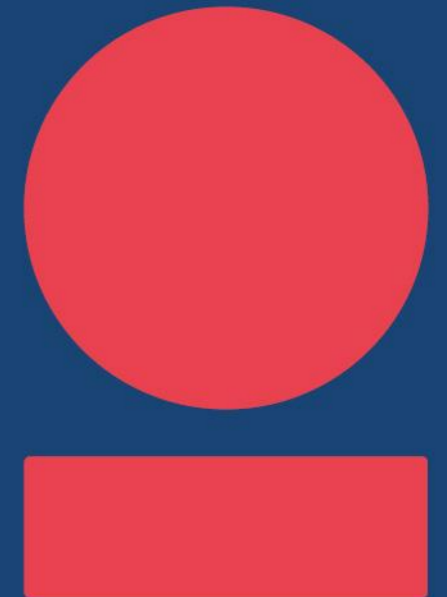


Coaching in the UK, 2019

A Spotlight on Maximising Potential



Indicates where %s are significantly higher or lower than white respondents at 0.95 difference

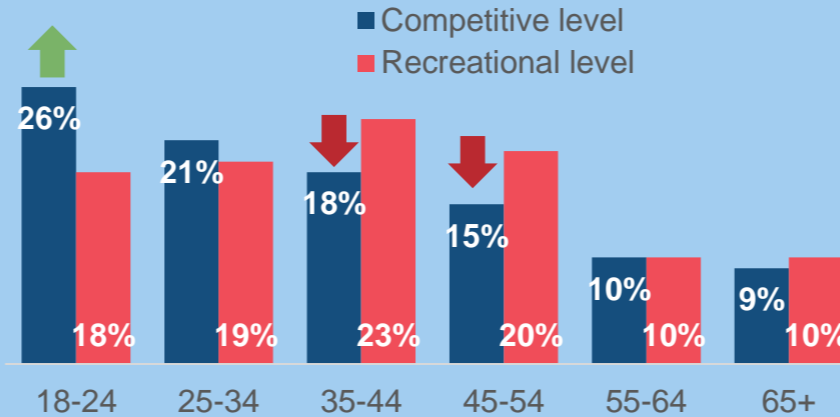


33% OF ACTIVE COACHES INSTRUCT BEYOND THE RECREATIONAL LEVEL

74% of those who coach at a competitive level also take part in competitive activity

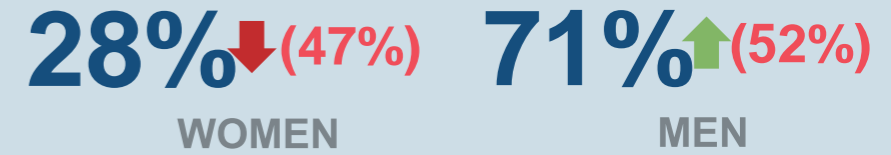
AGE

Coaches who instruct beyond recreational levels are more likely to be younger



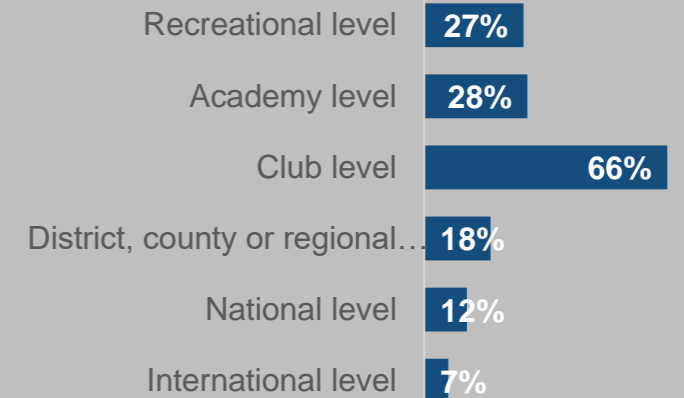
GENDER

Competitive participants
Recreational level



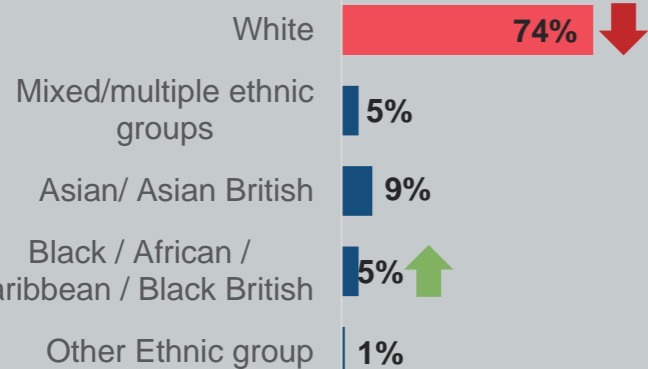
LEVEL OF ACTIVITY

27% of coaches who instruct beyond the recreational level also coach at a recreational level



