



# Blackburn Rovers Football & Athletic Ltd

## Job Description

<b>Job title:</b>	Assistant Physical Development Coach
<b>Department:</b>	Academy Medical Department
<b>Based at:</b>	Blackburn Rovers Academy, Old Langho, Blackburn, BB6 8BA. Flexibility regarding location is required.
<b>Reports to:</b>	Head of Academy Sports Science and Medicine
<b>Responsible for:</b>	N/A
<b>Hours of work:</b>	37.5 hours per week
<b>Contractual Status:</b>	Permanent
<b>1. Job purpose:</b>	To support the Academy Medical Department with sports science and strength and conditioning duties on behalf of the Academy. This may include working match days and clinics agreed by the Head of Sports Science and Medicine.
<b>2. Duties and responsibilities:</b>	<ul style="list-style-type: none"><li>• To be committed to ensuring the safeguarding and welfare of all players, promoting their well-being whilst maintaining professional boundaries;</li><li>• To lead on the physical development of the Foundation Phase (U9-U12s);</li><li>• To assist in providing sports science and strength and conditioning programs to all academy players as required;</li><li>• To assist in the training load monitoring of academy players;</li><li>• To liaise with parents and coaches as required;</li><li>• To contribute to the development and delivery of the athletic development framework;</li><li>• To ensure all written evidence is up to date and in accordance with EPPP requirements;</li><li>• To liaise with all BRFC staff on a daily basis;</li><li>• To maintain an up to date Continuous Professional Development (CPD) portfolio;</li><li>• Ensure best practice is followed at all times and players receive optimal advice;</li><li>• To maintain a professional attitude and appearance at all times;</li><li>• To assist and lead departmental in-service training as and when required;</li><li>• Assist in the education of all players and parents as required in relation to physiological development, nutrition and performance;</li><li>• To assist in the collection and evaluation of physical testing and daily screening;</li><li>• To assist and lead with the cool down, strength, movement training and stretching sessions with individual/groups of players as required by the department; and</li><li>• To assist in other departmental duties as reasonably assigned by the Head of Sports Science and Medicine.</li></ul>
<b>3. Skills required:</b>	<ul style="list-style-type: none"><li>• Excellent organisation skills;</li><li>• The ability to work under pressure and meet set deadlines;</li><li>• The ability to use a variety of communication methods;</li><li>• Good time management skills;</li><li>• The ability to set achievable goals and to monitor and evaluate performance;</li></ul>



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	<ul style="list-style-type: none"><li>Excellent problem solving skills;</li><li>The ability to evaluate and identify both strengths and areas for development to improve performance;</li><li>IT literate;</li><li>To maintain professionalism and confidentiality at all times; and</li><li>The ability to work as an individual and as part of a team</li></ul>
<b>4. Knowledge required:</b>	<ul style="list-style-type: none"><li>Knowledge and/or experience of an elite sporting environment;</li><li>Safeguarding awareness; and</li><li>Knowledge of sports science and pediatric athletes</li></ul>
<b>5. Qualifications required:</b>	<ul style="list-style-type: none"><li><i>Essential:</i> Sports Science Degree or equivalent</li><li><i>Desirable:</i> UKSCA accreditation or working towards</li><li><i>Desirable:</i> EFAiF or equivalent</li></ul>
<b>DBS check required:</b>	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 **12 noon on Friday 30<sup>th</sup> January 2026**.

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.*