



Physical Preparation Coach

Responsible to	Lead Physical Preparation Coach
Location	National Tennis Centre, 100 Priory Lane, Roehampton, London SW15 5JQ with the requirement for domestic and internal travel
Salary	Up to £50,500 per annum depending on experience

About the Role

The LTA's vision is 'Tennis Opened Up' and its mission is to transform communities through tennis by making it welcoming, enjoyable and inspiring to everyone. We have a similar approach to developing and promoting padel, one of the fastest growing sports in Britain.

Within this, performance tennis plays a vital role in shaping what world-class looks like in Britain: ambitious in its standards, collaborative in its approach, and relentless in its pursuit of impact.

This is an exceptional opportunity to join the LTA Performance department and help shape the physical capability, resilience, and competitive readiness of some of Britain's most promising tennis players. Working at the National Tennis Centre and across national and international competition environments, you will play a central role in building the physical qualities that underpin success in professional tennis. You will ensure physical preparation strategies reflect the demands of tour level training, travel, scheduling and competition whilst supporting British players to perform consistently and sustainably at the highest levels of the tour.

We are looking for a coach of genuine high-performance credibility. You will bring a deep understanding of what underpins sustained success in elite tennis, recognise the physical, athletic and psychological characteristics, professional behaviours and operating standards required to perform consistently at the highest level. You will be skilled in identifying, shaping and supporting these qualities, enabling players to perform adapt and reset effectively within the demands of the professional tour. You will bring a proven track record of driving meaningful performance change in elite athletes through high-quality physical diagnostics, individualised physical performance programming, and integrated delivery with coaches and multi-disciplinary practitioners.

You will know how to use wearable technology and load management insight to bring monitoring to life, turning data into decisions that shape training environments around the changing needs of the athlete and the sport. You will also bring the emotional intelligence, communication skills, and collaborative mindset needed to align with the technical coaching model, build effective working relationships with internal and external stakeholders, and thrive in fast-moving environments. Above all, you will be energised by the challenge of helping players perform physically on the biggest stages and by the opportunity to contribute to an ambitious, high-performing SSSMT team.



Why this Role Matters

In modern elite sport, physical preparation is a critical performance lever. In tennis, where the demands of the sport are constant, complex, and continually evolving, the ability to influence how players prepare, recover, adapt, and perform can be decisive. This role exists to help create that edge. It is an opportunity to shape better training environments, drive meaningful physical progression, and contribute to performances that stand up under the pressures of elite competition.

The successful candidate will combine technical excellence with judgement, influence, and presence. They will be capable of turning diagnostics, monitoring, and performance data into clear decisions and practical action. They will know how to work in partnership with coaches, athletes, and practitioners to create alignment, build trust, and deliver impact consistently, whether in daily training or on the road at major tournaments.

Our Support to You

When applying for our roles, you will be asked as part of our application process if you require any adjustments or support during the recruitment process. Adjustments could include extra time for assessments, interview questions in advance, alternative formats for materials or wheelchair access. Any information you provide will be treated in confidence and only used to make sure you have the best possible experience with us.

Key Accountabilities

- Lead and contribute to the physical preparation of targeted players within the LTA performance system, with a clear focus on driving measurable performance change that supports their development into professional athletes on the ITF, WTA, and ATP tours with the goal of achieving Grand Slam qualification and Top 100 world ranking.
- Design, deliver, and continually refine player-centred physical performance programmes in partnership with technical coaches, both at the NTC and in competition environments.
- Build trusted, high-quality relationships with players and their support networks, creating the clarity, challenge, and support that unlock performance progression.
- Use physical diagnostics, monitoring systems, wearable technology, and load management principles to inform decision on-making, bring data to life, and influence individual training environments in meaningful and practical ways.
- Coordinate effectively with wider sports science and medicine practitioners, including physiotherapy, nutrition and psychology to align interdisciplinary outcomes focused on optimal tournament preparation, clinical return to play from injury/illness, and adapting player resilience to changing surfaces, travel schedules, and environmental challenges.
- Design and adapt programmes that improve physical performance and respond to the evolving demands of elite tennis, using applied insight, sound judgement, and performance problem-solving.
- Stay at the forefront of innovation in tennis performance and strength and conditioning, critically evaluating new ideas, research, and practice to improve player outcomes.
- In close collaboration with tennis coaches, contribute to weekly, monthly, and annual training plans and tournament schedules, ensuring the physical preparation approach aligns with the technical coaching model and the demands of elite tennis.
- Contribute to the evolution of the LTA athletic development framework and wider performance strategy, helping shape systems that support success across key player development milestones.
- Develop strong, collaborative relationships across the LTA SSSMT team and with internal and external stakeholders, using emotional intelligence and excellent communication to create alignment and integrated delivery.

