Youth Academy Physical Performance Coach – Women's Football

Contract Type:	Part-Time, 12 hours per week
Location:	Sheffield United Training Academy, Shirecliffe & Dore Training academy
Line Manager:	U21's Physical Performance Coach
Salary:	Dependent on experience
Post Reference:	SUW112026-PYAPC

Sheffield United Football Club is seeking a knowledgeable and experienced individual with strong communication skills to join our Women's academy team. The Youth Physical Performance Coach will be responsible for the delivery and implementation of the Academy Physical Performance Strategy, providing expert Sports Science support to the Club's Youth Academy and Emerging Talent Centre (ETC). Support will be carried out under the guidance of the U21s Physical Performance Coach and in close collaboration with the Academy's medical team.

The successful candidate, using the Club's Game Model as a framework, will ensure that all players are physically prepared to meet the demands of professional football, while supporting their technical and tactical development to compete at the highest level.

Key Role Responsibilities:

U16's and U14's

- Working closely with the U21s Physical Performance Coach, ensure the successful delivery of a high-performing Physical Performance programme for Under 16's to Under 14's.
- Deliver the physical performance programme to all the players within the Club's Under 16's and 14's provision, including gym-based programmes, on-pitch conditioning programmes, recovery techniques and individualised rehab.
- Provide match day support at Under 16's and 14's fixtures, warm up the team and support the substitute warmups.
- Be responsible for the delivery of testing and measuring to all Under 16's, 14's, 12's and 10's players, as well as overseeing the delivery for the Club's Academy, in accordance with the testing and measuring framework.

Emerging Talent Centre

- Deliver the physical performance programme to all the players within the ETC including gym-based programmes, on-pitch conditioning programmes, recovery techniques and individualised rehab.
- Provide match day support at ETC matches, warm up the team and support the substitute warmups.
- Be responsible for the delivery of testing and measuring to all players in the ETC in accordance with the testing and measuring framework.

Academy-wide

- Working with the Club's U21s Physical Performance Coach, to implement and deliver the Academy Physical Performance Strategy.
- Design individualised position specific strength and speed programmes based off physical testing.
- Construct an integrated research-based programme that will cover all aspects of strength and conditioning and recovery.
- Ensure that appropriate Physical Performance data is recorded and stored with regular reports produced for the Clubs Academy, in line with the Physical Performance Strategy.
- Implement and maintain Club appropriate standards, practices and procedures, referred to as 'The Blades Way', for the safe and effective operation of the programme, creating a high-performance environment and values-based culture that maximises the potential of players and staff.
- Establish and maintain, through the use of Kitman Labs and other club systems, the comprehensive and up-to-date records of players within the Academy.
- Work with the Club's medical team, in relation to the fitness and medical treatment of all players in the Academy and to work closely to help deliver return to play protocols.
- Work with the Academy Player Support team (Safeguarding, Player Care, Education and Psychology) in relation to all relevant Player Care, Wellbeing and Safeguarding matters relating to the Academy.
- Act and behave at all times to project a proper professional image of Sheffield United Football Club and act in the best interests of the Club.

Club Wide Responsibilities:

- Adhere to all Sheffield United Football Club's Safeguarding Policies and Procedures to foster an environment which protects from harm those defined as children and adults at risk.
- Report any concerns of a Safeguarding nature to the relevant parties and remain fully compliant with any applicable Safeguarding checks and due diligence and recognise your responsibility to the Club's Safeguarding agenda.
- Report any concerns of discrimination to the relevant parties and promote a welcoming and inclusive club environment for all.
- Adhere to the Club's Equality, Diversity and Inclusion policies, supporting the Club to create an environment which is inclusive and all-encompassing.
- Carry out/take part in training requests as directed by the Club.
- Any other reasonable requests as directed by management.

Essential Criteria:

- BSc or MSc in Sport Science/Sport Coaching/Strength & Conditioning or related discipline

- UKSCA accreditation or equivalent (or working towards with commitment to obtaining accreditation within an agreed timeframe).
- FA Safeguarding Children Certification
- UKAD Introduction to Clean Sport (or commitment to complete within agreed timeframe)
- Emergency First Aid in Football (or commitment to complete within agreed timeframe)
- Excellent IT Skills and knowledge of Excel and Power BI
- Knowledge and experience of using testing equipment such as force decks and Nordboards
- Ability to work as part of an interdisciplinary team with the coaching and medical department
- Knowledge and experience of designing and delivering gym and pitch sessions
- Empathy with young players with an ability to inspire
- Excellent communication skills with the ability to build meaningful, strong strategic relationships with club staff at all levels including 1st team
- Understanding of learning, development and high performance with a proven ability to create optimum learning environments for players
- Aware of diversity and equality challenges in football
- Empathy and commitment to the long-term development of the game
- Completion of an Enhanced DBS Check upon offer acceptance

Desirable Criteria:

- Experience of and enthusiasm for coaching female elite youth players

Interview Process:

- Getting to know you & Competency based questions
- Practical Delivery Session

Application Process

To apply for this opportunity with Sheffield United Football Club, please head over to the Vacancies page on our Club website which will provide further instruction with regards to downloading the application form: https://www.sufc.co.uk/vacancies/.

Completed application forms must be submitted via email to careers@sufc.co.uk stating the vacancy title in the subject with a file name formatted 'Firstname_Lastname' or posted to HR, Sheffield United Football Club, Bramall Lane, Sheffield, S2 4SU.

Closing date for applications is: Tuesday December 8th 2026

Please note that in the instance of high volumes of applications we may close this vacancy earlier than the closing date noted above.

Eligibility for Employment in the UK

In accordance with current legislative requirements the successful applicant must produce documentary verification of their eligibility to work in the UK and will not be allowed to start work until this has been received.

Equality and Diversity

Sheffield United 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.

Sheffield United FC are a Disability Confident Committed Employer. If you would like further information regarding the scheme and how we are able to support disabled persons within the workplace, then please contact our HR team at hr@sufc.co.uk

Safer Recruitment

Sheffield United FC is committed to safeguarding and promoting the welfare of children, young people and adults at risk. The successful applicant will be required to undertake appropriate safeguarding checks as well as providing proof of right to work in the UK. For further information on the Club's Safeguarding Statement please access the following link: https://www.sufc.co.uk/club/policies/safeguarding-policy