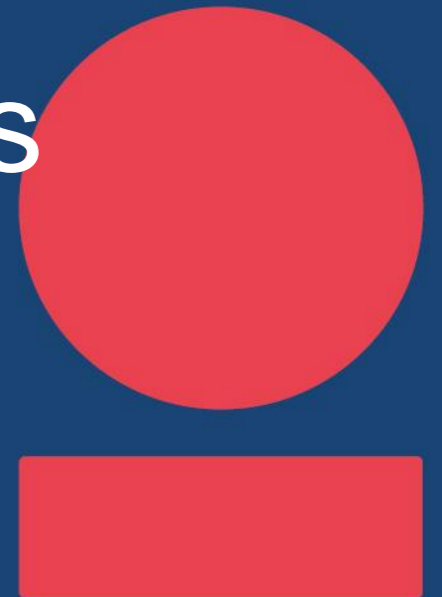


Coaching in the UK, 2019

A spotlight on Coach Developers



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

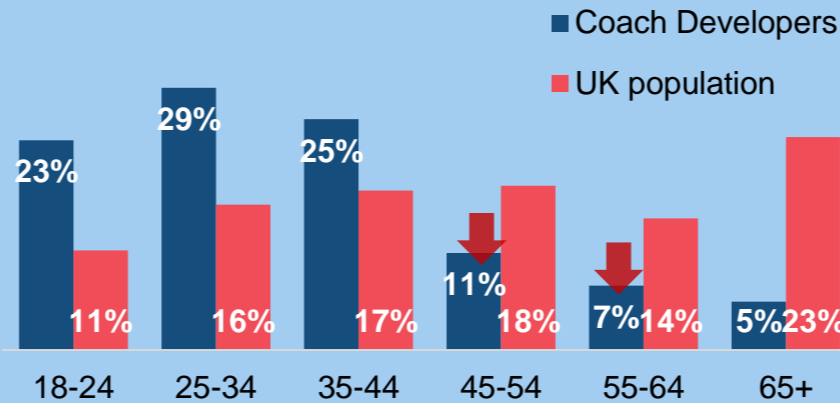


7% OF THOSE WHO HAVE EVER COACHED ARE A COACHING MENTOR

20% of coaching mentors would describe themselves as a 'Coach Developer'

AGE

Coach Developers are significantly more likely to be younger than the average population



