



Calculated Performance[®] Practical Interview Handbook

Welcome Message

Dear Coach,

Congratulations on successfully passing your Initial Interview.

The next stage is your Practical Interview, designed to give our team a deeper understanding of you as a coach and to see you in action.

We recognise that our environment is unique, so this stage has been thoughtfully structured to help you feel confident before delivering your session. Your best coaching will always come when you're being yourself - so there's no need to force anything. Relax, enjoy the experience, and let your natural style come through.

Regardless of the outcome, thank you for your interest in joining Calculated Performance. We appreciate the time and effort you've invested in this process.

Jack Dunkerley

Founder & Director of Football
Calculated Performance®



What to Expect

You will experience a 60-minute coaching session with a player aged 8+.

Upon arrival, the assessor will greet you and provide a full briefing. This will include an overview of the session, a walkthrough of the session plan, and key information about the player you'll be working with.

Interview Tips

Before the Interview:

Arrival Time

You are expected to arrive at least **15 minutes** ahead of time to allow for introductions and a brief for the sessions. If you are running late, you must communicate this via phone or email.

Dress Appropriately

Our coaches will be dressed in black uniform. We ask that you try to match this as closely as possible along with boots suitable for astroturf.

During the Interview:

Always Act Professionally

Even though you are interviewing, you are still representing the brand. It's important to act professionally when around coaches, players and parents.

Set The Standards

Correct mistakes from the players, demand intensity and use plenty of praise.

Ask Questions

Ask your assessor any questions you feel will benefit your ability to showcase your coaching.

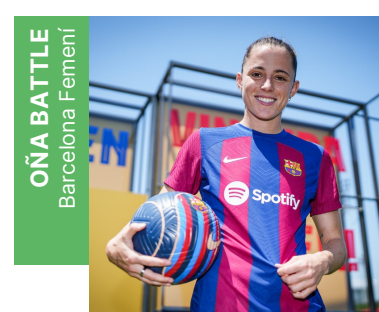
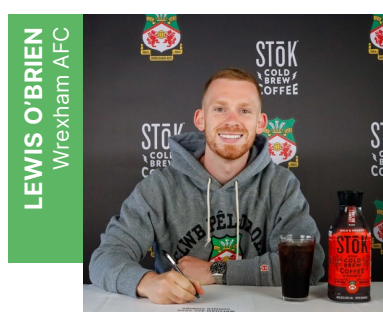
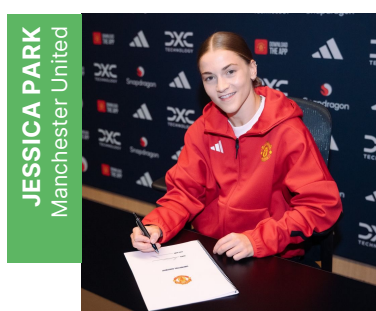
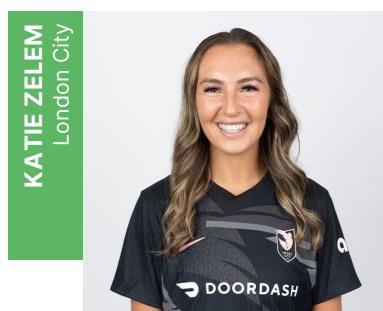
Session Framework

Our framework is the result of 6 years of reflection and over 64,000 individual sessions. Through this journey, we've gained a deep understanding of what a high-quality Individual Session should include and how best to develop a Calculated Performance player.

Activity	Percent	Time
Routine Warm Up	5%	3 min
Ball Mastery	15%	9 min
Physical Development	15%	9 min
Skill Development	50%	30 min
Debrief / Session Notes	5%	3 min
Rest	10%	6 min

Expert's View

Calculated Performance® is endorsed and recommended by many leading professionals around the world, who we have and continue to work with.



Session Plan – Ball Mastery



Purpose

To improve the players ball mastery using the ball mastery moves curriculum.

Organisation

Set out a grid of 5 × 5 yards.

1 ball

Player should perform each ball mastery move twice, for 30 seconds each.

Ball Mastery Moves

- Shuffles
- Roll Overs
- Shuffle Roll Overs
- Take Stop Steptover
- Take Steptover
- Take Stop Feint

Session Plan – Physical Development



Purpose

To develop the players co-ordination.

