

Position Details			
Job Title	First Team Strength and Power Coach		
Department	First Team Sports Science	Reporting To	Head of Fitness & Conditioning

Overall Objective
<p>The Strength and Power Coach is responsible for developing and delivering evidence-based strength and power programs for first-team players, with a focus on optimising physical performance, reducing injury risk, and supporting return-to-play protocols. Working as part of a high-functioning multidisciplinary team, the coach will utilise cutting-edge hardware/ software to monitor, evaluate, and enhance athletic development and rehabilitation processes.</p>

Job Description
<p>Summary of Duties</p> <ol style="list-style-type: none">Strength & Power Program Delivery<ul style="list-style-type: none">Design and implement strength and power training programs tailored to individual and positional needs, with the capability and confidence to deliver sessions in both large or small group formats.Periodise and adjust programming based on training and match demands, identifying and utilising appropriate windows of opportunity for development.Provide gym-based support for physical development sessions.Take a lead role in the delivery of Performance Preparation sessions prior to training, tailoring the content to meet the demands of the specific training session that day.Objective Monitoring & Testing<ul style="list-style-type: none">Conduct regular assessments of strength, power, and movement quality; use data to inform and adjust training interventions and prescription of load/ exercise.Ability to administer and interpret data from a range of Performance Technologies such as:<ul style="list-style-type: none">VALD (Nordbord, ForceDecks & ForceFrame)OptojumpIsokinetic Dynamometry (IKD)Regularly report objective metrics to MDT in order to inform decision-making.Support in developing strength and power benchmarks across player positions and development pathways.Whilst not involved in the analysis of GPS and heart rate data, it is important to have an understanding of external and internal load measures in relation to readiness and training adaptations.Contribute to the management of physical performance databases; track longitudinal changes and performance trends.Rehabilitation & Return-to-Play (RTP) Support

- Collaborate closely with physiotherapists and medical staff in the design and progression of gym-based and pitch-based RTP programs, displaying an understanding and appreciation of pathology and appropriate loading strategies.
- Lead the strength and power components of rehabilitation, providing technical coaching, feedback and progressive loading of both global and injury specific strength.
- Lead off-feet conditioning sessions within rehabilitation, utilising the range of modalities available at the King Power Performance Centre (i.e Wattbike, Heat & Altitude Chamber, HydroWorx, Swimming Pool etc). Physiological Targets should be set, internal responses tracked, loads monitored and individual feedback provided.
- Apply objective criteria to inform progression through the various phases of rehab and inform the player's return to training/competition.

4. Interdisciplinary Collaboration

- Attend and contribute to daily MDT meetings with Sports Science and Medical staff.
- Work closely with the physiotherapists in order to design and deliver small group sessions based on previous injury history with the aim of reducing the likelihood of recurrent injuries.
- Along with other members of the MDT, help oversee recovery sessions.
- Build relationships with members of staff outside of the immediate MDT, such as coaching, analysis, data science etc.
- Have the ability to provide detail and in depth analysis when required to the MDT, whilst also being able to communicate physical performance data and recommendations effectively to coaching staff and players.
- Integrate with other staff from within the MDT, gaining insights from physiotherapy, psychology and nutrition, striving to improve both performance and wellbeing.

5. Performance Profiling & Long-Term Athletic Development

- Maintain up-to-date strength and power profiles for all players.
- Help support the physical development of academy players when making the transition into the first-team environment.
- Drive innovation in performance diagnostics and contribute to continuous development of the club's physical performance framework.

Key Relationships

- Head of Fitness & Conditioning
- First Team Strength & Power Coach
- Sports Science Staff and Nutritionist
- Medical Department
- First-Team Players

Personal Specification

- Pays attention to detail, is knowledgeable in the field and holds high professional standards.

Job Description



- Proactive, innovative, and adaptable to the challenges which are presented in a fast-paced elite environment.
- Committed to continuous professional development.
- Ability to build strong working relationships and trust with players and staff.

Essential

- BSc in Sports Science, Strength & Conditioning, or related field.
- UKSCA or NSCA-CSCS accreditation (or working toward).
- Minimum 5 years' experience in elite sport.
- Experience of RTP processes and gym-based rehabilitation.
- Proficient in use of VALD, Optojump, IKD, and other performance technology.
- Comfortable in the use of athlete management systems, programming software (such as Teambuildr) and when handling objective data.
- Excellent communication, collaboration, and leadership skills.

Desirable

- MSc in Sports Science, Strength & Conditioning, or related field.
- Experience working in elite-level football.
- Familiarity with EPPP or high-performance athlete development pathways.
- Relevant rehab qualifications.

Role Requirements

- To comply and promote the Club's policies and procedures to include Safeguarding, Equality & Diversity and GDPR compliance
- Understanding of the governance, security and cyber security requirements including areas such as General Data Protection Regulations (GDPR)
- To undertake required training including mandatory Club Equality and Diversity, Health and Safety and Safeguarding Induction.

This Job Description may be changed and amended from time to time at the discretion of the Club.

Leicester City Football Club is an equal opportunities employer and is committed to provide equality and fairness for all employees. Leicester City Football Club opposes all forms of unlawful and unfair discrimination. Please refer to our Equality and Diversity Policy for further information.

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Employee Signature		Date	
Manager Signature		Date	
HR Signature		Date	