GENDER

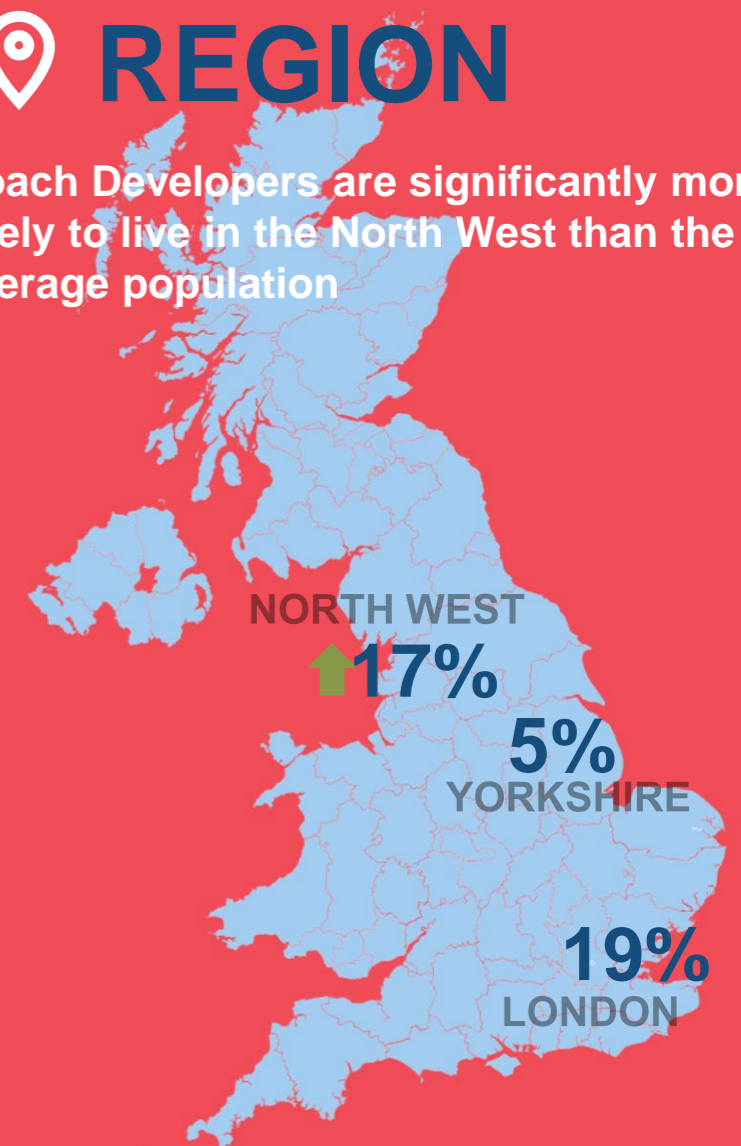
■ Coach Developers
■ UK population

↓30% (51%) **↑68%** (48%)
WOMEN MEN



REGION

Coach Developers are significantly more likely to live in the North West than the average population



ETHNICITY

Three in ten Coach Developers are from a BAME background

↑31% (11%)
BAME
Coach Developers
UK population

↓62% (84%)
WHITE
Coach Developers
UK population



WELLBEING

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

↑53%
COACH DEVELOPERS

43%
UK POPULATION

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

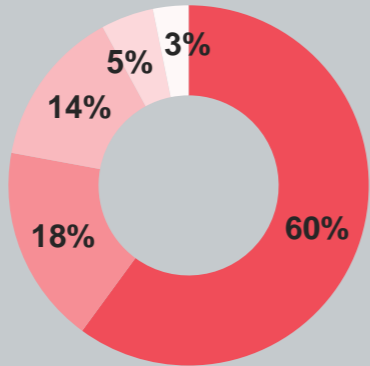
↑39%
COACH DEVELOPERS

27%
UK POPULATION

COACHING

60% of Coach Developers are still active coaches and have coached in the last 12 months

- In the past 12 months
- In the past 2 years
- In the past 3 years
- In the past 5 years
- Longer than 5 years ago



Coach Developers who coach are running more sessions a week than a typical coach

6 – 10 SESSIONS A WEEK

↑ 14% (4%)

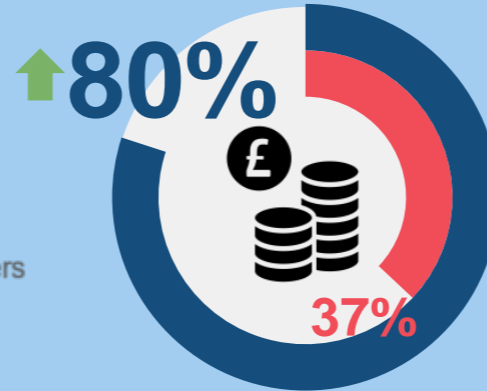
1 – 2 SESSIONS A WEEK

↓ 41% (60%)

- Coach Developers
- Active Coaches

OCCUPATION

Coach Developers that also currently coach are significantly more likely to be paid for their coaching work



- Coaching Developers
- Active coaches

% who list coaching as their primary occupation

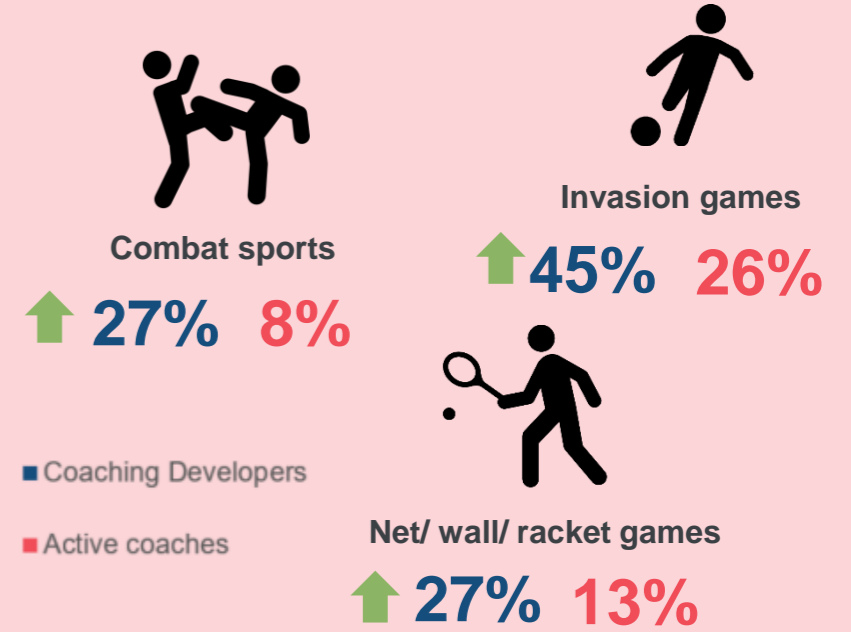
↑ 40% COACH DEVELOPERS 8% ACTIVE COACHES

