



Bexhill 6th Form College

JOB DESCRIPTION

Position: Football Academy Strength and Conditioning and TA
Responsible to: Director of Sport and Head of Football
Responsible for: Coaching, developing and supporting the Colleges Football Academy

The successful candidate will be an inspiring and enthusiastic coach, ideally qualified to degree who will play a significant role in College supporting the vision for and development of the Football Academy Programme. They will provide strength and conditioning sessions for the Mens and Womens Teams as well as working closely with coaches across other College teams. Ideally the successful candidate will also hold football coaching qualifications and be able to lead a team. In addition, they will support the delivery of enrichment across the college which may be providing supervised sessions in the college gym or offering other fitness or well-being sessions.

The Football Academy Strength and Conditioning Coach will work closely with the Colleges Sports Academy Manager and other coaches to a well-balanced, aspirational and forward looking sporting programme that has consistency in pedagogy and outreach across the entire sporting programme.

The College has strong partnerships with Chelsea Football Foundation, Eastbourne Borough Football Club and Bexhill United Football Club and a significant element of this role is to strengthen and further develop these links to enhance player development and pathways.

The Colleges Football Academy has a strong and growing reputation, producing many players who play semi-professionally. The teams are also very successful and compete in National and local leagues.

This is a great opportunity to lead a successful, high performing team with very good participation levels to further success.

The College also runs a Development Academy for Men and Women to support players who aspire to play in the Colleges academy and need further skill development.

To make the role full time, the football academy work will be combined with other duties to reflect the successful candidates strengths and the College needs. This may be teaching assistant duties or provision of enrichment sessions for students.

As part of this role the successful candidate will also be a member of our sports centre team and may be required to carry out shifts in the sports centre or provide cover.

The successful candidate will also support the College Personal Training course.

This post can be full or part time and is term time only for the strength and conditioning element. A regular shift in the sports centre is usually all year round.

If part time, the job description will be amended to reflect that with elements removed or reduced.

MAIN RESPONSIBILITIES

Football Academy Strength And Conditioning Coach

- Support the development and implementation of an all-inclusive strength and conditioning programme within the Football provision. This should include position specific training plans and could be one to one or group sessions.
- Design and deliver a range of recovery sessions aimed at educating players on how to manage their fitness levels
- Share good practice with other coaches and continually support the improvement of coaching, guidance and practical skills to ensure the development of the quality of coaching within the College.
- Contribute to maintaining and developing the links our key partners of Chelsea Foundation and EBFC as well as other local clubs, signposting the various pathways available to students at all levels
- To accompany team matches on a weekly basis as allocated, ensuring students represent the College to the highest standards – this may mean returning after the end of the College day
- Organise and attend trips associated with the Football Academy as required including trips associated with the Chelsea Foundation, This will include
 - attending football matches at Chelsea, Eastbourne Borough and Bexhill United when opportunities arise as a result of the partnership.
 - organising and attending trips to the Cobham Training ComplexThese may require occasional weekend working
- Support the promotion of the Colleges Football Academy both internally and externally in local schools and football clubs which will include the delivery of taster sessions and attending marketing events to promote the Academy and other sports offer as required. This may be out of core hours.
- Be able to drive the minibus for fixtures and other events within the sports area. This may include staying overnight for competitions such as British Colleges.
- Lead and supervise fitness sessions in the College gym as part of the enrichment offer. This could be monitoring student use of the gym, offering advice on use of equipment or leading sessions such as circuits.

Assistant Football Coach (subject to the correct qualifications)

- Deliver a high-quality coaching programme to both Academy and development Academy groups which develops the skills and talents of all players.
- Lead, manage and coach a College football Teams as required
- Arranging fixtures, which includes transport, catering and first aid arrangements as required.
- Arrange friendly games outside of the football season to ensure continuous development of players

- To complete match reports and press releases as required, liaising with marketing and the local papers to ensure these are well publicised.

Sports Centre duties include:

- Providing cover during evenings and weekends in the Sports Centre as required, dealing with bookings and monitoring use of the facilities
- Ensuring the sports areas are kept tidy and well-presented especially the equipment cupboard, gym, dance studio, sports hall, AWP and tennis courts.
- Ensure sports equipment, including specialist equipment is in good condition and ready to be used in practical sessions

Teaching Assistant Duties

- Actively contributing to the planning and delivery of educational work programmes for individuals, groups and whole classes as appropriate.
- Assess student work and contribution to reports if required.
- Prepare appropriate teaching and learning resources for 1:1s, group work and lessons as directed by teachers.
- Actively assisting students with their programmes of study, working in collaboration with other staff, where applicable.
- Assisting with the management of general learning support needs presented by students.

General

- To contribute to the Self-Assessment and Quality Assurance reports on these responsibilities as required.
- Ensuring that appropriate risk assessments are put in place for all aspects of the role.
- Undertaking Staff Development and training as required to fulfil these roles.
- Undertaking other reasonable tasks in these areas as requested by the Principal or designated deputy.
- In carrying out the duties above, the postholder will show an awareness of, and compliance with, all college policies and procedures, but particularly those relating to Health & Safety and Equal Opportunities.

The job holder may be asked to undertake any other reasonable tasks which are requested by the Principal or designated deputy.

This job description can be amended and updated on a regular basis by management

June 2026