



On-Pitch Physical Performance Coach – Job Advert

Club: Plymouth Argyle F.C.

Department: Performance & Medical

Reports To: Head of Performance and Medical

Location: Home Park, Plymouth

Contract Type: Full-Time

Role Purpose

Lead the design and delivery of high-level physical preparation for men's first team players, ensuring optimal performance, robustness, and availability throughout the competitive season. The role focuses on planning and implementing pitch-based conditioning, monitoring training load, supporting return-to-play processes, and integrating performance practices in line with the club's football philosophy.

Key Responsibilities

Performance Delivery

- Design and deliver on-pitch conditioning sessions aligned with the club's playing style and tactical objectives.
- Lead warm-ups, speed development, agility, and football-specific conditioning drills.
- Collaborate with coaching staff to integrate physical objectives into football sessions.
- Support match-day physical preparation and recovery protocols.
- Ensure players are physically prepared to meet the demands of EFL competition.

Monitoring & Data Analysis

- Monitor player training and match loads using GPS (Catapult)
- Analyse physical performance data and provide actionable feedback to coaches and medical staff.)
- Produce regular reports on player physical outputs.
- Assist in establishing and maintaining performance benchmarks across the squad.

Rehabilitation & Return to Play

- Work closely with physiotherapists and medical staff to support injured players.
- Deliver progressive on-pitch return-to-play programmes.
- Ensure safe and effective transitions from rehabilitation to full training and match readiness.

Player Development

- Support the long-term athletic development of players.
- Build positive relationships with players to encourage accountability and high-performance standards.

Collaboration & Culture

- Contribute to a high-performance environment built on professionalism, innovation, and continuous improvement.
- Maintain strong communication across football, medical, and analysis departments.



Essential Qualifications & Experience

- Degree in Sports Science, Strength & Conditioning, or related field.
- Recognized S&C qualification (e.g. UKSCA, NSCA, UEFA B Fitness Diploma,)
- Experience working in professional football environments.
- Strong understanding of football-specific conditioning principles.
- Experience using GPS monitoring systems.
- Excellent communication and interpersonal skills.
- Ability to work flexible hours, including evenings, weekends, and travel.
- F.A Safeguarding
- First Aid / Emergency Aid Qualification

Desirable Criteria

- UEFA coaching qualifications
- Experience within EFL or similar level first team environments
- Knowledge of rehabilitation and return-to-play protocols.
- Experience working within multidisciplinary performance teams.

Key Attributes

- High energy and strong attention to detail.
- Organised and proactive approach to performance planning.
- Ability to thrive in a fast-paced elite sport environment.
- Strong leadership and relationship-building skills.
- Commitment to continuous professional development.

Club Values

The successful candidate will demonstrate professionalism, integrity, teamwork, accountability, and a commitment to driving high-performance standards throughout the football club, buying into our ONE Argyle culture.

How to Apply

Please send your CV and a brief covering letter to recruitment@pafc.co.uk

Closing Date for Applications: Tuesday 2nd June – 5PM

Interview dates: W/C Monday 8th June.

Salary: £42,000