



Blackburn Rovers Football & Athletic Ltd

Job Description

Job title:	Academy Lead Physical Development Coach
Department:	Academy Sports Science & Medicine
Based at:	Blackburn Rovers Academy, Brockhall Village, Old Langho, Blackburn, BB6 8BA. However, flexibility regarding location is required.
Reports to:	Head of Academy Sports Science and Medicine
Responsible for:	Interns and Students as and when required
Hours of work:	37.5 hours per week plus any additional hours necessary for the performance of duties. This may include evening and weekend work.
Contractual Status:	Permanent
1. Job purpose:	To lead the design, delivery, and monitoring of physical development programmes across the Academy, with a primary focus on the Youth Development Phase while supporting other phases as required. The role will contribute to the holistic development of players in line with the Academy Performance Plan pillars (Build and Enable), ensuring alignment with the club's playing philosophy and long-term development objectives.
2. Duties and responsibilities:	• Commit to safeguarding and welfare of all players, embedding psychological safety and professional boundaries in daily practice. • Plan and deliver individualised physical development programmes for YDP players, aligned with technical/tactical periodisation and growth/maturation data. • Support physical development across other Academy phases (Foundation & PDP) as required. • Lead training load monitoring and wellness tracking using GPS and performance analytics tools. • Conduct fitness testing and screening in line with EPPP and Academy benchmarks; maintain accurate records and reports. • Collaborate with coaches, analysts, and medical staff to integrate physical development into holistic Individual Development Plans (IDPs). • Provide matchday physical preparation and recovery support for YDP fixtures; assist with PDP matchdays when required. • Deliver CPD sessions for Academy staff and mentor interns/students to promote best practice. • Contribute to multidisciplinary meetings, sharing insights and supporting decision-making on player progression and welfare. • Maintain an up-to-date CPD portfolio and actively engage in continuous professional development. • Ensure safeguarding standards are met, including reporting concerns in line with club policy.
3. Skills required:	• Strong communication and collaboration skills across multidisciplinary teams. • Ability to design and deliver age-appropriate physical development programmes. • Competence in data analysis and interpretation (GPS, wellness, performance metrics).



EMPLOYER RECOGNITION SCHEME

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	IT literacy and ability to produce clear reports and presentations.
4. Knowledge required:	- Current best practice in sports science and long-term athletic development. - Understanding of growth, maturation, and pediatric physiological development. - Familiarity with EPPP requirements and holistic player development models.
5. Qualifications required:	- BSc (Hons) in Sports Science / Strength & Conditioning or related discipline (essential). - UKSCA accreditation or ability to obtain within 12 months (essential). - MSc in Sports Science or related discipline (essential). - BASES accreditation or working towards (essential).
DBS check required:	Yes (Enhanced)

The document is a guide only and should not be regarded as exclusive or exhaustive. It is intended as an outline indication of the areas of activity and will be amended in the light of changing needs of the organisation.

How to Apply

Due to high-levels of interest, this post may close early so early application is advised, otherwise the closing date for this role is **3pm on Tuesday 2nd December 2025**.

To apply, please submit your application through the EFL I-Recruit platform [HERE](#)

CV's will not be accepted.

Equality and Diversity

Blackburn Rovers FC is committed to the principle of equal opportunity in employment and its employment policies for recruitment, selection, training, development and promotion are designed to ensure that no job applicant or employee receives less favourable treatment on the grounds of race, colour, nationality, religion or belief, sex, sexual orientation, marital status, age, ethnic and national origin, disability or gender reassignment.

Safer Recruitment

Blackburn Rovers FC is committed to safeguarding and promoting the welfare of children, young people and vulnerable adults. The successful applicant will be required to undertake appropriate safeguarding checks as well as providing proof of right to work in the UK.



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