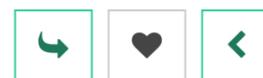


1 2 3

# Sports coach

Also called: Sports instructor

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



[Read Dani Halsall's story](#)

This video is sponsored by CIMSPA (Chartered Institute for the Management of Sport and Physical Activity). [Connect](#)

## 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

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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 the UK 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.

## Career path and progression

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

## Skills required

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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

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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 need clearance from the [Disclosure and Barring Service \(DBS\)](#).

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.

You could also get into this job through an [apprenticeship](#).

## Related Know-how guides

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Explore Know-how guides related to this career:

- [Summus College: What it's really like](#) >

## Related university subject profiles

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These university subjects are related to this career; check out their profiles on the [Subjects library](#):

- [Education >](#)
- [Sport science >](#)

## Related career profiles

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You may also be interested in:

- [Outdoor activities instructor >](#)
- [Sports referee >](#)
- [Group exercise instructor >](#)
- [PE teacher >](#)
- [Personal trainer >](#)

## Explore

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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)

Current and predicted figures relating to the Sports coach profession. Median averages are shown, each with the specific career, or group of careers, that they apply to.

- UK  USA

## Jobs

Sports and fitness occupations

# 140,003

 911 in your local area of Liverpool

### Top 5 local areas

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

## Salaries

Sports coaches, instructors and officials

# £23,206

Sports and fitness occupations

# £23,863

 (Not enough data for this region) in your region of North West

### Top 3 regions

## Growth

2020-2035

Culture, media and sports occupations

# +.2%

↑ 1,593 jobs

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

Save to Favourites? 

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 >](#)