring information to inform training prescription and individual development plans.
- Contribute to the Academy's physical performance reporting processes.
- Maintain accurate and up-to-date player records.

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- Ensure appropriate use of technology and data within the athletic development environment.

Multidisciplinary Working

- Work closely with Academy coaches to integrate physical development into the football programme.
- Maintain regular communication with First Team staff to ensure alignment and provide support as required.
- Liaise with physiotherapists, doctors and rehabilitation staff regarding player availability and physical preparation.
- Collaborate with performance analysts to understand the physical and football demands of training and competition.
- Contribute to multidisciplinary player reviews and Academy meetings.
- Communicate effectively with relevant staff regarding player status, development and workload.
- Support the Academy's transition and integration processes for players moving between age groups and into senior football.

Education & Professional Development

- Maintain current knowledge of athletic development, youth physical development and applied sports science.
- Engage in relevant continuing professional development.
- Contribute to an Academy culture of learning, reflection and evidence-informed practice.
- Where appropriate, support the development of Academy staff, interns and placement students.
- Remain aware of current research and best practice relating to youth athletic development and football performance.

Safeguarding & Welfare

- Promote and maintain a safe, positive and inclusive environment for all Academy players.
- Adhere to all Club and Academy safeguarding, welfare and child protection policies.
- Recognise and appropriately report safeguarding concerns.
- Maintain professional boundaries when working with young people.
- Promote player wellbeing alongside physical and football development.
- Complete all required safeguarding and mandatory training.

General Responsibilities

- Attend Academy training sessions, fixtures, meetings, reviews and relevant events as required.
- Work flexibly to meet the demands of the Academy programme, and support the First Team as required, including evening, weekend and matchday commitments.
- Contribute positively to the culture, standards and values of the Academy and Club.
- Undertake any other reasonable duties consistent with the role.
- Comply with all Club policies, procedures and relevant regulatory requirements.
- Maintain confidentiality regarding players, staff and Club information.

QUALIFICATIONS, TRAINING & REQUIREMENTS:

- Degree in Sport Science, Strength & Conditioning, or related discipline.
- UKSCA Accreditation (or currently working towards).

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- CASES Accreditation (or currently working towards).
- FA Safeguarding Children.
- FA Emergency First Aid in Football (EFAiF).

SKILLS & EXPERIENCE:

Experience

- Experience working within an Elite Academy or professional football environment.
- Experience of delivering sports science provision.
- Experience working within the Professional Development Phase and/or professional players.
- Experience using GPS technology and athlete monitoring systems.
- Experience delivering gym and field-based physical development programmes.
- Experience managing return-to-play progressions.

Knowledge

- Elite Player Performance Plan (EPPP).
- Physical development of youth footballers and young professional players.
- Long-term athletic development principles.
- Periodisation in elite football.
- Load monitoring and athlete management systems.
- Injury prevention strategies.
- Growth and maturation in adolescent athletes.

Skills

- Ability to build positive relationships with young players.
- Strong communication and interpersonal abilities.
- Data analysis and reporting skills.
- Strong organisational and record-keeping skills.
- Ability to influence coaches through evidence-based practice.
- Ability to manage competing priorities in a demanding Academy environment
- IT proficiency, including Microsoft Office and sports science software.

Personal Attributes

- Professional and approachable.
- High standards and attention to detail.
- Collaborative team player.
- Adaptable and proactive.
- Resilient under pressure.
- Committed to continuous professional development.
- Passionate about developing young players.

Sheffield Wednesday Football Club (SWFC) is committed to safeguarding and promoting the welfare of children, young people, and vulnerable adults. This post will be subject to a criminal record check or an enhanced DBS check.

SWFC is an Equal Opportunities and Disability Confident employer and welcomes applicants from all sectors of the community.

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