

Kisasa FC

Strength & Power Coaching Student Attachment (3 months)

Role Overview

The Strength & Power Coaching Attachment Student will support the delivery of gym-based training sessions, focusing on developing players' strength, power, and overall physical performance.

Key Responsibilities

- Assist in the setup and preparation of gym sessions (4–5 sessions per week)
- Support delivery of strength and power training programs under supervision
- Ensure all gym equipment is set up correctly and safely (weights, racks, resistance tools, etc.)
- Monitor and guide players on proper exercise technique and form
- Assist in supervising lifting sessions to ensure safety and adherence to programs
- Help track basic training data (loads, reps, attendance, progression)

Additional Responsibilities (if capable)

- Assist in activation sessions
- Support basic fitness testing (strength, power, movement quality)

Skills & Requirements

- Currently pursuing a Bachelor of Science in Exercise and Sports Science
- Interest in strength & conditioning, sports science, or fitness training
- Basic understanding of gym-based exercises (squats, deadlifts, plyometrics, etc.)
- Strong attention to detail, especially around safety and technique
- Good communication and ability to engage with athletes
- Reliable, punctual, and proactive
- Physically fit and confident in a gym environment

Learning Opportunities

- Hands-on experience in strength & conditioning within a football environment
- Exposure to structured athletic development programs
- Experience working alongside coaches and performance staff