ETHNIC GROUP

One in five (20%) coaches of competitive participants are from BAME backgrounds



WELLBEING

% of coaches of competitive participants who rate their mental health as 'good/excellent'

55%

Competitive

53%

Recreational

% who rate their physical health as 'good/excellent'

46%

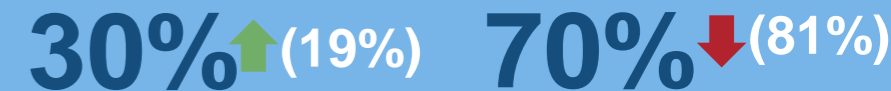
Competitive

40%

Recreational



DISABILITY



WITH A HEALTH CONDITION OR DISABILITY

NO HEALTH CONDITION OR DISABILITY



ACTIVITIES

Coaches of competitive participants are more likely to coach invasion games and combat sports than those who coach at the recreational level

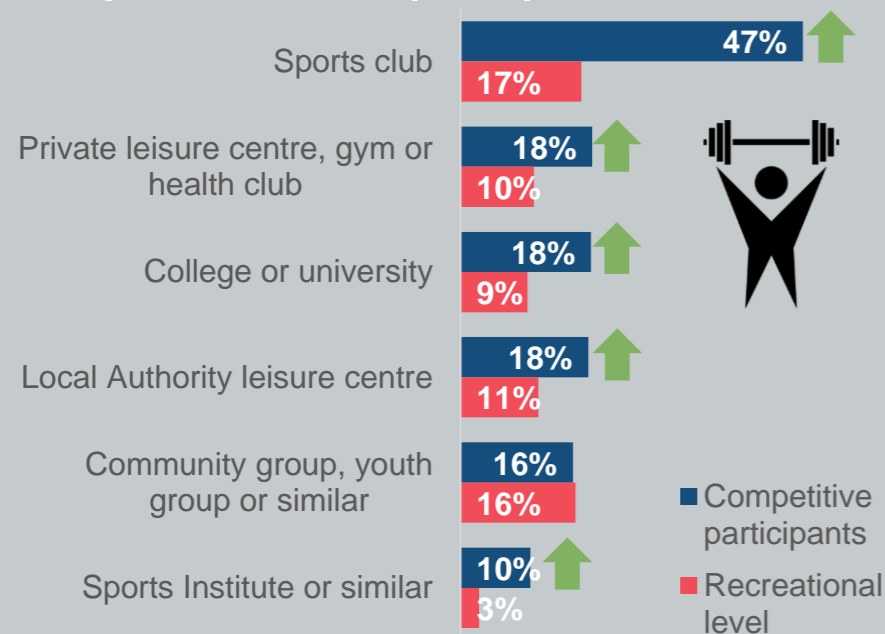


Invasion games
32% ↑ 24%



Combat sports
15% ↑ 5%

And are much more likely to coach in sports clubs (47%)



PARTICIPANTS

Three quarters of coaches of competitive participants report having a good level of understanding of coaching talented athletes

Talented players/high performance athletes



% who coach this group: 14%
% good level / some understanding: 75%

The only group competitive coaches are less likely to coach is younger children aged 5 to 9