Although Coaching Developers are more likely to be paid, 29% do more than 5 hours volunteer coaching in a typical week

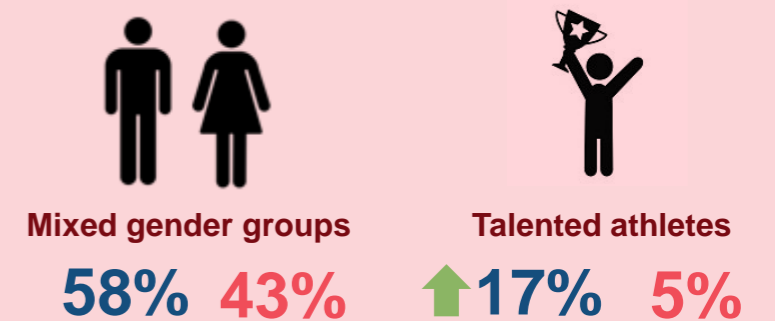


ACTIVITIES

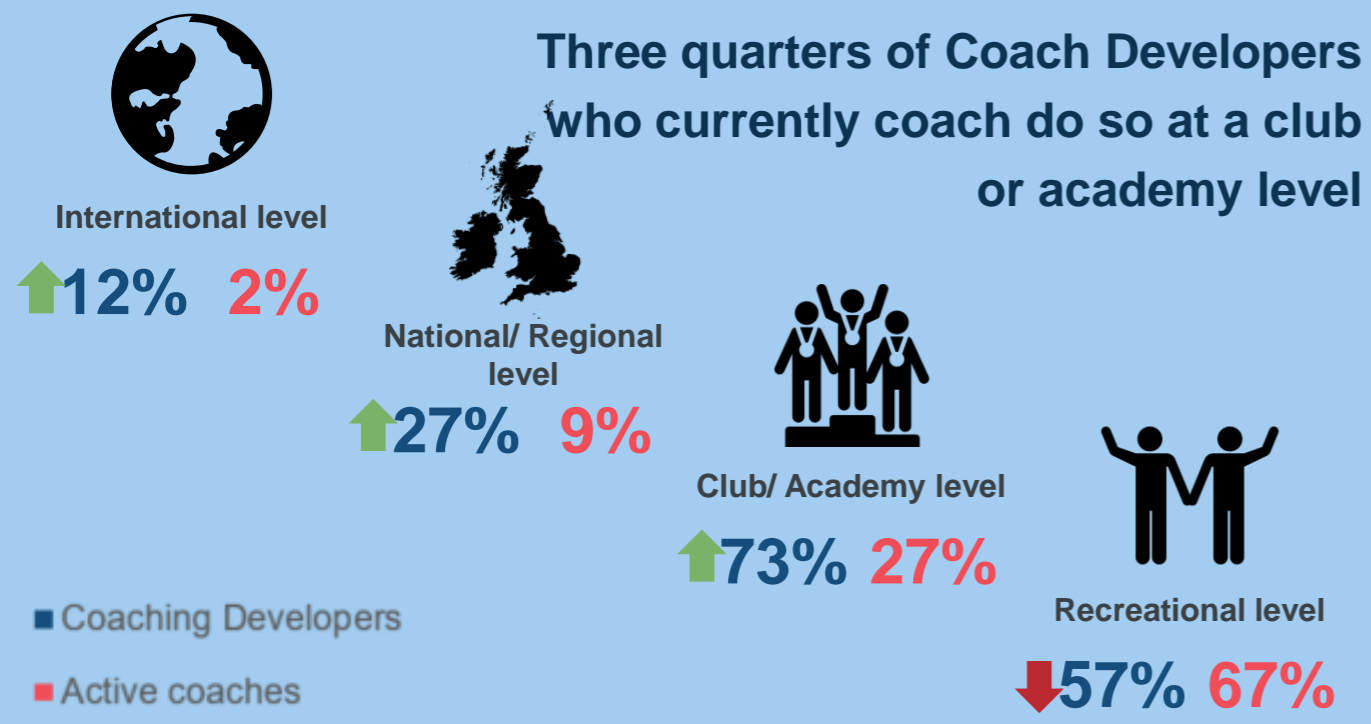
A quarter of Coach Developers instruct in combat sports



