



Sheffield United's youth system was given Academy status in December 2002. In July 2017 the academy was recognised in a study for having the 7th best academy for minutes played in the 2016-17 Premier League. In between Arsenal and Chelsea they placed by far the highest for a club outside the top-flight. The Academy is based at the Club's Shirebrook training facility and in 2020 the Academy took over the 1st team Strength and Conditioning facility. Perform Better were selected to re-equip the new facility.



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CASE STUDY  
**SHEFFIELD UNITED FC  
ACADEMY**

**EQUIPMENT**

Standard Power Racks with

Single Leg Squat and

Grappler Attachments

Adjustable Benches

Recumbent Leg Press

Glute Ham Bench

Wattbikes

SkiErg

PB Discs and Bars

Rubber Dumbbells

DC Blocks

Strength Bands

Grid Rollers