

Job of The Week

Sports Coach

Key Skills

- leadership skills
- the ability to teach pupils how to do something
- the ability to monitor your own performance and that of your colleagues
- to be able to carry out basic tasks on a computer or hand-held device
- excellent verbal communication skills
- to be thorough and pay attention to detail
- knowledge of teaching and the ability to design courses
- the ability to use your initiative
- ambition and a desire to succeed

Salary

£19,000 - £28,000

Working hours

Variable

Evenings/ weekends

Bank holidays

could work away from home

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Sports Coach

Apprenticeship

You can apply to do an apprenticeship to begin your career in coaching.

These include:

- Community Activator Coach Level 2 Intermediate Apprenticeship
- Personal Trainer Level 3 Advanced Apprenticeship
- Community Sport and Health Officer Level 3 Advanced Apprenticeship
- Sports Coach Level 4 Higher Apprenticeship

These can take up to 2 years to complete.

Entry requirements

You'll usually need some GCSEs, usually including English and Maths, or equivalent, for an intermediate apprenticeship.

5 GCSEs at grades 9 to 4, or equivalent, including English and Maths, for an advanced apprenticeship.

4 or 5 GCSEs at grades 9 to 4 and A levels, or equivalent, for a higher or degree apprenticeship

Volunteering

You could get experience as an assistant sports coach by volunteering for a few hours a week with a club or amateur team. This is a common way to start a coaching career.

College

You can do a college course as a way into this career, for example:

- sport
- sports coaching and development
- coaching sports and fitness

You may be able to do a coaching qualification that's specific to your chosen sport.

Sports include:

- tennis and cricket
- netball and basketball
- hockey
- martial arts

Entry requirements

Entry requirements for these courses vary.

University

You can take a foundation degree, higher national diploma or degree in:

- sports coaching and development
- sports and exercise science
- sports studies
- physical education

Entry requirements

You'll usually need 1 or 2 A levels, or equivalent, for a foundation degree or higher national diploma. Or 2 to 3 A levels, or equivalent, for a degree

Career path and progression

Look at progression in this role and similar opportunities. With experience, you could become a coach development officer, helping other coaches improve their skills and gain qualifications.

You might also move into:

- sports development in the community
- sports psychology
- physical education teaching
- coaching people who have specific conditions or impairments

Day to Day tasks:

- plan fun, engaging and safe coaching activities and sessions
- give feedback on performance and how to improve skills and technique
- motivate and inspire your students to fulfil their potential
- offer advice on nutrition, lifestyle and preparation
- design advanced programmes for elite sportspeople
- support performers at events and competitions

Working conditions

You could work at a fitness centre, on a sports field, at a university, at a school or at a college.

Your working environment may be physically demanding and outdoors in all weathers.

Labour Market Information

In the Careers section of the school website you can find the useful comparison tool the 'Labour Market Information widget'.
Use the widget to compare different job roles in any employment sector or relating specifically to the 'Job of the Week'.

Sports players	
Weekly Pay £1,290	Annual Pay £67,080
Hours/Week 39h	Hourly Pay £33
Workforce Change (projected)	
Growth 0.9%	Replacement 57.9%
<p>The workforce is projected to grow by 0.9% over the period to 2027, creating 200 jobs. In the same period, 57.9% of the workforce is projected to retire, creating 11,800 job openings.</p>	
<p>You might find this job in Sport & recreation</p>	
More info	Clear card

Sports coaches, instructors and officials	
Weekly Pay £460	Annual Pay £23,920
Hours/Week 36h	Hourly Pay £13
Workforce Change (projected)	
Growth 0.9%	Replacement 57.9%
<p>The workforce is projected to grow by 0.9% over the period to 2027, creating 1,100 jobs. In the same period, 57.9% of the workforce is projected to retire, creating 66,900 job openings.</p>	
<p>You might find this job in Sport & recreation Education Gambling Employment activities Other personal service</p>	
More info	Clear card

Groundsmen and greenkeepers	
Weekly Pay £440	Annual Pay £22,880
Hours/Week 60h	Hourly Pay £7
Workforce Change (projected)	
Growth 3.2%	Replacement 98.1%
<p>The workforce is projected to grow by 3.2% over the period to 2027, creating 800 jobs. In the same period, 98.1% of the workforce is projected to retire, creating 25,200 job openings.</p>	
<p>You might find this job in Agriculture, etc Sport & recreation Libraries, etc Civil engineering</p>	
More info	Clear card

Labour Market Information

Sports coaches, instructors and officials

Sports coaches, instructors and officials work with amateur and professional sportsmen and women to enhance performance, encourage greater participation in sport, supervise recreational activities such as canoeing and mountaineering, and organise and officiate at sporting events according to established rules.

Common tasks in this job:

- coaches teams or individuals by demonstrating techniques and directing training and exercise sessions;
- controls team selection and discipline and recruits ancillary staff such as coaches or physiotherapists;
- monitors and analyses technique and performance, and determines how future improvements can be made;
- deals with administrative aspects such as arranging matches, contests or appearances for athlete or team, and organising required transport and accommodation;

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Clear card

Groundsmen and greenkeepers

Groundsmen and greenkeepers cut and lay turf and maintain areas for golf courses and other sports grounds.

Common tasks in this job:

- levels ground and installs drainage system as required;
- cuts and lays turf using hand and machine tools and repairs damaged turf;
- moves soil to alter surface contour of land using mechanical equipment and constructs appropriate landscaping features and maintains such features;
- monitors and maintains the quality and condition of turf;

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Clear card

Sports players

Professional sportsmen and women train and compete, either individually or as part of a team, in their chosen sport for financial gain.

Common tasks in this job:

- participates in exhibitions, pre-qualifying events, tournaments and competitions;
- attends training sessions to develop skills and practice individual or team moves and tactics;
- builds stamina, physical strength and agility through running, fitness exercises and weight training;
- maintains clothing and other specialised sporting equipment;

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Clear card

Keep looking...

Use these links to learn more about our Job of The Week, consider the various pathways leading to the career, what you can be doing now to help yourself and other roles in the industry...

Take a look at these short videos for inspiration...

Sport Coaching |
University of Chichester

Sports coach



<https://www.youtube.com/watch?v=wkD3zjj0RqI&pp=ygUfc3BvcnRzIGNvYWNoIGNvdjJzZSB1bml0dmVyc2l0eQ%3D%3D>

<https://www.youtube.com/watch?v=Cs4k-PK8hoA&pp=ygUfc3BvcnRzIGNvYWNoIA%3D%3D>

What Makes A Good
Sports Coach

Working as a Sports Coach



<https://www.youtube.com/watch?v=dpiUf9RCCI&pp=ygUmc3BvcnRzIGNvYWNo>

<https://www.youtube.com/watch?v=iGrlwH52BAG&pp=ygUsV29ya2luZyBhcyBhIFNwb3J0cyBDb2FiaCBhdCBTcG9ydCA0IEx>

Useful Websites

nationalcareers.service.gov.uk/job-profiles/sports-coach | UK Sport

[We're here for the COACH - UK Coaching](#)

[Search](#) | [All results](#) | ["SPORTS COACHING"](#) | [UCAS](#)

[What is a sports coach? Roles & responsibilities of a sports coach \(ucfb.ac.uk\)](#)

[What can I do with a sports coaching degree? | Prospects.ac.uk](#)

[Careers in the Football & Sport Industry - UCFB](#)

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