SHAMROCK ROVERS F.C.

Lead Women’s National League Performance Coach

ROLE SUMMARY	
Job Title:	Lead Women’s National League Performance Coach
Department:	Shamrock Rovers FC, Women’s
Reports to:	Head of Athletic Development, Director of Football, Head of Women’s
Remuneration:	Part-time rate, plus additional earning opportunities through GymLive coach affiliate programme.
Term:	2027
Closing Date:	13/12/2026

About the role

Shamrock Rovers FC is looking for a self-motivated, committed and ambitious performance coach to lead the physical programme of our Women's National League senior team for the 2026 season. You will lead the day-to-day delivery of pitch and gym sessions, matchday preparation, periodisation and microcycle planning, working under the direction of the Head of Athletic Development and alongside the Head Coach and the medical team.

The role is part-time and flexible hours are essential, as most sessions and all fixtures fall in the evenings and at weekends. We welcome applicants who are recently graduated or still studying with sufficient experience.

What you will do

- Design and deliver periodised programmes across off-season, pre-season and in-season periods for the first team.
- Lead the physical development of the squad through pitch- and gym-based programmes that build strength, multidirectional speed, fitness and robustness.
- Plan weekly microcycles with the Head Coach so that physical sessions match the tactical plan for the training week.
- Deliver dynamic warm-ups and activation sessions on all training days and fixtures.
- Lead physical profiling and performance testing to inform individual player development plans.
- Carry out screening and injury-risk profiling alongside the medical department.
- Collect, analyse and disseminate monitoring data in line with the club's load monitoring strategy.
- Report player availability, readiness and training-load tolerances to the Head Coach before technical sessions.
- Support the Head of Performance plan, develop and implement a club-wide physical performance philosophy and standards for Shamrock Rovers FC Women's.
- Work with academy performance and medical staff to support the delivery of the U16, U18 and U23 programmes, including occasional direct sessions with these squads, scheduled around the coach’s and first team's calendar.
- Collaborate across Medical, Technical, Recruitment and Analysis, and with external stakeholders.

What we are looking for:

- Experience delivering physical performance support in sport.

- Proven ability to design and deliver individualised and squad-wide physical conditioning programmes.
- Experience in player monitoring and workload management using GPS and internal load tools.
- Familiarity with data visualisation tools and athlete management systems (e.g. Catapult, STATSports, Teamworks, or equivalent).
- Strong understanding of the physical demands of football and the ability to align physical preparation to football-specific requirements.
- Ability to work collaboratively as part of an MDT and communicate effectively with coaches, medical staff, and leadership.
- High professional standards, attention to detail, and a proactive, solutions-focused approach.
- Adaptable, with an ability to work in a high-pressure environment independently and to take initiative as part of a team.

Qualifications:

- A BSc (Hons) in Sports Science, Strength & Conditioning or a relevant discipline from a recognised university, or currently working towards one (final-year students are encouraged to apply).
- FAI Safeguarding 1 Certificate and Garda Vetting clearance. If you do not hold these yet, tell us and we will guide you through the process.
- A full driving licence.

Desirable:

- Experience working with female athletes
- UEFA Basic or Advanced Fitness Coaching Diploma, or other UEFA coaching qualifications.
- Data literacy and experience in Google Sheets, Power BI, R, Python or Tableau.
- UKSCA, ASCA or CSCS accreditation, or working towards one.

How to apply:

Applications close on 13 Dec 2026. Please send a CV and a short cover letter (maximum one page) to eoindonnelly@shamrockrovers.ie

Shamrock Rovers FC is committed to safeguarding and an inclusive recruitment process. Offers are subject to FAI Safeguarding 1 certification and Garda Vetting clearance.