Mixed gender groups



Adults 18-50

46% ↑ 31%



Mixed ability groups

37% ↑ 27%

Competitive participants
Recreational level

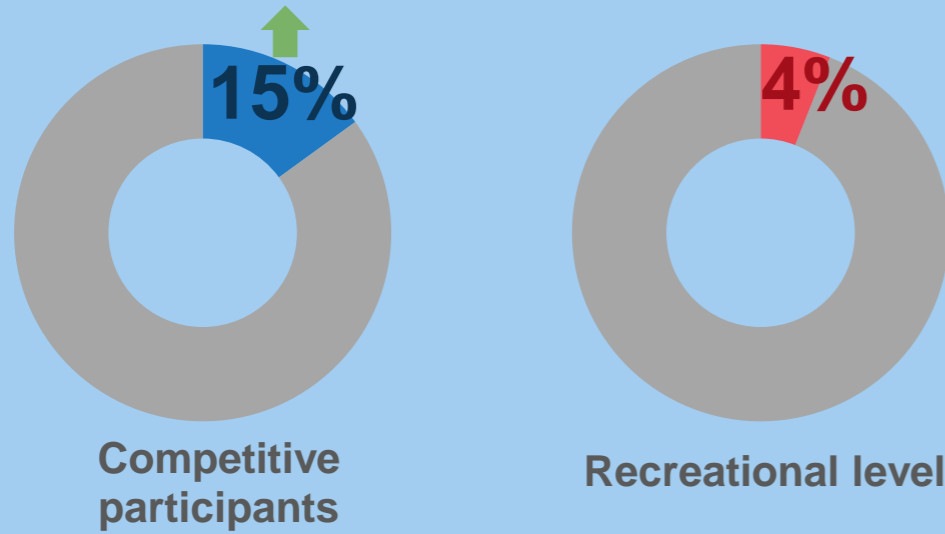


ROLE

Coaches of competitive participants are more likely to see their role as developing technique and skill



COACHING IS A PRIMARY OCCUPATION FOR 15%



MOST ARE CONFIDENT AND ABLE TO COACH TO A STANDARD THEY ARE PLEASED WITH

Competitive participants
Recreational level



% of coaches who agree they feel confident delivering sport or physical activity sessions

88%↑ **73%**

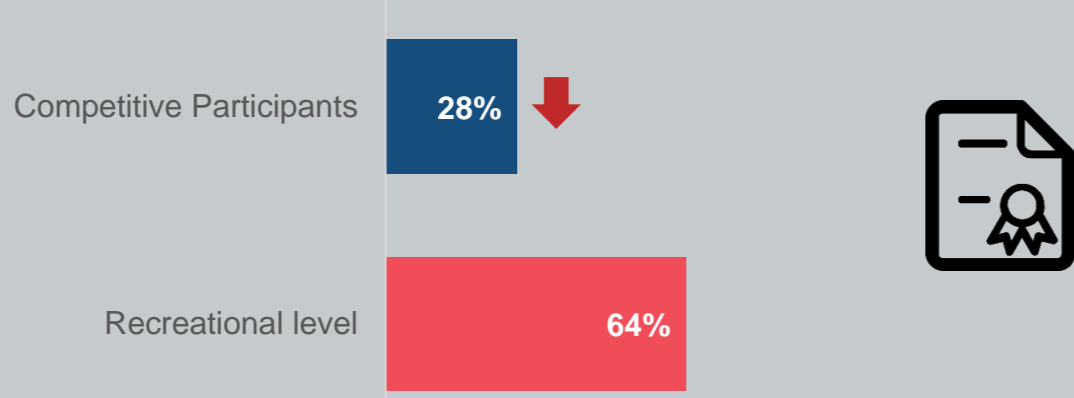


% of coaches who agree they are able to coach to standard they are pleased with

81%↑ **67%**

COACHES OF COMPETITIVE PARTICIPANTS ARE MUCH MORE LIKELY TO HAVE QUALIFICATIONS

% with no qualifications



AND THEY ARE MORE LIKELY TO HAVE BECOME A COACH BECAUSE THEY WERE INVOLVED IN THE ACTIVITY



42%↑(18%)

Support local club/team

39%↑(22%)

Whilst still playing

30%↑(17%)

Progressed from volunteering

29%↑(21%)

