

# PHIL HEWITT



## Strength & Conditioning

Phil is currently the Strength and Conditioning coach at the University of Liverpool, a position he has held for 8 years. Prior to this he held a similar position for the Professional Game Match Officials Limited (PGMOL), a position he served for 5 years working with Premier and Football league referees. He has predominantly worked in Football, with players who have appeared at the World Cup, European championship, FIFA world club cup, as well as a variety of worldwide domestic competitions. For 5 years he oversaw all aspects of athletic development at Everton FC Academy.

During this time, he was involved with the development of the youngest ever Premier League goal scorer (James Vaughan), the youngest ever debutant for Everton (Jose Baxter) and England national team player Ross Barkley along with a host of players who played internationally and though-out the football leagues. In addition, he worked with several of the England women who were based at Everton FC.



He then took up a similar position at Al Ain FC (U.A.E) and within 2 years aided in the Academy winning national academy championships, had the most players in the national age group teams, and increased playing time of academy players in the First team.

Originally from New Zealand, Phil has a wealth of experience having worked across four continents with athletes, both amateur and professional, from a variety of sports ranging from Rugby Union and Rugby League to Olympic athletes.

He has presented internationally in the field of strength training and consulted in developing youth training programs. He has a teaching degree from Auckland University and a Bachelor of Science in Sports science from Liverpool John Moores University.

He completed his PhD at the same institution where he examined the use of GPS technology to quantify the physiological demands of elite youth football and developed sport specific testing protocols.

This data established criteria to differentiate between elite and non-elite players and its subsequent implications for training design which he has incorporated into his programs.