



# Barnsley Football Club

## Job Description

<b>Job title:</b>	Lead Academy Strength & Conditioning Coach
<b>Reports to:</b>	Academy Manager
<b>Department:</b>	Performance, Medicine & Performance Analysis
<b>Location:</b>	Barnsley FC, Oakwell Stadium, Grove Street, Barnsley. S71 1ET
<b>Date:</b>	June 2026
<b>1. Job Purpose</b>	<p>As Lead Academy Strength &amp; Conditioning Coach you will work with the Academy squads to assist in delivering the clubs' physical performance objectives.</p> <p>You will work alongside our skilled and knowledgeable physical performance and medical team who will support, guide and mentor you in the role. You will have opportunity to undertake a personalised professional development programme, whilst assuming a gradual increase in responsibilities.</p>
<b>2. Specific Tasks and Responsibilities</b>	<ul style="list-style-type: none"> <li>• Work with the Academy Physical Performance Coaches to help ensure consistency and alignment between the academy and 1st team as players transition.</li> <li>• Assist in the delivery of the club's physical development programme, with particular emphasis on, but not confined to players in the Performance Development Phase (U18 &amp; U21).</li> <li>• This will involve assisting the physical performance coaches and medical team with the practical delivery of on- and off-pitch physical training to develop the speed, agility, strength, power and metabolic fitness to compete in professional football.</li> <li>• You will also assist with implementing the clubs monitoring, fitness testing, rehabilitation, and recovery strategies. Alongside the collection, management, and analysis of performance data, among other tasks.</li> <li>• Engage in team discussions/meetings on developing future approaches to improve the physical development of players.</li> <li>• Work closely other departments, including a strong relationship with the First team performance staff to focus on physical preparation.</li> <li>• Lead the design and delivery of gym based rehabilitation for the U18 injured players, and assist on design and delivery of pitch based rehabilitation.</li> <li>• 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.</li> </ul>
<b>3. Personal Specification</b>	<p>The ideal candidate will:</p> <ul style="list-style-type: none"> <li>• A good understanding of techniques for developing players movement competency, speed agility, strength and power and metabolic fitness for intermittent sprint agility sports.</li> <li>• Knowledge of valid and reliable methods for monitoring individual's physical and physiological fitness, interpreting results and implementing appropriate intervention strategies.</li> <li>• The ability to work to deadlines using problem solving skills, initiative and sensitivity.</li> <li>• Ability to work as part of interdisciplinary team and develop productive relationships.</li> <li>• Respond positively to change in a fast-moving environment.</li> <li>• Proactive and driven to succeed in a career supporting elite athletes.</li> <li>• Understand and follow Health &amp; Safety principles and practices.</li> </ul>



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	<ul style="list-style-type: none"><li>• Be flexible in days/hours of work, able to work weekends and evenings to cover match days, training sessions and other events as required across the Academy.</li><li>• Be trustworthy and adhere to the Club's Code of Conduct and Ethics</li><li>• Adhere to protocol and respect confidentiality in all matters, protecting any data relating to the area of work in accordance with the Data Protection Act 1998 and the General Data Protection Regulation (GDPR) 2018</li><li>• Consistently demonstrate high standards of professionalism</li><li>• Be committed to personal &amp; professional development</li><li>• Demonstrate a commitment to safeguarding and promoting the welfare of children and young people</li><li>• Be always respectful of others and behave in a non-discriminatory manner as per the Equality Act 2010</li></ul>
<b>4. Qualifications</b>	<p>Essential:</p> <ul style="list-style-type: none"><li>• Undergraduate degree in Strength and Conditioning, Sports Science, Physical Education, or related subject.</li><li>• Experience working in a physical performance role within elite sport</li><li>• Experience using performance technologies, including GPS systems (e.g Statsports) and force diagnostic equipment (e.g. VALD products)</li><li>• Excellent communication and interpersonal skills</li><li>• Able to work effectively as part of a multidisciplinary team</li><li>• Able to build trust and rapport with players and staff</li><li>• Strong organisational and time-management skills</li><li>• Full UK driving license.</li></ul> <p>Desirable:</p> <ul style="list-style-type: none"><li>• Postgraduate qualification in Strength and Conditioning, Sport Science, Physical Education or related discipline.</li><li>• Recognised accreditation (UKSCA, NSCA, EXOS, ASCA, CASES) or working towards</li><li>• Previous experience working in a sporting environment</li></ul>

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.