

Football Curriculum Vitae



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Professional Profile

With over 30 years involvement in the game as a professional player, player coach, coach and manager I have amassed a high level of experience, I have an excellent knowledge of systems, patterns of play, tactics and game plans which would be invaluable to any club looking to progress their club to high level of expectation. My comprehensive approach to football management includes developing players to their highest potential in areas of psychology, nutrition, core strength, techniques and skills.

My initial approach to any new job would include an assessment of the team's strengths and weaknesses.

Short term goals depending on clubs league status, mid-term and long term initiatives to include:

- Find an adaptable system that will benefit performances and results
- Work on a pattern of play within the system so all players and units know their roles and responsibilities
- Players Personal Development and Goal Setting Programs
- Youth Development
- Academy Programs
- Database and Scouting Process to Identify and Target Potential Signings
- Training practices would focus on 4 areas:
 1. Skills and Technique Drills
 2. Coaching defence, midfield and striker units on "best practice" and "good habits" within the system and pattern of play.
 3. General Condition , Flexibility and Fitness
 4. Movement, Speed and Agility

Player / Management History

2011 to present

I left my role as manager at St Mungo in preparation to manage at junior level, i wanted to be familiar with teams and level and have spent this season watching all the junior super league premier division teams and doing analysis reports on most of the teams.

I have also been working with Dr. Paul McCarthy CPsychol, Department of Psychology, Glasgow Caley University on a player assessment and development plan to help support players in their mental preparation to games, concentration, goal setting, peaking under pressure and psychology based drills to support better decision making, we have agreement to drive this program through the SYFA to support young players through their formative years.

St Mungo AFC

Glasgow Caledonian League – Manager – 2010 - 2011

Finished 6 top of the league, highest league position for 14 years and won the first cup in 14 years with the Douglas Smith trophy, left St Mungo to look for a challenge where my skills can be further recognised, to achieve more I require a professional structure and committed players.

Milngavie Wanderers AFC

Glasgow Caledonian League – Manager – 2009 - 2010

Promoted to the Premier League, Won William Turner Cup.

- **Scouted for English League Teams 2000-2008**
- **Lossiemouth FC Highland League – Manager – 1997 - 1999**
Scottish Cup Qualification
- **Cove Rangers Highland League – Player / Coach – 1994 - 1997**
Scottish Cup qualification
- **Inverness Caledonian FC Highland League – Player – 1992 - 1994**
- **Chesterfield FC, English 3rd Division – Player – 1990 - 1992**
- **South African 1st Division-Player, Arcadia Sheppard's, Mamelodi Sundowns – 1987 – 1989**
- **Belgian 3rd Division Loan period to Genk 2nd division– Player – 1987 - 1989**
- **Torquay United, English 4th Division – Player – 1988 - 1989**
- **Chesterfield FC, English 3rd Division – Player – 1987 - 1989**
- **Loan periods at Carlisle and Swindon 2nd Division and 3rd Division 1986 season**
- **Mansfield Town, English 2nd Division – Player – 1979 - 1986 seasons**
- **Inverness Caledonian, Highland League – Player – 1978 - 1979 seasons**

Coaching experience

Level 1 and 2 English FA coaching qualifications

My general experience and knowledge has been gained by working under various managers/coaches, they include the following:-

- Billy Bingham: Everton and Northern Ireland
- Stuart Boam: Middlesbrough and Newcastle
- Ian Greaves: Huddersfield, Bolton and Leeds
- Mick Jones: Derby, Bradford and Notts County
- Bob Stokoe: Sunderland FA Cup Winner Manager
- Lou Macari: Manchester United, Celtic and Scotland
- Cyril Knowles: Tottenham Hotspur and England
- Jomo Sono: New York Cosmos (played with Pele) and South African Manager
- Paul Hart: Leeds, Portsmouth, Notts Forrest
- Sergei Baltacha: Dynamo Kiev, Soviet Union