How to Become a Coach
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1 Introduction

Coaches help people of different ages and abilities to develop and improve within sport. They can also help teach essential life skills, such as respect, confidence and control. It is important that any coach leading a sports session is trained and committed to provide a fun, high quality learning experience for his or her participants.

This booklet will provide you with information that will enable you to make a more informed decision about whether coaching is right for you. It will explain how you can get into coaching, the skills and knowledge you need and what you can expect from your first few sessions.

Why do you want to be a coach?

Picture the following scenes:

- You are standing outside in the freezing cold, watching your children having the time of their lives running up and down a football pitch.
- You are watching your son have his swimming lesson on a Sunday morning and, frankly, you are quite bored.
- Your kids are having a great time whacking a tennis ball back and forth over the net; this is something you used to love to do, but for whatever reason, you do not play any more.

Do any of these scenarios sound familiar? You want to get involved, but something is stopping you, whether it is lack of confidence, not knowing how to get involved or you just do not have time. Well, while you were watching your children participate, you could have been participating too – as a coach.

OK, so you may not want to jump straight into coaching, but why not try it out? The best starting place is to assist the coach. Ask him or her to see if you can help out. What do you have to lose? Coaches will normally have a session plan for each coaching session, and the lead coach for the session will be able to provide you with tasks from it. These tasks could range from putting out the markers or cones for each session to supporting a participant or small group in completing an assigned exercise.

How did these coaches get into coaching? Reasons differ from person to person, but here are just a few examples:

- I suffered a couple of injuries to my back and knees so I wasn’t able to play hockey any more. I really wanted to stay involved with the game so I decided I’d look into coaching. I found that I loved it and have not looked back since.
- I was bored of just standing on the sidelines and just shouting encouragement - I wanted to get involved and put my enthusiasm to good use!
- I enjoyed seeing the joy in people’s faces when they achieved and did something they enjoyed doing.

Think: What do you want to get out of coaching?

Do you want to:

- put something back into your own sport(s)
- extend your social life and create a new circle of friends
- develop your range of skills?

Are you bored of watching and want to do something?
Where can you coach?
Coaching doesn’t just take place in established sports clubs or during weekends and evenings. There are many environments where sports coaching takes place that might be suitable for you and fit in better with whatever free time you have. For example:

- community centres and social clubs
- schools: mainstream primary or secondary (lunchtime or after-school clubs)
- special schools for disabled children or children with other special educational needs
- holiday sports ‘camps’
- youth organisations, such as Guides, Scouts or youth clubs.

For many people, a reason not to get into coaching is lack of time, but if you are watching your child at practice sessions, you have the time free to help the coach out. Alternatively, choose an environment that is more suitable to what free time you have. If you have the passion for sport and really want to get into coaching, there will be an appropriate time and place for you to start out.

Think: Who would give you the most satisfaction from coaching:
- your children
- disadvantaged children and young people
- adults
- disabled people?

Think about what your needs would be as a coach.

Who would you coach?
You don’t just have to coach children. Assisting at a coaching session for adults may initially be daunting to a new coach or assistant, but it will help you develop many of your existing skills and may even help you acquire some new ones. Speak to your club about adult sessions, or ask a coach after a training session. Maybe you could even start assisting the coach at your own training sessions.

Coaching disabled people of all abilities and ages brings great rewards and satisfaction and requires no initial qualifications or prior knowledge. There are many disability sport organisations around the UK, notably the disability sport councils. They will be able to help direct you to a club or group in your area. See the ‘Useful Links’ section on page 17 for the relevant contact details.

It is great to work with disabled young people and watch their enjoyment as they learn new skills. As a coach, the rewards you get are fantastic!

After about a year of sitting on the balcony and watching my son swim up and down, I realised that I wanted to get involved so I wandered down to the poolside and they welcomed me as an additional volunteer and it went on from there.
2  Barriers to Coaching and How to Overcome Them

There are many reasons why it is hard to take that first step and get involved in coaching. If you become an assistant to a coach, you can test out the environment and get a taster of what coaching is all about. The following information should answer some questions for you and help you overcome some of the barriers that may be stopping you from getting more involved in coaching:

**I was never any good at playing sport when I was younger.**

- Coaching requires a different skill set to playing. You just need to have a passion and:
  - be a good communicator
  - enjoy being with people
  - have drive and be able to motivate people.

