

# Coaching in the UK: A Spotlight on Inactive Coaches

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 been able to gain a deeper insight into inactive<sup>1</sup> coaches in the UK and how we can encourage more people to stay involved in coaching.

## Inactive Coaches in the UK

There are around three million active<sup>2</sup> and inactive coaches in the UK. Younger coaches are more likely to be inactive than older coaches.

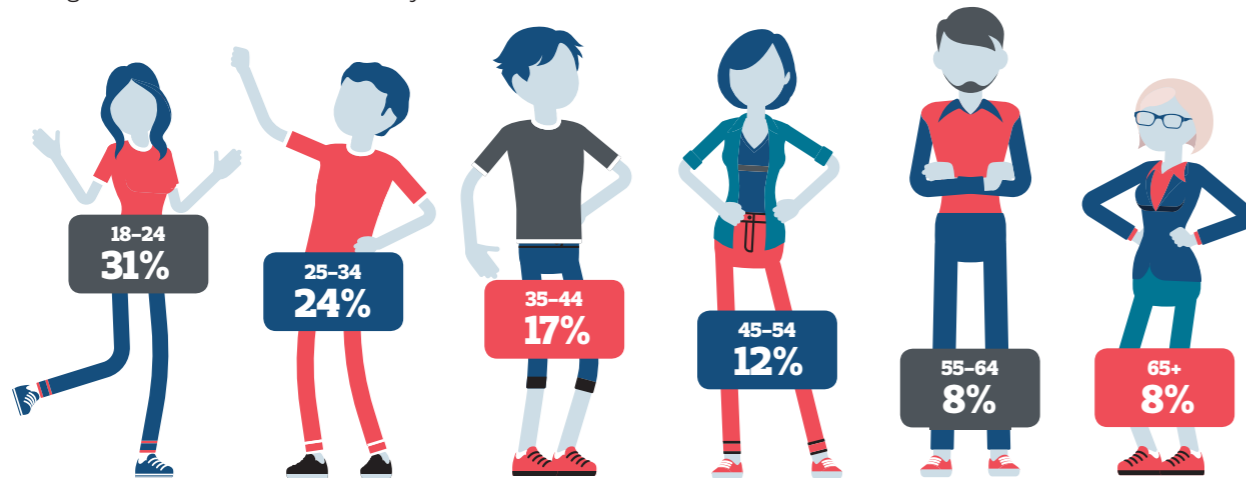


Figure 1: Ages of inactive coaches in the UK

Those who start coaching later in life were less likely to be inactive than those who start coaching at a younger age.

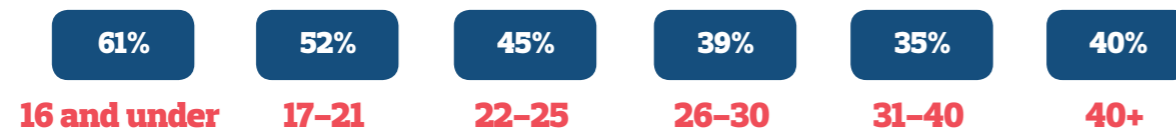


Figure 2: Proportion of inactive coaches by age they first started coaching

## Reasons for Being Inactive

Lack of time was the main reason why people had not coached in the last 12 months.



Figure 3: Reasons why coaches became inactive

<sup>1</sup>Coached in the past five years but not in the last 12 months.  
<sup>2</sup>Coached in the last 12 months.

## Back to Coaching

Over 50% of inactive coaches did not rule out a return to coaching.



Figure 4: Proportion of inactive coaches who may return to coaching in the future

Younger coaches are more likely to want to return to coaching in the future.



Figure 5: Proportion of coaches who would return to coaching according to age

What do coaches need to help them to return to coaching?

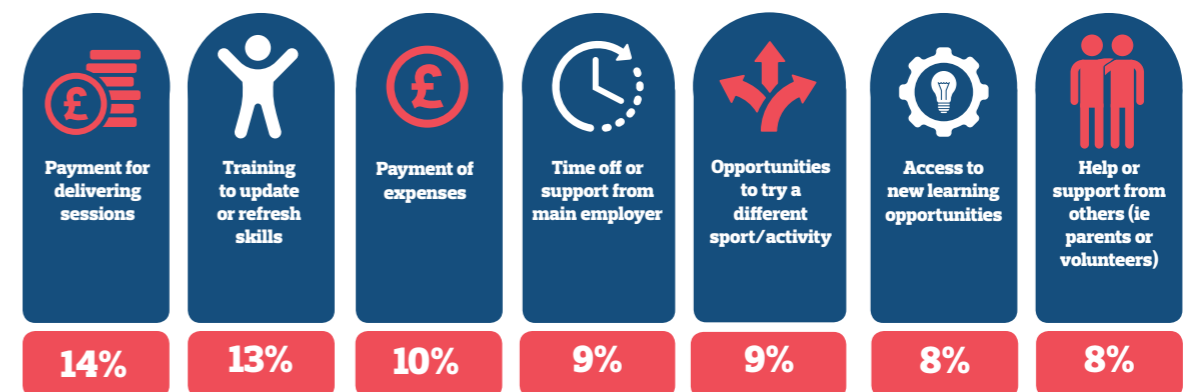


Figure 6: Factors that might encourage coaches to return to coaching

A large proportion of inactive coaches are under the age of 25. External factors such as not having enough time and moving away contributed most to coaches being inactive. A quarter of inactive coaches said they would like to return to coaching in the future, citing payment for sessions, expenses and being provided with training as the primary things they would need to return to coaching. Further investigation is warranted to help find ways to prevent coaches from becoming inactive and to encourage more inactive coaches to return to coaching.