Stay involved

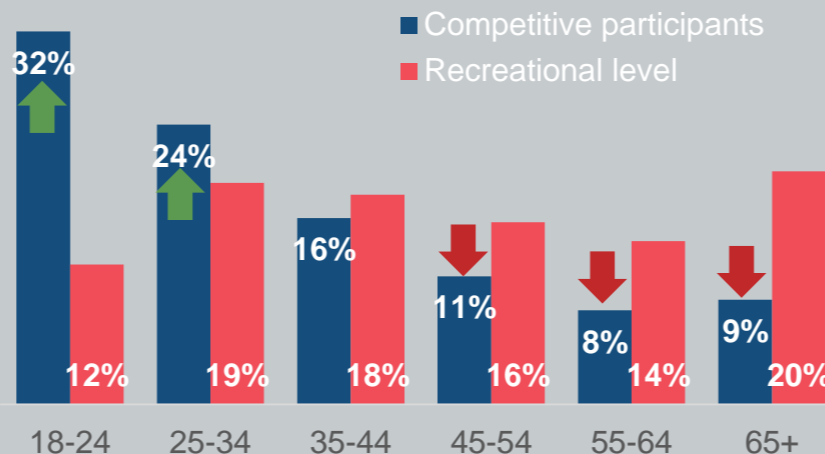




17% OF COACHED ADULT PARTICIPANTS TAKE PART AT A COMPETITIVE LEVEL

AGE

Competitive participants are more likely to be younger with more than half under the age of 35



GENDER

■ Competitive participants
■ Recreational level

39%↓ (68%) **60%↑ (31%)**
WOMEN MEN



DISABILITY

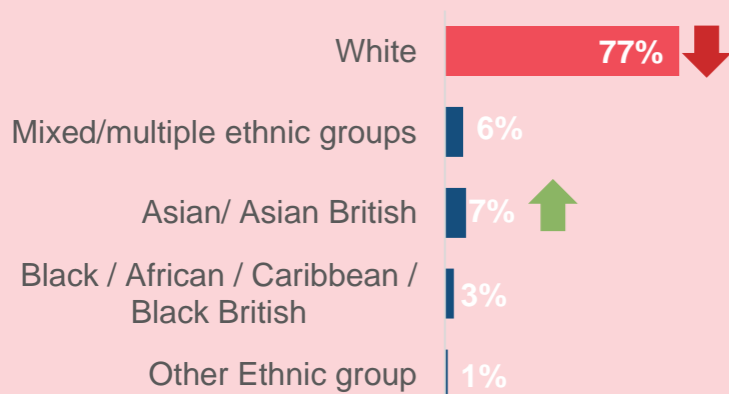
One in five competitive participants have a disability

21% (24%) **79% (76%)**
WITH A HEALTH CONDITION OR DISABILITY NO HEALTH CONDITION OR DISABILITY



GROUP

Competitive participants from a BAME background tend to be Asian/Asian British



WELLBEING

% of competitive participants who rate their mental health as 'good/excellent'

52%↑ **46%**
Competitive Recreational

% who rate their physical health as 'good/excellent'

48%↑ **34%**
Competitive Recreational



SOCIAL GRADE

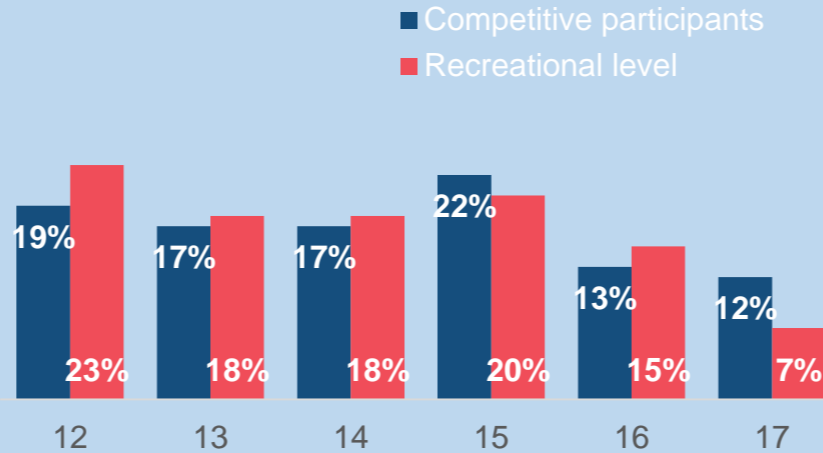
72%↑ (69%) **28%↓ (31%)**
High social grade Low social grade

63% OF COACHED CHILDREN AGED 12 TO 17 PARTICIPATE AT A COMPETITIVE LEVEL

21% of all children aged 12-17 participate in sports or physical activity at a competitive level