**I have never played this sport before.**

- Great coaches coach the person, not the sport.
- It is useful to have an interest in sport.
- You just need the passion to get involved and learn more.

**I don’t know anything about coaching.**

- Your enthusiasm and common sense will get you a long way.
- Your interest and drive to do well will lead you to learn more about the technicalities as you go.
- Other coaches, who are more experienced, can provide support and guidance.

**I don’t know anything about how to coach this sport or its rules.**

- You should have an overall interest in sport.
- Coach team sports if that is what you played in the past, or coach individuals if this is what you are more used to.
- You will never be in a position where you have to coach by yourself.
- You will pick up the coaching tips, rules and technicalities through experience and training.

**I don’t have enough time to commit.**

- Coaching does require commitment.
- Choose an environment that suits the time you can commit (e.g., school lunchtime club).
- You must be upfront and honest in terms of how much time you can commit (e.g., during school holidays, weekday evenings only).
- Never overcommit.
How to Become a Coach

**BARRIER**

X Having to know about first aid, health and safety, insurance and Criminal Records Bureau (CRB) checks is too complicated – do I have to do all this?

- Most clubs will insist on a minimum level of checks and training.
- If you are working with children and/or vulnerable adults, you should have a CRB check.
- There are courses you can attend to learn more as your role progresses.
- Parents should be happy to know that their kids are being coached by a qualified professional.

**HELPFUL HINT**

✔ I don’t want to do any qualifications.

- You will need some level of training to carry out your tasks effectively and safely.
- Your sport’s governing body has developed coach education courses that will help you learn the sport-specific skills needed.
- Contact the governing body of your sport or speak to your club for further information.

X I can’t afford the training.

- Your nearest county sports partnership may have bursaries available.
- Your sport’s governing body may assist with course fees.
- Your local volunteer centre may run general courses relevant to coaching (e.g., safeguarding children, disability awareness or first aid).
- Can your club help with training costs?

X I don’t want to do any qualifications.

Talk through any further issues you may have with your child’s coach or the club or group you attend. The chances are that your hesitation to get involved was the same for someone else so don’t let this stop you from signing up.
Before you get involved in coaching, it is important you are aware of what is involved as an assistant to the coach. If you are aware of what the role entails, you are more likely to stay and help out, which is beneficial to everyone.

**Roles of an assistant to the coach**

Your role will vary depending on the sport, but will involve:

- attending coaching sessions
- carrying equipment bags
- setting out equipment
- supporting individual participants and small groups
- supporting and reinforcing the coach’s instruction to the participants
- generating and maintaining a positive and responsible approach to tasks from each child
- ensuring every child gets the maximum opportunity and time in each session
- taking part in warm-ups and cool-downs.

What happens in a coaching session?

You may have attended a coaching session many times, but have you actually thought about the planning that takes place before each session? It is the role of the coach to write a session plan for each coaching session. Its content will vary enormously, but, on the whole, the coaching session should include the following stages:

- a warm-up or preparatory period
- dedicated time for developing skills and technical ability, using a variety of activities
- selected practices appropriate to the participants’ abilities
- a cool-down period.

**What commitment is required?**

Commitment is a key discipline for coaches and those assisting the coach. Once you become involved, you will be seen as a role model for your young participants, and coaches will start to rely on you to turn up. Each coach has a different approach to coaching a session, but fundamentally, you must turn up when you say you will as the coach will have factored your attendance into the session plan.

Before you commit, you must ensure you are fully aware of what will be required of you. Here are a few helpful questions you may need to find answers to before committing to helping out regularly. Ask the coach or a member of the club:

- How frequently does the team, group or individuals train?
- How frequently does the team have matches/competitions? Would I be required to attend the matches?
- Does the team train and compete on days or evenings when I have time to attend?
- Will I need to drive the team or players anywhere?
- Will I need to attend any training courses before I start or once I have become more involved in the role?
- What time and cost implications will attending the sessions and any relevant training have for me?
- Will I need to have a CRB check made on me?
- Will I have to assume responsibility for the welfare of the participants?

**What is a CRB check?**

A CRB check indicates if the applicant has been the subject of any criminal proceedings that have resulted in a criminal record. A conviction showing up on your CRB check does not necessarily mean that you will not be able to coach, but it allows the club to make a more informed decision on employing you as a coach, or allowing you to be...
involved with the club. A CRB check is not a legal requirement for a coach, but it may be club or governing body policy that everyone involved in that club/sport has been CRB checked. It would, therefore, jeopardise your intention to coach if you refused to complete the form.