Organisation

1 x Speed ring

3 x Cones, each being a different colour

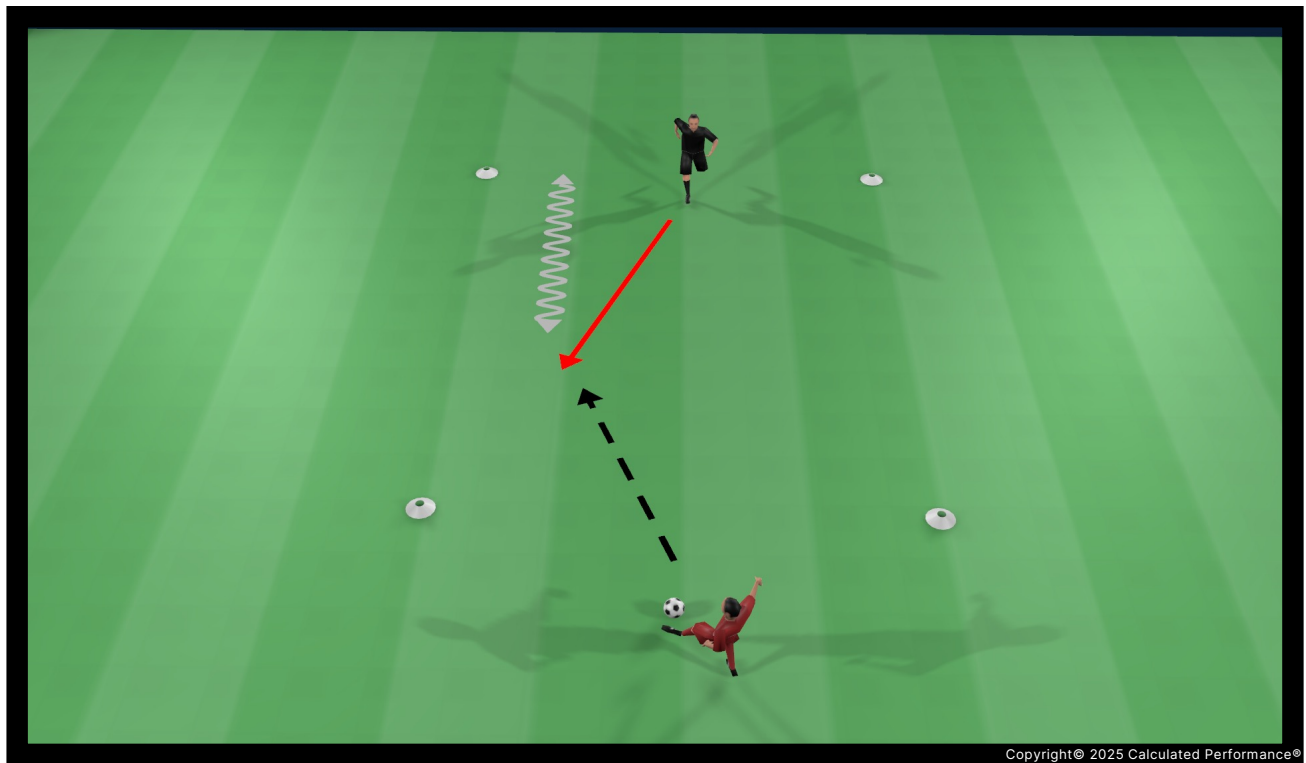
Explanation

The player will start performing a footwork pattern through the speed ring. After around 3 seconds the coach will call out a colour. Once the colour is called, the player should accelerate towards that colour cone and play a wall pass with the coach.

Football Action

Wall pass

Session Plan – Skill Development, Repetition



Purpose

To improve the player's ability to receive on the half turn.

Organisation

10 × 5 yard grid.

