



JACK CASSIDY

FIRST TEAM ASSISTANT COACH
UEFA PRO LICENCE CANDIDATE

CONTACT

T: +44 (0) 7355 169 126

Nationality: Irish

LI: [Jack-Cassidy](#)

E: cassidy.jack@icloud.com

I am a UEFA Pro Licensed Candidate who has coached across four countries in Europe and the Middle East. These experiences have shaped my methodology and strengthened my ability to adapt and build relationships in diverse environments.

I have a strong background in senior football and youth development, with a proven track record in individual player development. I design forward-thinking training structures, built to meet both individual and team needs.

As a coach you are always learning, and I remain committed to my professional development as I work towards the UEFA Pro Licence. I am a Master's graduate in Coaching Science and also a qualified teacher and utilise these to develop and progress the players under my guidance.

EDUCATION & PROFESSIONAL QUALIFICATIONS



• University of Essex

MSc Coaching Science (Distinction)

Graduated 2022

• UEFA Pro Licence (Candidate 2025)
• UEFA Elite Youth A Licence (2024)

• UEFA A Licence (2019)
• FA Advanced Youth Award (2020)

• Qualified Teacher Status (2018)

COACHING EXPERIENCE



Aalborg BK

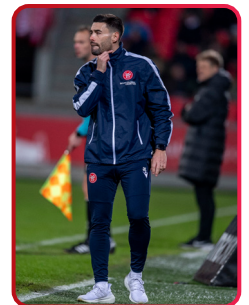
First Team Assistant Coach & Head of Individual Development

Jun 2024 - Jul 2025

- Designed and led daily training sessions and contributed to match preparation
- Oversaw the planning, organisation, and structure of training sessions for the first team
- Led on all aspects of individual player development, creating and implementing an individual development methodology used across the club
- Devised Individual Development Plans (IDPs) for first team players, in line with the club's game model
- Prepared and presented team unit and individual player video analysis sessions to support team and player development
- Coordinated multidisciplinary team (MDT) meetings to support and enhance the individual development methodology
- Contributed to tactical planning and opposition analysis to enhance match preparations, and assisted the Head Coach with in-game tactical decisions
- Helped to drive professional standards and player development within a high-pressure environment

Key Achievements

- ✓ Performed a key role in the development of several players who completed significant transfers, including:
 - Sebastian Otoa to Genoa
 - Melker Widell to Swansea City AFC
 - Mathias Jørgensen to Bodø/Glimt
- ✓ Supported the development of Travis Hernes during his loan from Newcastle United FC
- ✓ Contributed to maintaining one of the youngest professional squads in Europe, with an average age of just 22.9 years during the 2024/25 season



"Jack made a clear and immediate impact at AaB with the way he built relationships across the club. His attention to individual development stood out, but what impressed me most was the way he invested in people. He consistently went beyond what was expected to support players and staff, both professionally and personally. His communication style is calm, direct, and always built on trust. Jack set a high standard in everything he did and added real value to the environment here." - James Gow, Sporting Director, Aalborg BK



"Working with Jack was one of the most important parts of my development at AaB. He invested a huge amount of time, not only in football but in understanding me as a person. His communication was always clear and honest, and he consistently went above and beyond to support me, both on and off the pitch. Jack helped me grow in confidence and clarity in my role and made sure I always felt supported. He genuinely cared and that made a big difference for me." - Melker Widell, Swansea City AFC & Sweden



COACHING EXPERIENCE



Cambridge United FC

Senior Professional Development Phase U21 Coach & Pathways Manager

Jul 2023 - Jun 2024

- Managed the individual programme for ten young professionals within the U21 squad
- Designed and implemented a development framework for the full season
- Prepared and delivered weekly training programme aligned with the players' IDPs
- Structured a player pathway to enable the elevation of U18 players into the senior first-team environment
- Implemented strength training programme across the age-group squads
- Managed all loans across the Professional Development Phase (PDP) and first-team squad
- Worked closely with academy leadership, analysis, and sports science teams to coordinate a high-performance approach
- Worked with the first-team squad as Interim First Team Coach on multiple occasions during the season



Key Achievements

- ✓ Oversaw seven academy graduates make their senior professional debuts in the 2023/24 season
- ✓ Performed a key role in Mamadou Jobe's development, managed his loan to Gateshead FC followed by his senior debut for Cambridge United FC

"I had the opportunity to work closely with Jack during his time at Cambridge United. His attention to detail, calm presence, and ability to drive individual development within a team environment was clear from day one. Jack's professionalism and clarity in communication made him a trusted and valued member of staff. He has a strong coaching identity and a clear way of getting his ideas across. I have no doubt he will continue to make a positive impact in senior football." - **Garry Monk, Former Head Coach, Cambridge United FC & Former Premier League Manager**



Al-Jazira Club

Head Academy Coach (PDP) & Transition Coach

Aug 2021 - Jun 2023

- Head Coach within the PDP and managed the transition of players from academy to first team
- Ensured all training content was aligned with tactical demands of the senior team
- Designed and led training sessions based on the club's game model
- Devised and implemented a structured IDP process for players
- Mentored and upskilled local Emirati coaches to enhance their coaching attributes as part of the club's coach education programme
- Managed squad planning, succession pathways, and player progression to the first-team environment

Key Achievements

- ✓ Facilitated 15 academy player first-team debuts in the 2021/22 season
- ✓ Oversaw a significant rise in youth international recognition, with multiple players receiving call-ups to UAE national team age-group squads



Prespa Birlik

First Team Head Coach

Feb 2021 - Jun 2021

- Oversaw all facets of first-team operations for senior men's team competing in Sweden's Division 2 (Tier 4)
- Had full responsibility for tactical identity, training structure, and match preparation
- Recruited and integrated a new playing squad and staffing structure
- Led on team selection and all in-game decision-making, staff management, and post-match analysis
- Liaised and maintained communication with the club's board regarding performance, planning, and recruitment

- Luton Town FC
- Bedford Town FC
- St Neots FC
- St Ives Town FC
- Histon FC

Lead Academy Coach
First Team Assistant Head Coach
First Team Assistant Head Coach
First Team Assistant Head Coach
Head Academy Coach

Jun 2019 - Feb 2021
Aug 2018 - May 2019
Jan 2018 - Aug 2018
Aug 2014 - Jan 2018
Aug 2011 - Aug 2014



- At Luton Town FC, worked across the Youth Development Phase (YDP) coaching the U13 to U16 age-group squads
- Assisted in implementing IDPs for all players
- Designed and delivered training sessions to meet individual players needs to further their development

Key Achievements

- ✓ 2015/16: Secured promotion from Step 4 to Step 3 of the Non-League Pyramid via the play-offs with St Ives Town FC

MEDIA LINKS

- [Meet the New Assistant Trainer Aalborg BK](#)
- [Modern Soccer Coach Podcast](#)
- [Coaching Aalborg BK](#)
- [PCT Podcast](#)

