



Prakash Padukone Badminton Academy (PPBA – [www.ppba.in](http://www.ppba.in)) is India's trailblazing badminton coaching academy that has groomed successive generations of badminton players since its inception in October 1994.

PPBA is located at the state-of-the-art multisport campus of Padukone-Draavid Centre for Sports Excellence ([www.centreforsports.in](http://www.centreforsports.in)) in close proximity to the Bangalore International Airport. PPBA is an established National Centre of Excellence (NCOE) for badminton coaching, recognized by the Ministry of Sports, Sports Authority of India (SAI), and the Badminton Association of India (BAI) with whom it works closely in grooming players of international repute.

PPBA is seeking qualified and experienced candidates for immediate appointment to the following positions:

### **Strength & Conditioning (S&C) Coach**

<b>Position:</b>	Strength & Conditioning (S&C) Coach
<b>Number of Openings:</b>	2 (one Senior position + one other)
<b>Qualification:</b>	Preferred B.Sc. or higher degree in sports science / ACSM / NSCA / CSCS
<b>Experience:</b>	5- 10 years relevant academy experience
<b>Reporting Line:</b>	Director – Coaching

### **Role Requirements:**

- To plan, structure and develop performance enhancement programs aimed towards maintaining, rehabilitating and enhance one or more components of fitness specifically designed for Badminton.
- To work with all the PPBA male and female athletes across all available age groups
- Liaison regularly with coaches, PPBA management and other sports science members to incorporate updated versions of S&C interventions.
- Collection of daily wellness and load management data to track performance and injury.
- S&C training experience with badminton or other racquet sports preferred
- Familiarity with use of the latest sports science equipment / technologies a major plus

### **Key Daily Roles:**

- To provide practical support and conduct daily training sessions including warm up, main conditioning session, cool downs for PPBA athletes.
- To manage performance of different age category players and develop personal athletic profiles through regular periodic assessments (quarterly assessments: once every 4 months on endurance, strength, power, speed, agility, mobility, flexibility and balance and stability),
- To create structured annual periodization plans based on each athletes' individual plan of participation for all the tournaments in consultation with coaching staff.
- Formulating reports on progress on a quarterly basis on the above-mentioned parameters to track performance.

- Quarterly presentation of the reports to the coaches of respective squads and the head coach based on the assessments (Interpretation of the data collected, current status of the athletes and plan of action for the next quarter).
- To collect wellness data and interpret the readiness of the athletes for the next session through excel sheets, google forms or wellness apps.
- Load management on a daily basis.
- Should have basic knowledge of taping.

**Compensation:** Attractive compensation package commensurate with professional qualifications, relevant experience & fit for organization needs.

**Location:** Bangalore

**Type of Contract:** Full Time

**Start Date:** Immediate

Please submit your updated professional CV / resume via email at [\*\*careers.ppba@gmail.com\*\*](mailto:careers.ppba@gmail.com) with Subject Line Heading: "**S&C Coach**"

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