



# BASKETBALL FEDERATION OF INDIA

~ Affiliated to FIBA FIBA-Asia IOA ~

**AADHAV ARJUNA**  
President

**KULVINDER SINGH GILL**  
Secretary General

## Strength and Conditioning Coach - Indian National Basketball Team

### **About Basketball Federation of India:**

Basketball Federation of India or BFI is the governing and controlling body of Basketball in India, and is responsible for the development and promotion of the sport at all levels. Towards this end, the BFI undertakes three major initiatives:

- (1) Developing and organizing the National Teams (Senior, U18, U16, U14),
- (2) Conducting National Championships and Federation Cups as platforms for scouting and talent identification and
- (3) Developing the sport from grassroots upwards through, inter alia, the conduct of coaching certification courses in collaboration with the international Basketball association i.e. FIBA and organising the Indian School and College Basketball Leagues & Professional Basketball Leagues.

**Job Title: Strength and Conditioning Coach**

**Location: India**

**Job Type: Full-Time, Contractual**

**Reports to: Head Coach, Indian National Men's Basketball Team**

### **Position Overview:**

The Indian National Men's Basketball Team is seeking a dedicated and experienced Strength and Conditioning Coach. This role is vital to developing



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and implementing training programs that enhance the physical performance, strength, conditioning, and overall athletic capabilities of the national team players. The Strength and Conditioning Coach will work closely with the Head Coach, assistant coaches, medical staff, and support personnel to ensure athletes achieve peak physical condition. Additionally, this position will involve training Indian strength and conditioning coaches and upgrading their skills through clinics and workshops across the country.

## **Key Responsibilities:**

### **1. Program Development:**

- Design and implement comprehensive strength and conditioning programs tailored to the needs of the national team players.
- Develop individual training plans based on each player's specific requirements, including strength, endurance, agility, and flexibility.

### **2. Performance Enhancement:**

- Conduct regular fitness assessments and performance testing to monitor and track player progress.
- Utilize sport-specific drills and exercises to enhance basketball-related athletic performance.
- Implement injury prevention strategies and recovery protocols to ensure players maintain optimal health and performance.

### **3. Training and Supervision:**

- Supervise and guide players during strength and conditioning sessions to ensure proper technique and maximize effectiveness.



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- Adjust training programs as needed based on player performance, feedback, and medical assessments.
- Coordinate with the medical team to manage player rehabilitation and return-to-play processes.

## **4. Education and Motivation:**

- Educate players on the importance of strength and conditioning, nutrition, and recovery.
- Motivate and inspire athletes to achieve their best physical condition and performance.
- Provide ongoing support and encouragement to players throughout their training.

## **5. Collaboration and Communication:**

- Work closely with the Head Coach and assistant coaches to align strength and conditioning programs with overall team strategies and goals.
- Maintain clear and consistent communication with the coaching staff, medical team, and players regarding training progress and any concerns.
- Participate in team meetings and contribute to the overall planning and preparation for competitions.

## **6. Training and Development of Local Coaches:**

- Conduct clinics, workshops, and training sessions for Indian strength and conditioning coaches across the country.
- Mentor and develop local coaches to enhance their skills and knowledge in strength and conditioning.



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- Promote best practices and the latest advancements in strength and conditioning methodologies.

## 7. Administrative Duties:

- Maintain accurate records of player fitness levels, training programs, and progress reports.
- Stay updated on the latest research and advancements in strength and conditioning methodologies.
- Assist in the procurement and maintenance of training equipment and facilities.

## Qualifications:

- Bachelor's degree in Exercise Science, Sports Science, Kinesiology, or a related field; Master's degree preferred.
- Certification from a recognized strength and conditioning organization.
- Proven experience as a strength and conditioning coach, preferably with elite or professional athletes.
- Deep knowledge of strength training, conditioning techniques, and sports nutrition.
- Strong communication and interpersonal skills.
- Ability to work effectively in a team environment and collaborate with various stakeholders.
- High level of integrity, professionalism, and commitment to athlete development.





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## Preferred Qualifications:

- Experience working with basketball teams at the national or international level.
- Familiarity with the Indian sports ecosystem and understanding of cultural nuances.

## Compensation:

Compensation will be competitive and commensurate with experience. Additional benefits may include travel allowances, performance bonuses, and accommodation.

## Application Process:

Interested candidates should submit a resume, cover letter, and a statement of coaching philosophy to [basketballfederationindia@gmail.com](mailto:basketballfederationindia@gmail.com) by 20<sup>th</sup> August 2024. Only shortlisted candidates will be contacted for an interview.