Coach Developers are more likely to work with talented athletes



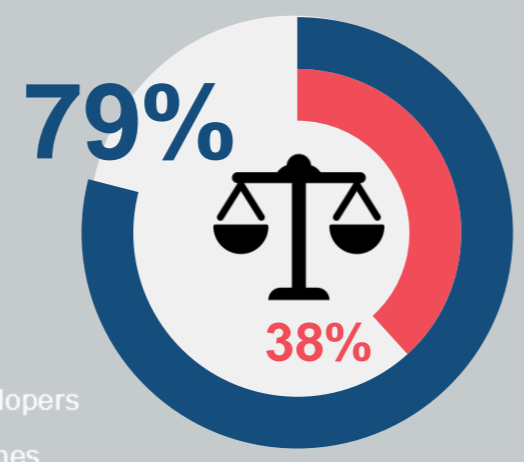
12% OF COACH DEVELOPERS COACH AT AN INTERNATIONAL LEVEL



COACH DEVELOPERS ARE SIGNIFICANTLY MORE LIKELY TO THINK THAT “GETTING GOOD RESULTS” MAKES YOU A GOOD COACH



COACH DEVELOPERS ARE STRUGGLING TO BALANCE THEIR COACHING WITH THEIR OTHER COMMITMENTS



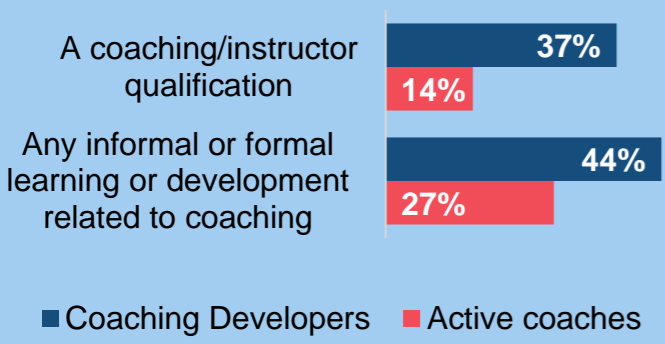
Coach Developers are most likely to feel that “improving peoples’ skills and abilities” is what makes a great coach



44% HAD RECENT LEARNING & DEVELOPMENT



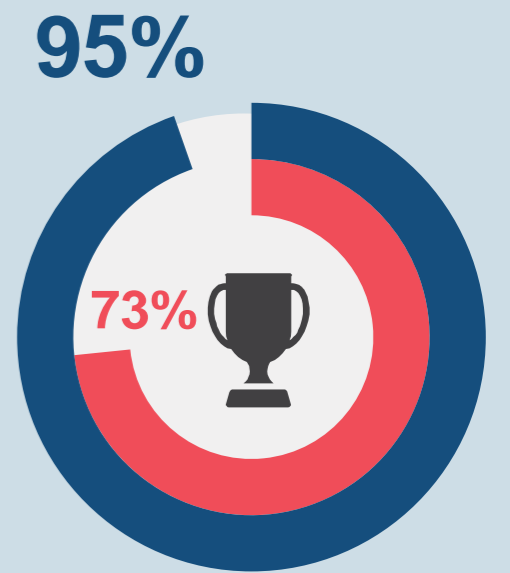
% in the last 12 months...



Over a third of Coach Developers who coach have done a coaching or instructor qualification in the last year

95% FEEL CONFIDENT WHEN THEY COACH

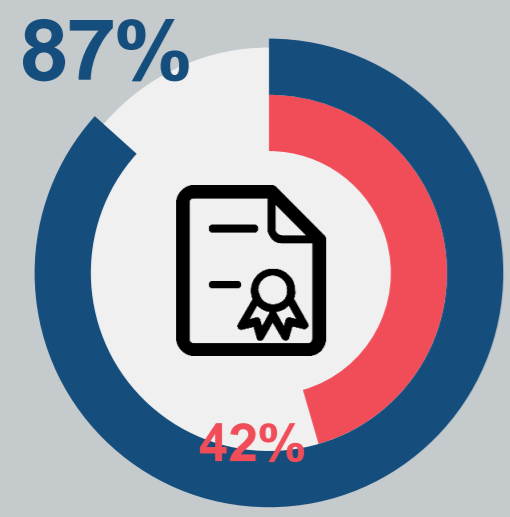
Only 2% of Coach Developers who coach state they do not feel confident when delivering sport or physical activity sessions



