

Senior Academy Physical Development Coach

Location: Training Ground, Thorp Arch, Wetherby, LS23 7BA

Contract: Permanent

Hours of Work: 37.5 hours per week

Application Deadline: 16th August 2026

Apply here: [Senior Academy Physical Development Coach – Leeds United Football Club – Fill out form](#)

What You'll Be Doing

We are seeking an experienced and forward-thinking Senior Academy Physical Development Coach to join our Academy Performance Department.

This is a key role within our Category 1 Academy, responsible for leading the planning, delivery, monitoring, and continual development of an evidence-based Physical Development Programme, primarily within the Professional Development Phase (U21s). You will play a significant role in preparing players for the demands of elite and First Team football through world-class physical preparation, athletic development, injury prevention, and return-to-performance practices.

Working collaboratively within a multidisciplinary environment, you will support the Academy Performance Plan and long-term player development strategy while helping to create an elite performance culture.

Key Responsibilities:

Physical Development Delivery

- Lead the design, implementation, and evaluation of the Physical Development Programme for the Professional Development Phase.
- Deliver high-quality individual and group strength and conditioning sessions.
- Develop individual athletic development plans based on maturation, positional demands, injury history, and performance objectives.
- Prepare players for the demands of U21, First Team, and elite football.
- Lead matchday preparation, recovery strategies, and post-match monitoring processes.
- Integrate physical development into weekly multidisciplinary planning.

Performance Monitoring & Sports Science

- Lead the collection and interpretation of performance data, including:
 - GPS
 - Force plate testing
 - Countermovement jump profiling
 - Speed profiling
 - Anthropometry
 - Wellness monitoring
 - Growth and maturation data
 - Internal and external training load monitoring
- Develop player profiling reports and performance dashboards.
- Benchmark players against Academy and elite football standards.
- Provide evidence-based recommendations to optimise performance and reduce injury risk.

Medical & Performance Integration

- Work closely with medical staff to deliver:
 - Injury prevention programmes
 - Return to Performance strategies
 - Load management plans
 - Rehabilitation progressions
- Support players transitioning from rehabilitation back into full training and competition.
- Attend multidisciplinary performance meetings and contribute to player reviews.

Player Development

- Contribute to Individual Development Plans (IDPs).
- Educate players on:
 - Recovery
 - Nutrition
 - Sleep

- Lifestyle behaviours
- Professional standards
- Support the holistic development of Academy players.
- Assist player transitions into U21 and First Team environments.

Leadership & Department Development

- Support the Head of Physical Development in delivering departmental strategy.
- Mentor graduate staff, interns, and developing practitioners.
- Contribute to departmental policies, procedures, and quality assurance processes.
- Drive innovation, research, and continuous improvement across physical performance provision.
- Promote a high-performance culture focused on excellence and player development.

Recruitment & Talent Identification

- Conduct physical assessments for trialists and recruitment events.
- Provide physical profiling reports to support recruitment decisions.
- Contribute to talent identification processes and player profiling frameworks.

Compliance & Governance

- Ensure compliance with:
 - Premier League EPPP requirements
 - Safeguarding legislation
 - Health & Safety regulations
 - GDPR
 - Equality, Diversity & Inclusion policies
- Maintain accurate records within PMA.
- Support Academy audits and quality assurance reviews.

What We're Looking For

You'll have:

- Degree in Strength & Conditioning, Sport Science, or a related discipline.
- UKSCA Accreditation (or equivalent) or currently working towards accreditation.
- Valid First Aid Qualification.
- FA Safeguarding Children Certificate.
- Eligibility to pass an Enhanced DBS Check.
- Full UK Driving Licence.
- Excellent communication, organisational, and presentation skills.
- Strong understanding of elite youth football and athlete development.
- Passion for long-term player development and high performance.

Experience

Minimum three years' experience working within an elite football academy environment.

Experience within a Category 1 Academy or similar high-performance environment.

Experience designing and delivering long-term athletic development programmes.

Experience working within multidisciplinary performance teams.

Experience using athlete monitoring technologies including GPS, force plates, and performance tracking systems.

Experience supporting injury prevention and return-to-performance programmes.

Experience delivering individual and group strength and conditioning sessions.

Experience contributing to player development plans and performance reviews.

Knowledge & Understanding

Elite Player Performance Plan (EPPP).

Long-Term Athlete Development principles.

Growth and maturation.

Youth athletic development.

Elite football performance demands.

Load monitoring and athlete management.

Injury prevention and return-to-performance methodologies.

Safeguarding, welfare, equality, diversity, and inclusion.

Data-informed coaching and performance analytics.

Desirable

Master's Degree in Sport Science or Strength & Conditioning.

ISAK Accreditation.

Experience contributing to research and innovation projects.

Experience benchmarking players against elite standards.

Experience developing performance dashboards and reporting tools.

Knowledge of advanced athlete management systems and data visualisation platforms.

Why Should You Join Leeds United?

Whether you are on the pitch or behind the scenes here, we're united by passion, pride, and a drive to always improve. You'll be joining a supportive team where your voice is valued and your development matters.

In return for your dedication, you'll receive a competitive salary package and pension scheme, along with a range of exciting benefits perks.

If you're looking to take the next step in your career and want to be part of a club that's as committed to its people as it is to performance, we would love to see your application.



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