



Who we are

P3RFORM is a provider of holistic health and performance coaching, that applies the learnings from elite sport to everyday life. We deliver personalised support through expert coaching, both in-person and digitally, helping people of all levels to move, think, and perform better.

The Opportunity

We are looking to add a progressive physical performance coach to join our multi-disciplinary team of practitioners to further our delivery of Movement, Mindset and Lifestyle support. As P3RFORM are the health and performance support partner to the professional Footballer's Association (PFA), the primary focus of the role will be to support the PFA's residential rehabilitation scheme; delivering gym and pitch-based conditioning / return to play sessions, force time physical profiling and load monitoring. As P3RFORM provides coaching across several sectors, there will also be opportunities to provide physical performance support within training camp, corporate and educational settings, both in-person and digitally via the P3RFORM coaching app.

Role Overview

Key Responsibilities:

- Assist the Clinical Lead with the delivery of physical performance services for the PFA residential rehabilitation programme.
- Conduct physical profiling for all players on the PFA residential rehabilitation programme. Feedback the information to both the multidisciplinary team and player, applying the information to design and implement gym and pitch based conditioning sessions.
- Deliver off-field and pitch-based conditioning sessions relevant to the players stage of rehabilitation.
- Deliver hydrotherapy and recovery sessions.
- Physical exertion monitoring using GPS and heart rate technologies.
- Establish excellent long-term working relationships with Medical and Sport Science departments who refer into the scheme to optimise player care for current and future referrals.
- First contact with club medical staff, PFA staff and players wishing to book onto the residential rehabilitation scheme.
- Arrange all pre & post information required for players attending the rehabilitation programme.
- Updating of all GCP records regarding player attendance.



- Liaise with the P3RFORM triage physio team to help streamline the care pathways for clients.
- Provide group and individualised physical performance support programmes, both in person and via the P3RFORM app within sport, corporate and educational settings.
- Lead or assist with the delivery of human performance orientated educational experience days.
- Support P3RFORM social media and PR opportunities.

Requirements

Essentials

- Undergraduate degree in sport science, strength and conditioning or related discipline.
- UKSCA / BASES accreditation or working towards completion in the near future.
- Experience of working as part of a multi-disciplinary team within a professional sports team / environment.
- An understanding of return to play pathways for key injuries.
- Competent with the undertaking of force time profiling and the application of such insights to guide programming.
- Experience of delivering both gym and pith based conditioning sessions with mid to late-stage rehabilitating players.
- Familiar with the use of GPS monitoring and data collation
- A UK driving License

Desirables

- A postgraduate qualification in sport science, strength and conditioning or related discipline.
- Competent in the use of data visualisation and analysis software
- Experience of working in first team professional football



Remuneration

- Basic Salary – Dependent upon experience
- Discretionary performance related bonus
- NEST Pension
- 25 holiday days per annum
- Annual salary review
- Monthly performance review
- £500 pa CPD fund
- Company Laptop
- £30 per month mobile phone contribution

Place of Work

The role will require the provision of support across multiple sites, primarily at the National Football Centre at St. George's Park and Loughborough University, but may also require travel to professional sports teams, academic institutions, corporate clients and P3RFORM HQ in Derby.

How to Apply:

Please submit a covering letter and CV to info@p3rform.co.uk

Closing Date:

5th June 2026.

Interviews may be held prior to the closing date for the right applicant.