

Person Specification – Strength & Conditioning Coach (All age groups)

at the Girls Emerging Talent Centre

Title	Somerset FA Girls' Emerging Talent Centre Coach – S&C Coach
Location	Strode Sports Centre, Street, Somerset BA16 0AB
Responsible to	Emerging Talent Centre Manager
Purpose of post	To lead, whilst working within a multi-faceted team of staff, the planning and coaching processes in maximising the strength & conditioning of all ETC players
Start date	Wednesday 3rd September 2025 Centre operates on: Wednesdays Time: 6pm – 9pm Venue: Strode College Sports Centre, Church Road, Street, BA16 0AB
Rate of Pay	£50-£80 per session (to be based on experience), 3 hour session per week for 30 weeks

Please note you will not be an employee of Somerset FA but will be engaged as a contractor to deliver the sessions. Consequently, this position is a self-employed position, you will be required to make the appropriate tax and national insurance payments from the gross payment.

Responsible for:

- Design and lead all pre-training and pre-match warm ups
- Design and deliver all S&C sessions, ensuring that individual players needs' are met (across all age groups – Foundation Phase (8-12 years / U14s / U16s)
- Work closely with the Sports Therapist to develop a performance programme for all players
- Proactively lead on hydration, nutrition and supplement strategies
- Daily, weekly and cyclical load monitoring and planning in line with periodisation plan (where required)
- Lead and monitor the S&C programming for players away from Centre training (home based programming)
- Liaise with Technical Talent Team re pre and post-camp regarding loading & wellbeing of National Talent Centre level players
- To organise and lead fitness testing at appropriate times throughout the season
- To assist the Sports Therapist as required with functional rehabilitation and return to play strategies
- Play an active role in the delivery of recovery sessions as required
- Develop relationships with pathway coaches to ensure club wide processes are applied throughout

Key Skills and Experience required:

Essential

- Have a BSc in Sports Science or a related field
- UKSCA accredited, or on the pathway to becoming accredited
- Experience in delivering physical performance coaching in elite sport, including an understanding of periodisation
- Good academic and applied knowledge of contemporary practice in physical performance development
- Track record of successfully integrating into established and developing coaching teams
- Previous experience of work within football
- FA enhanced DBS (or willing to obtain one ahead of appointment)
- Understanding of child development
- Willingness to work evenings (Training)
- Willingness to attend Regional / National Training Dates
- Own transport essential
- An understanding and commitment to equality, diversity and inclusion
- Ability to work in a team

Desirable:

- Previous experience of working within the Girls and / or the Women's game
- Understanding of working with female athletes

**Successful candidates will be required to commit to the training weeks of the programme (30 weeks).
Programme start (September 2025) and finishes at the end of May 2026.**

To apply please complete the application form here: <https://forms.gle/S4fWFu1FEceVE59JA>

References and qualifications will be verified ahead of any appointment to the role.

Rachael Lawler-Edwards, ETC Centre Manager at rachael.lawler-edwards@somersetfa.com Closing date for all applications is Friday 11th July 2025. Interviews will take place on Wednesday 30th & Thursday 31st July 2025.

Opportunity for Personal Development:

Staff excelling in the FA Girl's Talent Pathway may be identified and mentored in The FA Regional Programme. This may include shadowing or observing Regional and National staff, attending personal development days and being part of a specific coaches network to share ideas with staff involved with other Emerging Talent Centres in the country.

Somerset FA acknowledges the duty of care to safeguard and promote the welfare of children and young people. We are committed to ensuring safeguarding practice reflects statutory responsibilities, government guidance and complies with best practice. As this role may involve direct access to young persons under the age of eighteen and/or Adults at Risk, within the context of the job or any subsequently related activities or responsibilities, the successful candidate will undergo a thorough screening process and will be required to undertake a Disclosure and Barring Service (DBS) check through The FA DBS process. The possession of a criminal record will not necessarily prevent an applicant from obtaining this post, as all cases are judged individually according to the nature of the role and information provided.

Somerset FA Ltd is an equal opportunities employer and would actively encourage people from diverse backgrounds to apply.