



Job Description

PHYSICAL PERFORMANCE COACH

Job title: Physical Performance Coach
Reports to: Head of Physical Performance
Location: Home based (UK) with requirement to travel
Contract: Full time – Permanent contract

Organisation Overview:

PGMOL is entering a new and exciting era as we strive to continue enhancing refereeing standards. PGMOL manage and develop the 600 match officials operating in the elite game in England and are building a broader, highly-skilled workforce to provide the best possible wrap-around support available to aid officials' performance for the benefit of the game.

Role Purpose:

PGMOL are seeking a highly experienced Physical Performance Coach to support its elite match officials.

The successful candidate will play a key role in contributing to our physical performance strategy by delivering individualised conditioning sessions to match officials at training camps and nationwide.

Main Duties:

(Include but are not limited to)

- Design and implement industry-leading training programmes to enhance strength, power, speed and aerobic capacity
- Travel to meet match officials to deliver conditioning and rehabilitation sessions nationwide
- Remotely monitor and manage workload
- Carry out physical profiling and fitness testing
- Ensure data collection is maintained to the highest standard and utilised in a rational and objective manner
- Communicate effectively with the Physical Performance, Physiotherapy and Medical staff

Person Specification:

(Qualifications, experience, skills, aptitudes, and personal qualities)

Essential Qualifications:

- MSc in Sports Science / Strength & Conditioning
- UKSCA, CSCS or ASCA Accredited
- 10+ years' experience in the physical conditioning of elite level athletes (NGB / 1st Team / National Team)

Desirable Qualifications:

- PhD in Sport Science / Strength and Conditioning
- BASES High Performance Sport Accreditation
- FA recognised First Aid qualification
- ISAK Level 1 accredited
- Understanding of Refereeing

Experience:

- Extensive experience of delivering physical conditioning programmes to high-level athletes
- Strong knowledge of up to date training methodologies and technologies

Skills:

- Exceptional coaching skills
- Capacity to tailor conditioning programmes to suit a range of abilities
- Ability to work within a multidisciplinary support team
- Aptitude to build positive working relationships with match officials, coaches and support staff
- Ability to communicate effectively and promote behaviour change
- Ability to work independently and demonstrate initiative
- Computer literate and familiar with performance applications and software

Behaviours:

- Clear values and team player
- Ability to lead and drive self and others
- Adaptable behavioural style
- Comfortable working under pressure with sound and rational decision making processes
- Ability to build positive relationships with key stakeholders (internally and externally)
- Invested in continuous personal development
- Values integrity
- Accountability
- Courage to challenge