

Sports Coaching

A career in sports coaching is one of the most popular industries. From toddlers to the elderly, and from basic coaching to elite, coaches help different ages and abilities develop and improve using sport.

List five different professions that involve coaching in sport

- 1.
- 2.
- 3.
- 4.
- 5.

- It is estimated that there are currently around 47,500 professional coaches worldwide.
- More than half of active coaches started coaching before the age of 25 and most started coaching whilst still participating in sport and physical activity.
- Sports camps and personalised training sectors have the largest sports coaching market share, accounting for 65%.

Who has been your best sports coach and why? What skills did they demonstrate that made them a good sports coach?