



## Job Vacancy

**Position:** Lead - Strength & Conditioning Coach, Prakash Padukone Badminton Academy (PPBA)

**Location:** Padukone – Dravid Centre for Sports Excellence, Bangalore, India

**Application Deadline:** 24th August 2025

---

### About Us

Founded in 1994 by badminton legend **Prakash Padukone**, Dronacharya Awardee **Vimal Kumar**, and Vivek Kumar, PPBA is India's premier badminton training institution, nurturing athletes to compete and excel at the highest levels. Our players have represented India at the **Olympics, Commonwealth Games, Asian Games, and World Championships**.

For more info, visit: [www.ppba.in](http://www.ppba.in)

### Role Overview

We are seeking a highly experienced and motivated **Lead Strength & Conditioning (S&C) Coach** to design, deliver, and oversee evidence-based programs that enhance performance, reduce injury risk, and support the long-term **development of elite male and female badminton athletes**. You will work in a high-performance environment alongside world-class coaches and sports science team, and will be expected to bring adaptability and initiatives. While the responsibilities listed are core focus areas, you may have to occasionally flex beyond them to meet the evolving needs of our athletes and program.

## **Key Responsibilities**

### **Program Development & Delivery:**

- Design and implement periodized, sport-specific S&C programs tailored to athletes' competition calendars and training loads.
- Deliver engaging, progressive training sessions that improve strength, agility, speed, endurance, and recovery.

### **Athlete Assessment & Monitoring:**

- Conduct regular performance and physical assessments to track progress.
- Maintain and update athlete monitoring systems to guide individualized training interventions.

### **Collaboration & Integration:**

- Work closely with the Head Coach, technical coaches, and medical staff to align S&C plans with performance goals.
- Provide ongoing feedback to athletes and coaches on training outcomes.

### **Education & Athlete Development:**

- Educate athletes on recovery strategies, nutrition, injury prevention, and high-performance best practices.
- Support talent identification and development initiatives.

## **Qualifications & Experience**

- **Education:** Master's or minimum Bachelor's degree in Strength & Conditioning, Sports Science, Exercise Physiology, or related field.
- **Accreditation:** Recognized S&C accreditation (UKSCA, ASCA, NSCA, or equivalent) — or willingness to obtain within 6 months.
- **Experience:** Minimum 6 years of hands-on experience delivering S&C programs to youth and/or elite athletes. Proven track record of working collaboratively with coaches, medical teams, and athletes.



### **Key Skills & Attributes**

- Expertise in designing age- and sport-appropriate S&C programs for elite athletes.
- Strong athlete profiling, monitoring, and data analysis skills.
- Exceptional communication and leadership abilities.
- Adaptability to different learning styles and training environments.
- Proactive mindset with a passion for continuous learning and innovation.
- Competent in Excel, Word, and athlete monitoring applications for data tracking and analysis.

### **Why Join Us?**

- World-Class Facilities: Train in a state-of-the-art high-performance center with cutting-edge equipment.
- Competition Exposure: Opportunities to travel with athletes to national and international tournaments.
- Professional Growth: Collaborate with Olympic-level coaches, sports scientists, and physiotherapists.
- Impact: Shape the careers of India's top badminton talent.

### **How to Apply**

Interested candidates who meet the necessary criteria can send an email of your resume along with a short cover letter explaining your interest in this role to:

- **Email:** prakashpadukoneacademy@gmail.com and sagar\_chopda@hotmail.com
- **Subject line:** Lead - S&C Coach – PPBA Application
- **Deadline:** 24th August 2025