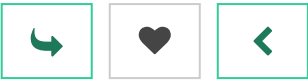


Sports coach

Also called: Sports instructor

Sports coaches teach sports and help players to reach their full potential



Dani Halsall
Athletics Coach

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CIMSPA (Chartered Institute for the Management of Sport and Physical Activity) ➤

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What you'll do

Your work will vary depending on:

- who you're coaching
- the type of sport you're coaching

If you're working with schools and community groups, you'll:

- plan fun, engaging coaching activities, sessions and programmes in a safe environment
- give feedback on performance and help to improve technique
- work with young people, schools, community groups and sports organisations to promote the sport

If you're working with young people involved in competitive sport, you'll:

- design basic training programmes
- work on developing more advanced techniques and tactics
- support performers at events and competitions

If coaching at national or international level you'll:

- design challenging and varied training programmes

- monitor the physical condition and mental attitude of the people you coach
- work with experts in sport like sports scientists, nutritionists, physiotherapists and programme managers
- mentor other coaches

Record relevant activities you've already done on the [Activities tool](#) ➤

Working hours and environment

You'll often work in the evenings and at weekends, especially during competitions. You'll usually work long hours if coaching at a high level.

Competitions take place all over your country and abroad, so you'll spend time away from home.

You'll work in a variety of places, like schools, health centres, private health clubs and sports clubs. You'll spend a lot of time outside in all weather conditions. You won't be able to work remotely.

Career path and progression

With qualifications and experience, you could become a coach development officer, helping other coaches develop their skills and qualifications.

Skills required

You'll need:

- excellent communication skills
- the ability to inspire confidence and motivate participants
- the ability to assess and solve problems
- determination and patience
- good organisation skills
- a sensitive and supportive approach
- physical stamina

Got evidence of these skills? Record your examples on the [Skills tool](#) ➤

Entry requirements

You'll need a coaching qualification that's recognised by the national governing body (NGB) for your sport. You can get these in one of the following ways:

- directly through a sport NGB
- as part of a college or university course that includes coaching

You'll also normally need a criminal records check to allow you to work with children and vulnerable groups, like a Disclosure and Barring Service (DBS) check in the UK.

Some employers will expect you to have a relevant higher education qualification like a:

- foundation degree in sports coaching and development
- HND in sports and exercise science
- degree in coaching, sports science, sports studies or physical education

You could start by volunteering as an assistant coach for a few hours a week to get experience.

In some countries, you could also get into this job through an apprenticeship.

Related know-how guides

Explore know-how guides related to this career:

- [Working in sport: an insider's perspective](#) ➤
- [Get on the ladder: sport and fitness](#) ➤

Related courses

Explore courses related to this career:

- Careers in sports and fitness (modern work experience) >

Related university subjects

These university subjects are related to this career; check out their profiles on the Subjects library:

- Education >
- Sport science >

Related careers

You may also be interested in:

- Outdoor activities instructor >
- Sports referee >
- Group exercise instructor >
- PE teacher >
- Personal trainer >

Explore

Want to see what relevant education and training opportunities are available right now? Search here:

Education at uni:

- USA >
- UK >
- Canada >
- Europe >
- Asia >
- Australasia >
- Middle East and Africa >
- Ireland >

Sport science at uni:

- USA >
- UK >
- Canada >
- Europe >
- Asia >
- Australasia >
- Middle East and Africa >
- Ireland >

Apprenticeships:

- UK >

College / Sixth Form:

- UK >

Labour Market Information (LMI)

Median averages relating to the Sports coach profession.

- UK
- USA

 Jobs

Sports and fitness professionals

140,003

 911 in your local area of Liverpool

Top 5 local areas

1	Surrey	4,765
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2	Hampshire	4,169
3	Essex	4,080
4	Hertfordshire	4,061
5	Kent	3,711

 Salaries

Sport coaches and officials

£30,108

 **£28,490** in your region of North West

Top 5 regions

1	West Midlands	£31,181
2	North West	£28,490
3	East Midlands	£25,749
4	East of England	£25,630
5	Yorkshire and the Humber	£23,852

 Hours/week

Sport coaches and officials

37.5

 **36** in your region of North West

 Growth

2020-2035

Culture, media and sports professionals

+0.2%  1,593 jobs

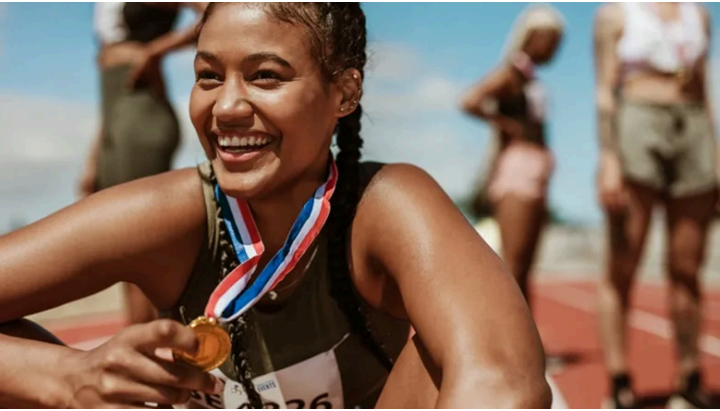
 **-4.8%** in your region of North West, an decrease of 2,325 jobs

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You haven't favourited any Careers library profiles yet

People also liked...

Those that liked this career profile also liked the following



Sports professional 

Sports professionals are paid to train and compete in their chosen sport

[Read the profile >](#)



Sports referee 

Sports referees officiate at sports matches and events, from local youth and amateur games or meets up to professional level.

[Read the profile >](#)



Sports agent

Sports agents help athletes and pl negotiate employment contracts.

[Read the profile >](#)