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# KEIRAN REILLY

## UEFA A LICENSED COACH



I am an enthusiastic and determined UEFA A Licensed coach with a wealth of experience in elite coaching, gained through roles at Rangers FC's Academy.

My coaching methodology has helped numerous Rangers FC Academy players progress through age-group squads toward the first-team environment. I am adept at designing forward-thinking coaching programmes.

Throughout my coaching career, I have displayed a commitment to all players under my guidance and have mentored them along the player pathway. My coaching journey has run in conjunction with my career as a Sports Lecturer.

### EDUCATION & COACHING QUALIFICATIONS



• University of Stirling: MSc in Performance Coaching	Pending Completion
• University of the West of Scotland: BSc (Hons) in Sports Coaching	Graduated 2017
• City of Glasgow College: Higher National Diploma in Sports Coaching	Graduated 2012
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• UEFA A Licence (SFA)     • UEFA B Licence (SFA)     • Scottish FA Advanced Children's Licence	

### COACHING CASE STUDIES

To further my professional development as a coach, I have visited leading clubs in the United Kingdom, Europe, and South America to observe training methodologies and player development strategies. I have incorporated the knowledge and insight gained from these visits into my own coaching philosophy. Clubs attended include:

- Manchester United FC
- Liverpool FC
- Flamengo
- Sporting Clube de Portugal



### ELITE ACADEMY COACHING EXPERIENCE



Rangers FC

Youth Development Phase Coach

Aug 2022 - Present

- Perform a lead role in the coaching and development of U13 to U16 players
- Design, prepare, and lead innovative training sessions for various Youth Development Phase squads
- Ensure all sessions are engaging but challenging to further players' development
- Contribute to Rangers FC's training methodology within the club's Academy operations
- Lead on matchdays; responsible for team selection, with a greater emphasis on the development and progression of players than the results
- Conduct match analysis sessions with various squads; lead analysis sessions with individual players, team units, and the collective squad to enhance their development
- Responsible for sourcing clips from matches for analysis sessions
- Complete reports on training sessions and games covering individual player and team performance, including player grading and game time
- Accurately and efficiently upload session content to SportsOffice software
- Continually strive for improvement by evaluating sessions and targeting areas for development, as well as ball rolling time, coaching points, individual and team learning, and the amount of individual learning transactions per session
- Lead Youth Development Phase squads in international tournaments in Germany, Belgium, Netherlands, Italy, and Spain

"Keiran is a cultural architect who is dynamic, positive, and high energy. Besides his well-developed football knowledge, he has a strong emotional intelligence and understanding of learning, which allows him to coach and work with different age groups. He is always looking for what's next and is extremely eager to develop and learn." - **Zeb Jacobs:**

**Academy Director, Rangers FC**



## ELITE ACADEMY COACHING EXPERIENCE



Rangers FC

Academy Coach

Jul 2013 - Aug 2022

- Created and led high-quality training sessions in line with Rangers FC's Foundation Phase Periodisation Programme
- Managed the group in Club Academy Scotland fixtures
- Contributed to the evolution of Rangers FC's Academy coaching curriculum
- Hosted parents' evenings
- Led Academy squads to compete in European competitions against elite clubs, including Bayern Munich and Real Madrid



*"Keiran is a dynamic football coach, who displays a high level of attention to detail in training, games, and organisation. Every session is approached with a desire to develop young players, through both group and individual interactions. Keiran is an expert in technical development, delivering innovative practice and looking to advance players' technical skills. Keiran is a great football coach and would be an asset for any organisation."* - **Kevin Thomson: Former Academy Coach, Rangers FC & Former Manager, Kelty Hearts FC**

## PLAYER DEVELOPMENT

Contributed to the development of Rangers FC Academy players who have progressed through age-group squads to the first-team environment, including:

**Leon King:** Scouted Leon before he joined Rangers FC's Academy and was involved in his coaching from U9 to U13 level. Leon played for Rangers FC's U20s when he was 14 years old and made his first-team debut in November 2020 at 16 years old. Scotland U21 international.

**Alex Lowry:** Coached Alex, an attacking midfielder, in the club's U12 squad. Alex progressed through the Academy and made his first-team debut (in which he scored) at 18 years old in January 2022. On loan at Heart of Midlothian FC for the 2023/24 season. Scotland U21 international.

**Billy Gilmour:** Coached Billy, a talented midfielder, at U12 level. Billy represented Rangers FC's U20 squad at just 15 years old. He moved to Chelsea FC in July 2017 at the age of 16 and was part of the 2020/21 UEFA Champions League winning squad. Moved to Brighton & Hove Albion FC in September 2022. Full Scotland international.

**Nathan Patterson:** Contributed to Nathan's coaching at U14 level with Rangers FC. The right-back continued to progress through the Academy and made his first-team debut at 18 years old in January 2020. Transferred to Everton FC in a £16 million deal in January 2022. Full Scotland international.

**Stephen Kelly:** Midfielder coached at Rangers FC's Academy. Led one-to-one sessions and pre-season training sessions with Stephen. He made his first-team debut for Rangers FC in September 2018. Now at Livingston FC.

**Ross McCrorie:** Versatile central defender and midfielder who was coached within Rangers FC's Academy. Progressed through age-group squads and made first-team debut at age 19 in September 2017. Made 55 appearances for Rangers FC before joining Aberdeen FC in August 2020. Now at Bristol City FC. Scotland U21 international.



*"Keiran's sessions are always very well planned. Each drill has a specific reason behind it, depending on what skill the players need to work on. Keiran puts demands on the players when training to bring out the best in them in each session, whether that is physical, technical, or tactical elements. Keiran has a strong personality and is straight to the point, which is highly beneficial for the individual. Working with Keiran, I can see he has fantastic knowledge around coaching. The work he does to improve is evident, which helps make the sessions better for the players."* - **Stephen Kelly: Livingston FC**

## EDUCATION EXPERIENCE



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|---------------------------|-----------------|----------------|
| • New College Lanarkshire | Sports Lecturer | 2020 - Present |
| • Forth Valley College    | Sports Lecturer | 2019 - 2020    |

### Overview of Responsibilities

- Deliver HNC and HND coaching units
- Oversee different age groups; responsible for lesson planning and delivery of lessons
- Ensure coaching is implemented from an academic standpoint
- Deliver informative teaching of coaching methods within the classroom and on the pitch
- Use a research-based approach to coaching and teaching
- Measure training and game performance in the classroom via objective data collection, including video analysis



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| • City of Glasgow College                 |
| Assist with Sports Coaching & Development |
| 2020 - 2021                               |

### Overview of Responsibilities

- Delivered online lectures on sports development
- Assisted with sports coaching assessment processes
- Developed teaching material on the new sports coaching framework



*Further references are available upon request*