87% HAVE A LISTED QUALIFICATION

43% of Coach Developers have an Activator/leader or a level 1 qualification

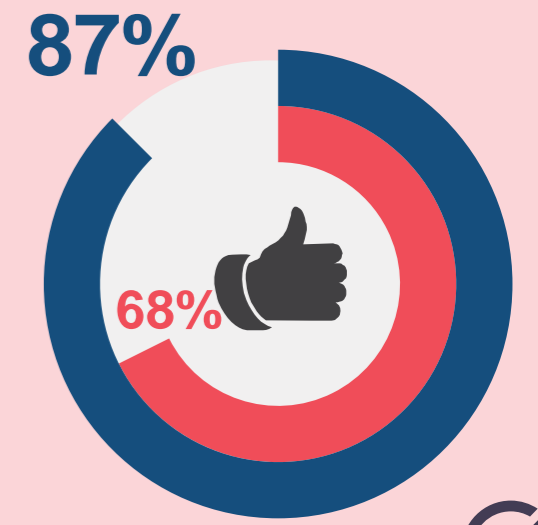
14% have a relevant degree or diploma



■ Coach Developers ■ Active Coaches

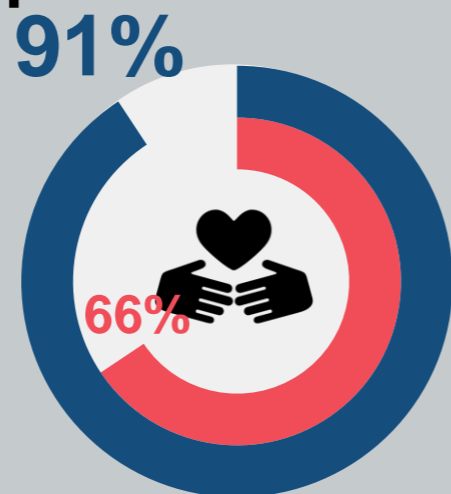
87% COACH TO A STANDARD THEY ARE PLEASED WITH

Only 3% of Coach Developers who coach state they do not do so to a standard they are pleased with

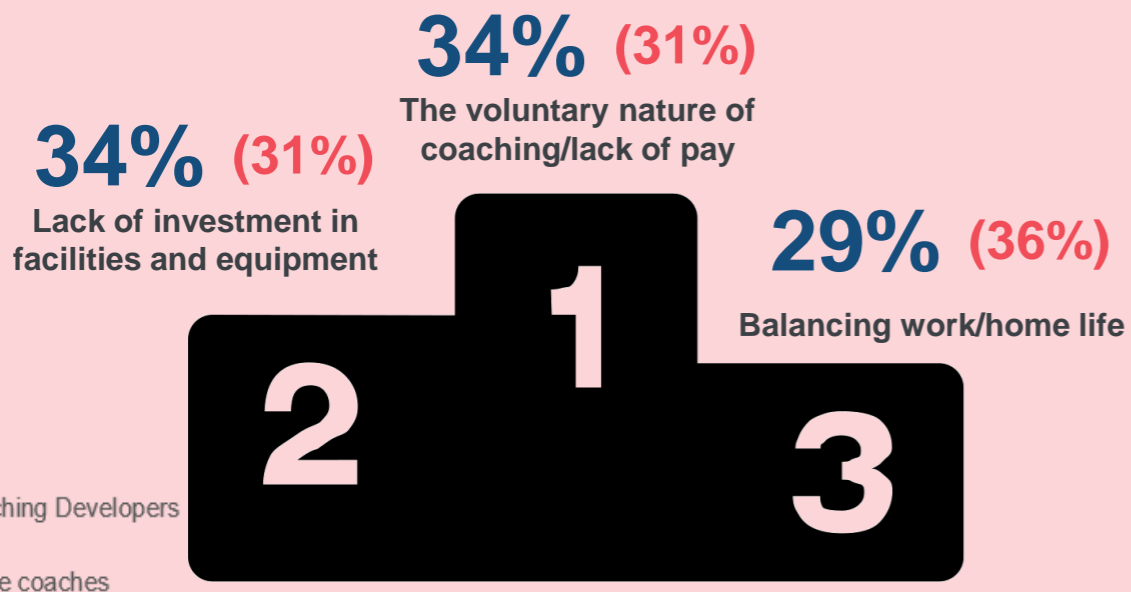


91% OF COACH DEVELOPERS WHO COACH AGREE THEY HAVE THE RIGHT RESOURCES OR EQUIPMENT TO COACH EFFECTIVELY

84% of coaching mentors feel they have the right resources, compared with 66% of typical coaches



COACH DEVELOPERS TOP THREE BARRIERS TO COACHING



COACH DEVELOPERS ARE MOST LIKELY TO HAVE GOT INTO COACHING WHILST STILL PLAYING

Three in ten Coach Developers got into coaching because they were inspired by their own coach. This is significantly higher than typical active coaches