- Travel nationally and internationally to support training camps and tournaments, bringing energy, adaptability, and creativity to deliver high-quality physical performance support in demanding environments.
- Role model the LTA values, behaviours, and culture at the NTC and on the road.
- Ensure and promote equality of opportunity, respecting diversity and recognising the needs of different groups and individuals.
- Carry out additional tasks as required to meet evolving organisational priorities.

Person Specification

Previous Experience of:

A proven track record of developing elite athletes in partnership with coaches and driving measurable performance change.	<i>Essential</i>
A proven track record of designing, implementing, and monitoring individualised physical performance programmes aligned to the needs of the athlete, the technical coaching model, and the demands of the sport.	<i>Essential</i>
Experience working in close collaboration with a variety of stakeholders and across multiple teams or individual athletes concurrently, with the emotional intelligence and communication skills to build highly effective working relationships.	<i>Essential</i>
Experience working in high-performance sport as part of an integrated multi-disciplinary team, contributing effectively within fast-moving performance environments.	<i>Essential</i>
A clear understanding of the physical demands of elite tennis and the physical characteristics required to deliver impact on court.	<i>Essential</i>
Experience of delivering effective national and international tournament support, with the adaptability and resilience to perform in dynamic environments.	<i>Essential</i>
Experience of working within or alongside elite tennis environments, with an understanding of the demands and rhythms of the international game.	<i>Desirable</i>
Outstanding communication and influence skills to drive interdisciplinary alignment, ensuring seamless information sharing and collaborative problem solving across the wider MDT and stakeholder groups.	<i>Essential</i>
High emotional intelligence used to foster a cohesive MDT culture, navigating diverse professional perspectives to maintain a unified approach to player support.	<i>Essential</i>
Strong planning and organisational skills, with the ability to prioritise, adapt quickly, and thrive in fast-moving performance environments.	<i>Essential</i>
A commitment to collaborative innovation working alongside Sports Science and Medical colleagues to co-create and implement novel solutions for complex performance challenges.	<i>Desirable</i>
Ability to coach and influence a wide range of athletes and coaches, building rapport, creating change, and aligning delivery to performance goals.	<i>Essential</i>
Ability to integrate physical data with medical and technical insights, translating complex monitoring into shared, actionable strategies that inform wider MDT's decision making.	<i>Essential</i>
Ability to contribute to integrated planning sessions with the MDT, ensuring physical development priorities are fully aligned with technical coaching goals and wider performance plans.	<i>Essential</i>
High level of confidence using technology and digital tools to support planning, monitoring, communication, and performance delivery.	<i>Essential</i>
An ability to work on a flexible schedule, including evening and weekends, as required.	<i>Essential</i>

Knowledge, Training & Qualifications

Degree-level qualification, or equivalent, in a relevant discipline.	<i>Essential</i>
MSc in Strength and Conditioning or a related field, with UKSCA accreditation (or equivalent), or a clear pathway towards it.	<i>Desirable</i>

Personal Attributes (Our Values)

Inclusion	<ul style="list-style-type: none">• I make people feel welcome.• I recognise the power of our differences.• I create a safe environment.
Teamwork	<ul style="list-style-type: none">• I collaborate well across teams.• I actively listen to others.• I actively offer to help others.
Integrity	<ul style="list-style-type: none">• I act with honesty and respect.• I take responsibility for my actions.• I am dependable.
Passion	<ul style="list-style-type: none">• I approach things with a positive mindset.• I motivate and energise others.• I take pride in my work.
Excellence	<ul style="list-style-type: none">• I am ambitious and want to exceed expectations.• I want to learn more to improve.• I am adaptable to change.

Life at the LTA

The LTA, through its vision 'Tennis Opened Up', is committed to creating an inclusive environment where all colleagues feel included and a strong sense of belonging. We particularly welcome applications from people from ethnically diverse communities, deaf and disabled people, members of the LGBTQ+ community and people with lived experience of the UK's many and varied communities.

Read some of our colleague testimonials below and find out more about our LTA benefits [here](#)

“As a new mum, I’ve appreciated the LTA’s newly enhanced benefits, which have supported me during maternity leave and in my return to work. In total, I have been with the LTA for four years and love the diversity of my role.”

“Everyone’s respected in terms of the culture, ethnicity, and the background, so you don’t feel unequal in any capacity. I remember how supportive my team had been during Ramadan, being fully understanding of its requirements and flexible with my work schedule.”

“As a new starter at the LTA, my experience has been overwhelmingly positive. Being a tennis fan, I was excited to join the organisation, and from day one, I’ve been impressed by everyone’s dedication to our mission of ‘Tennis Opened Up’, as well as promoting diversity, inclusion, and sustainability.”
