Barnsley Football Club
Job Description

Job title:	Casual Academy YDP Strength & Conditioning Coach
Reports to:	Physical Performance Manager
Department:	Academy
Location:	Barnsley FC, Oakwell Stadium, Grove Street, Barnsley. S71 1ET
Date:	November 2026
1. Job Purpose	In this role you will support the delivery of the Academy's physical development programme by assisting with the supervision and organisation of gym-based activities for Academy players. Working alongside the Sports Science and Medical team, you will help create a safe, positive and professional training environment whilst assisting with the delivery of strength and conditioning sessions, player monitoring and general gym operations. This role provides an excellent opportunity for individuals looking to gain experience within an elite football environment and develop their knowledge of athlete development.
2. Specific Tasks and Responsibilities	• Assist the Physical Performance staff with the delivery and supervision of gym-based training sessions across Academy age groups. • Support players in carrying out prescribed strength and conditioning programmes under the direction of Academy Physical Performance staff. • Help maintain a safe, clean and organised gym environment, ensuring equipment is set up and stored correctly. • Assist with basic data collection, physical testing and player monitoring activities as directed. • Support rehabilitation sessions and return-to-play activities under the guidance of the Medical and Physical Performance teams. • Promote high standards of professionalism, behaviour and commitment amongst Academy players. • Work collaboratively with Academy staff to provide a positive player experience and support player development. • Adhere to all Club policies and procedures, including safeguarding, equality, health and safety, and data protection requirements. • Be flexible in working evenings, weekends and matchdays as required to support Academy operations. • Undertake any other duties reasonably required by the Club that are commensurate with the nature and level of the role. • This job description is not intended to be exhaustive, and the post holder is also required to undertake any other duties as may reasonably be required appropriate to the level of the post.
3. Personal Specification	The ideal candidate will: • Have a passion for strength and conditioning, sport science and athlete development. • Demonstrate a willingness to learn and develop within an elite sporting environment. • Have a good understanding of safe gym-based training practices and exercise techniques. • Be able to communicate effectively with players, coaches and colleagues. • Have the ability to work positively as part of a multidisciplinary team. • Be organised, reliable and able to follow instructions accurately.

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	• Demonstrate a proactive approach and willingness to support a variety of Academy activities as required. • Be committed to maintaining high standards of professionalism, conduct and appearance. • Understand and follow Health & Safety principles and practices. • Be flexible in days and hours of work, including evenings, weekends and matchdays as required. • Be trustworthy and able to maintain confidentiality at all times. • Be committed to personal and professional development. • Demonstrate a commitment to safeguarding and promoting the welfare of children and young people. • Treat others with dignity and respect and behave in a non-discriminatory manner in line with the Club's values and the Equality Act 2010.
4. Qualifications	Essential: • Certified Strength and Conditioning Specialist (CSCS) qualification, or willingness to work towards and achieve the qualification within an agreed timeframe. • Good communication and interpersonal skills. • Ability to work effectively as part of a team. • Reliable, professional and flexible approach to work. • Commitment to maintaining high standards of health and safety. Desirable: • Recognised accreditation (UKSCA, NSCA, EXOS, ASCA, CASES) or working towards • Previous experience working in a sporting environment

The document is a guide only and should not be regarded as exclusive or exhaustive. It is intended as an outline indication of the areas of activity and will be amended in the light of the changing needs of the organisation.

Safeguarding

Barnsley Football Club ensure that the best possible staff are recruited based on their merits, abilities and suitability for the position. We ensure that the Club meets its commitment to safeguarding by promoting the welfare of children and young people by carrying out all necessary pre-employment checks.

The Disclosure and Barring Service (DBS) helps employers make safer recruitment decisions and prevent unsuitable people from working with vulnerable groups. The DBS decides whether it is suitable for a person to be placed on or removed from a barred list.

Equal Opportunities

Barnsley Football Club is committed to ensuring a diverse and inclusive environment in line with the Equality Act 2010 and welcome applicants from across the community.

Right to work in the UK

Barnsley Football Club ensures that applicants are entitled to work in the UK without approvals and have the appropriate documentation to validate this.