AGE

As children get older, they are more likely to still be doing coached activity if it is competitive



GENDER

■ Competitive participants
■ Recreational level

50% (44%)

GIRLS

50% (56%)

BOYS

DISABILITY

7%↓ (15%)

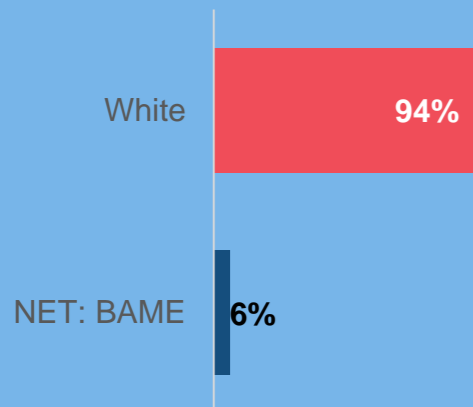
YES

93% (84%)

NO

GROUP

Almost all children aged 12 to 17 who participate at competitive levels are White



WELLBEING

% who rate their happiness yesterday as '5' out of 5

43%

Competitive

38%

Recreational



% who rate their satisfaction levels as '9-10' out of 10

35%

Competitive

32%

Recreational

% who rate their thing in life worthwhile as '9-10' out of 10

44%

Competitive

37%

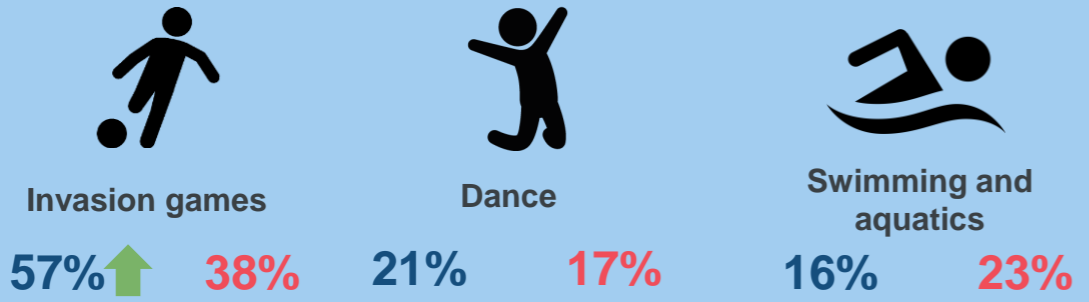
Recreational

ADULTS PARTICIPATING AT A COMPETITIVE LEVEL ARE MOST LIKELY TO TAKE PART IN INVASION GAMES

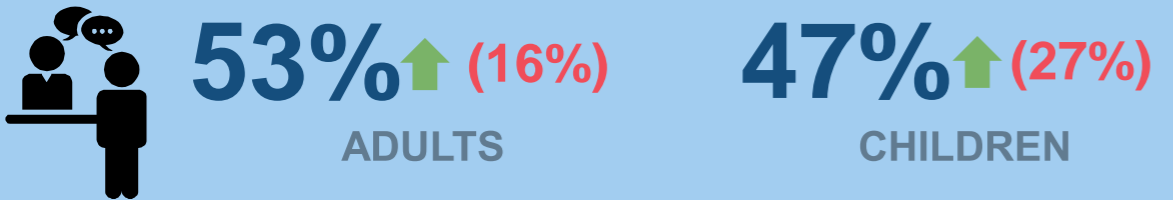
Competitive participants
Recreational level