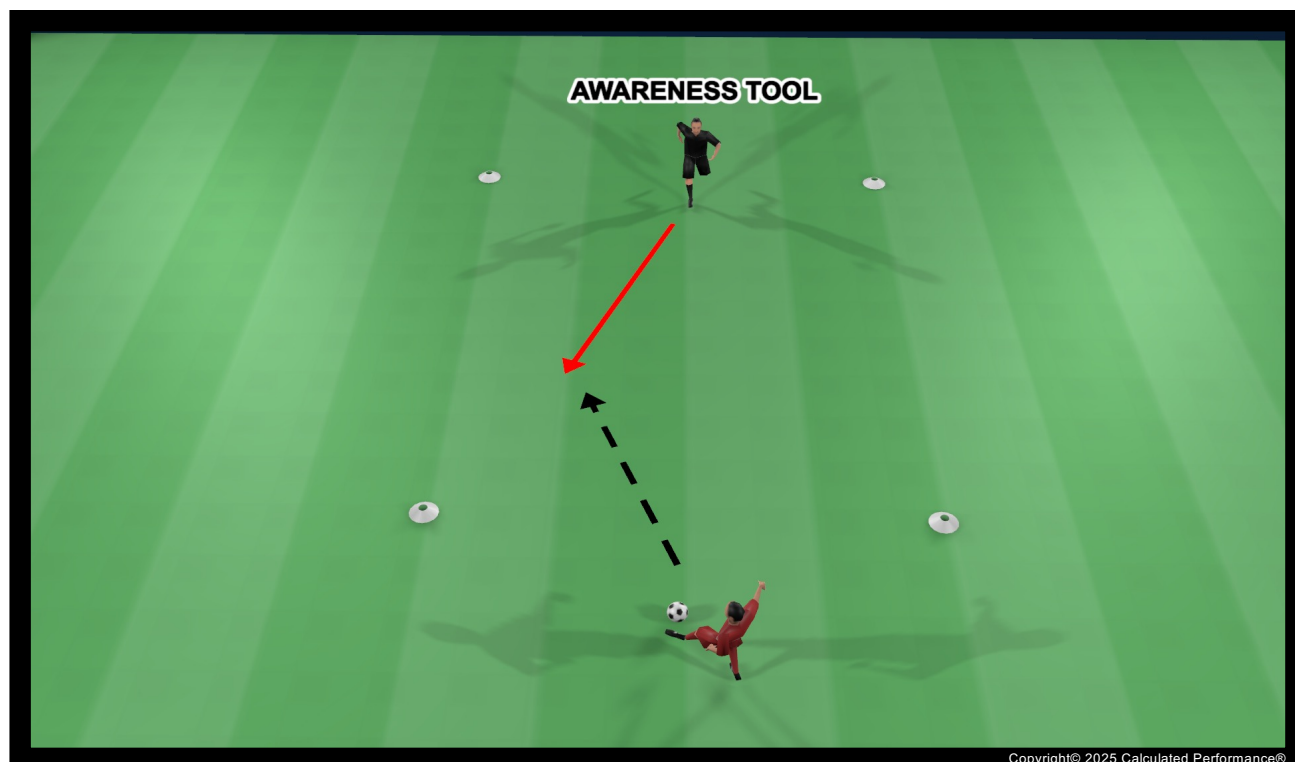
Explanation

The player will accelerate on a diagonal angle – alternating for Technical Balance. When the player is around halfway up the channel, they should open their body to receive on the half turn. The player should then dribble to the bottom of the channel and perform a Change of Direction move. The Change of Direction move should be taken from our Skill Moves curriculum.

Progression

Assign a more advance Change of Direction move from our Skill Moves curriculum

Session Plan – Skill Development, Reaction



Purpose

To improve the player's ability to receive on the half turn, with a decision.

Organisation

10 x 5 yard grid.

Awareness tool

Explanation

Same as previous, however before the player receives they should scan their shoulder and process a piece of information from the awareness tool. Depending on the information processed will depend on the next action.

Decision Making

Assign a visual cue to an action (e.g. if the player sees an odd number they must turn at the line, if they see an even number they must pass into the wall)

Session Plan – Skill Development, Realism



Purpose

To improve the player's ability to receive on the half turn, in a real-game scenario.

Organisation

1 x mannequin, set on an angle from the goal.

Explanation

The player will start by accelerating behind the mannequin and twisting to receive on the half turn. The player will then dribble into the mannequin performing a Feint Move before finishing. Work on both sides for Technical Balance.

Skill Move

Assign a Feint Move from our Skill Moves curriculum.

