

Coaching in the UK: A Spotlight on Coaching Setting

In 2017, UK Coaching commissioned the largest-ever survey into coaches and coaching. Over 20,000 adults were surveyed about their experience of receiving coaching and their experience of being a coach. Through this work, we have found that experiences of being a coach differ across coaching settings.

Where does Coaching Take Place?

Sports clubs are the most common environment where coaching takes place, with 27% of coaches working within this setting. Other settings include:

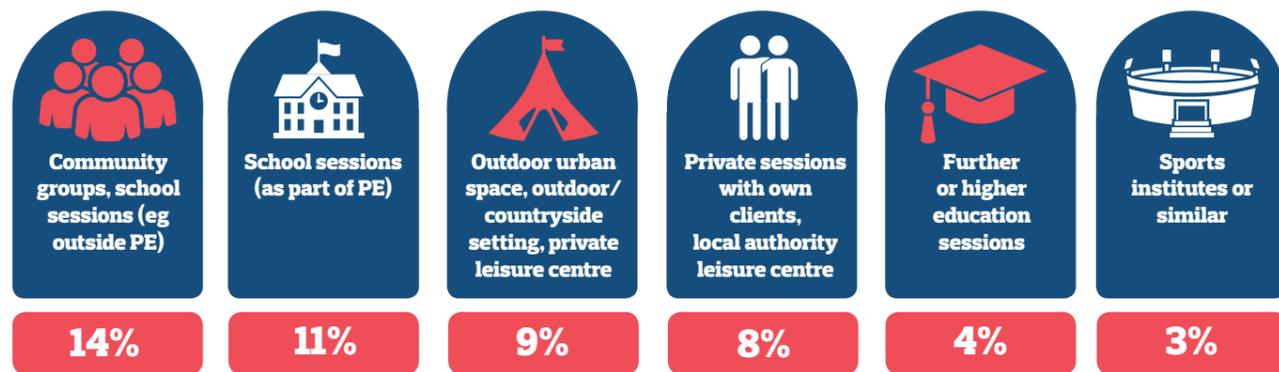


Figure 1: Percentage of coaches working in each setting

Who Coaches within Sports Clubs?

The coaching workforce within sports clubs lacks diversity.



Figure 2: Profile of coaches working within sports clubs

Coaching Roles

The majority of coaches that coach in a sports club environment are coaches, assistant coaches or helpers.

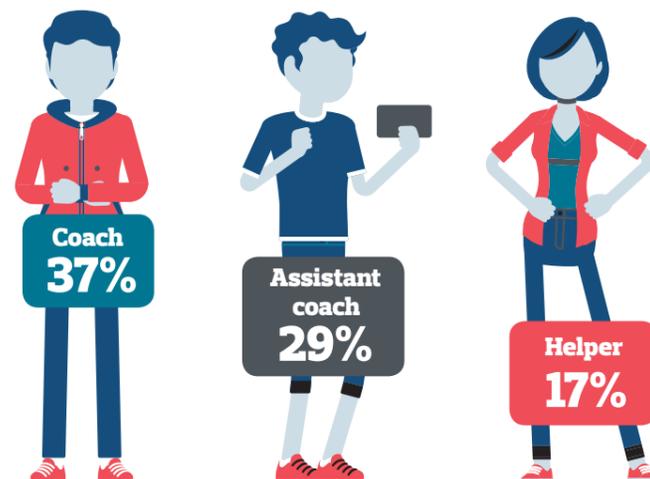


Figure 3: Roles of coaches within sports clubs

Coaching Qualifications

A greater proportion of coaches working in sports clubs have a qualification compared to coaches working in other settings.

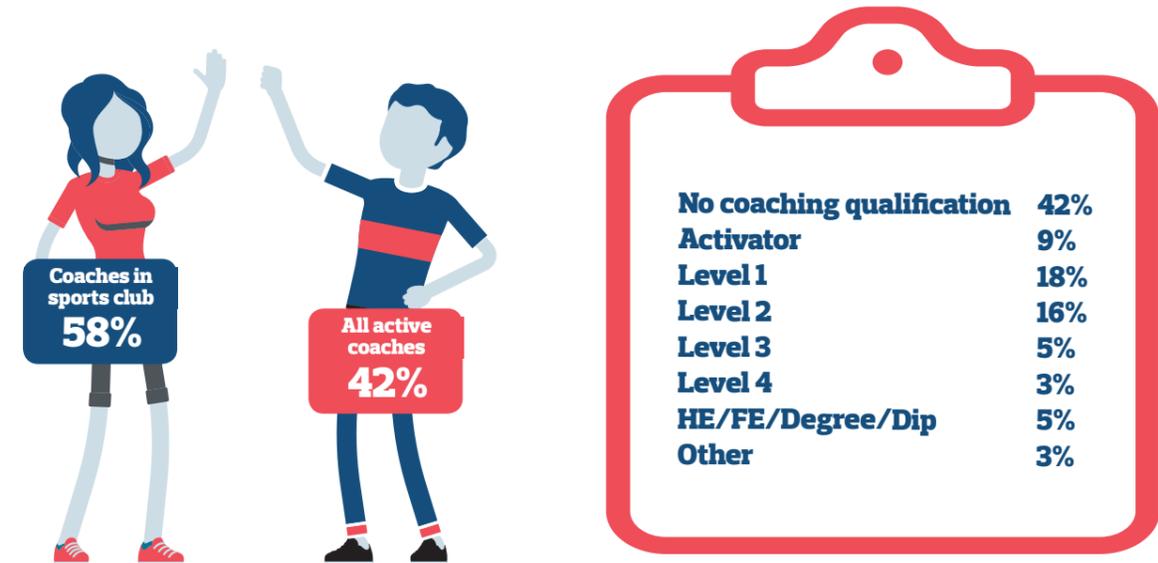


Figure 4: Proportion of coaches that have a qualification according to coach setting

Figure 5: Qualifications held by coaches in sports clubs

Time Spent Coaching

Coaches in a further or higher education coaching setting reported the greatest time spent coaching on average per week followed by sports clubs. Coaches in school settings (as part of PE) spent the lowest amount of time on average coaching per week.

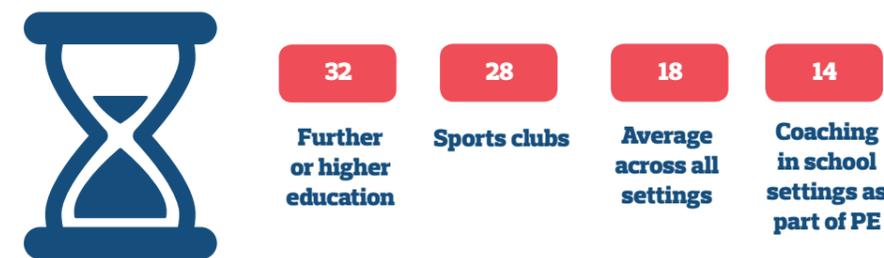


Figure 6: Mean hours spent coaching per week according to coaching setting

More coaches work within a sports club than any other setting in the UK. Over half of coaches in sports clubs have a coaching qualification; this is significantly higher than coaches from other settings. Nevertheless, coaches in sports clubs are not very diverse in terms of gender and ethnicity. Further work is necessary to ensure the coaching workforce includes a diverse range of coaches, particularly within sports clubs.