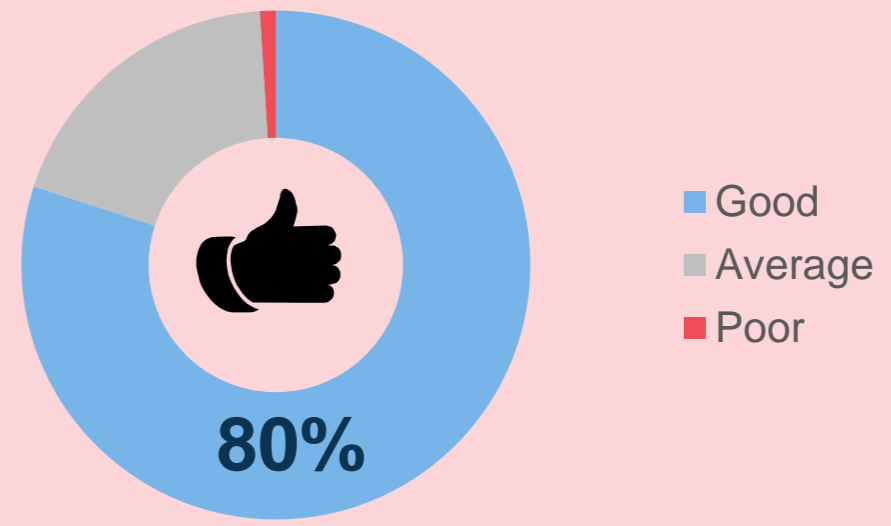
...AS ARE CHILDREN AGED 12 TO 17



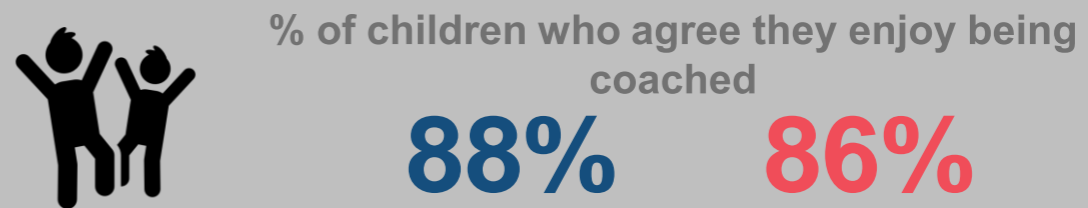
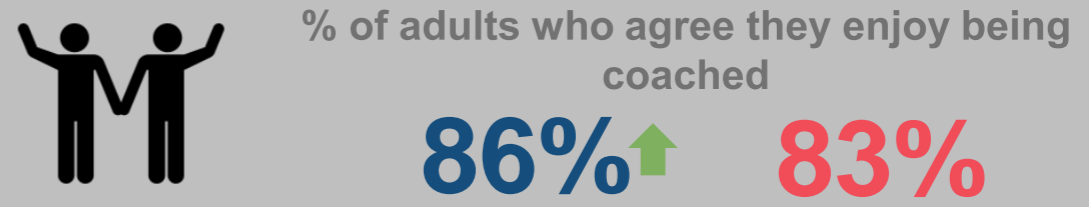
AND BOTH GROUPS ARE MOST LIKELY TO BE COACHED IN A SPORTS CLUB



FOUR IN FIVE ADULTS RATE THEIR LAST COACHED SESSION AS GOOD



BOTH ADULTS AND OLDER CHILDREN PARTICIPATING AT A COMPETITIVE LEVEL ENJOY BEING COACHED



Competitive participants
Recreational level

THE TOP 3 BEST QUALITIES IN A COACH ACCORDING TO CHILDREN PARTICIPATING AT A COMPETITIVE LEVEL ARE...



Help me get better

72% ↑ 52%

Always positive

Know the technique I need

45% ↓ 40%

45% ↑ 28%

Children at a competitive level are more likely to see their coach's role as improving their performance

■ Competitive participants

■ Recreational level

AND FOR COMPETITIVE ADULTS THE MOST IMPORTANT QUALITIES ARE...



Level of experience

70% ↓ 69%

Personal and people skills

Qualifications and training

62% ↓ 72%

61% ↓ 62%

Adults at a competitive level are more likely to view having similar values, similar personality, and similar life experiences as important when compared to those participating recreationally

THE VAST MAJORITY OF BOTH ADULTS AND CHILDREN TRUST THEIR COACH



% of adults who agree they have trust and confidence in their coach

90%

90%

% of children who agree they trust their coach

92%

89%

■ Competitive participants
■ Recreational level

COMPETITIVE PARTICIPANTS ARE MORE LIKELY TO FEEL PART OF A TEAM OR COMMUNITY



Whilst competitive participants consider skills and performance as more important aspects of coaching than recreational participants, they do also experience social benefits

79% ↑ (59%)

85% ↑ (66%)

ADULTS

CHILDREN

■ Competitive participants
■ Recreational level