CRB checks are free to volunteers, although a charge may be levied to cover administration costs. A returned CRB check is called a ‘disclosure’, which takes between two and six weeks to be returned to both you and the club. Once the disclosure has been received and read by the club, it must be destroyed immediately as it against the law to hold a CRB disclosure on file.

For further information relating to the CRB, visit: www.crb.homeoffice.gov.uk

Insurance

Insurance cover for public liability and personal accident is essential for all assistants. Some governing bodies of sport will not allow you to take part without such cover. Do not be put off though; you will often find you are automatically covered by the body that organises your sport. So always check by speaking to your club, group or governing body.

“I was bored of just standing on the sidelines and just shouting encouragement; I wanted to get involved and put my enthusiasm to good use!”
So, you now understand what coaching involves and how to overcome any barriers or issues that are currently in your way, but what about the skills and knowledge you need? As we’ve discussed, the first step you should take is to assist a more experienced coach at the club. Initially, you will not need any formal training, but there are still a few key qualities that you would need to make your first steps into coaching a little easier. Tick ‘yes’ or ‘no’ for any of the following statements you think best describe you:

<table>
<thead>
<tr>
<th>Quality</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>I am interested in people.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I have an interest in sport.</td>
<td></td>
<td></td>
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<tr>
<td>I have good communication skills.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I have a sense of humour.</td>
<td></td>
<td></td>
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<tr>
<td>I am organised.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I want to help people achieve and perform to their best ability.</td>
<td></td>
<td></td>
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<tr>
<td>I want to learn more about sport and learn new skills.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I can figure out how to improve.</td>
<td></td>
<td></td>
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<tr>
<td>I am self-motivated.</td>
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If you have answered ‘yes’ to most of these questions, you have some very useful qualities that should help you assist a coach. Coaches must be able to work independently and look at their own coaching practice; they should want to learn how to become better coaches. If you are part of a good quality club, you should have the support of an experienced and qualified coach to act as your mentor when you start out. A mentor is there to guide you through the first coaching experiences, and it can be invaluable to have someone to share ideas and issues with throughout your coaching career; should you choose to progress.

You are now aware of your own skills and abilities that are relevant to coaching, but what do existing coaches think are important qualities for a good coach? Here, coaches share their thoughts:

- ‘Patience, making it fun and getting pleasure from improvement and not just winning.’
- ‘Adaptability, making it enjoyable and challenging, and understanding the children.’
- ‘Patience, being well organised, a good sense of humour, and to be in it for the kids, not the glory.’
- ‘The ability to communicate effectively with young people.’
- ‘Rapport with children and clear, simple instructions. Making it fun, informal and to give positive praise and encouragement.’

### Building positive relationships

One of the most important parts of being a coach or working in a coaching environment is your relationship with the participants. As you can see from the coaches’ quotes above, coaching is as much about having a great rapport with the participants as it is about organisation and communication. Children will learn to respect you from your actions and how you conduct yourself in a coaching session and, similarly, you must also respect the children you are coaching. Establishing respect and trust is a two-way process that begins with building a good relationship through communication. Coaches who take the time to build rapport are more effective at managing behaviour.

**Think: As you were growing up, which coaches or teachers inspired you?**

What was it about them you respected? Did they take the time to get to know you? How did they do this? Did it work? What can you learn from that experience and put into practice as an assistant to the coach?
5 Overcoming Popular Misconceptions about Coaching

I would like to continue coaching to build the skills of the children to allow them to progress further, and to get more of the adults on to coaching courses.

Hopefully, the information so far has been helpful to you, but are there niggling issues that have not yet been dealt with? Have you heard anything about coaching that is putting you off? The information below may clarify some of those issues for you. Read the following statements and see if you think they might be true or false. Try to answer the questions before looking at the answers over the page; you might surprise yourself by what you already know about coaching so far!

<table>
<thead>
<tr>
<th>Statement</th>
<th>True or False?</th>
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<tbody>
<tr>
<td>You must have qualifications to assist a coach.</td>
<td></td>
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<tr>
<td>You should be insured to coach.</td>
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<tr>
<td>Coaching takes commitment.</td>
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<tr>
<td>You do not get paid as a coach.</td>
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<tr>
<td>You have to be qualified or have special training to coach disabled people or people with other special educational or behavioural needs.</td>
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<tr>
<td>Coaching is a ‘lonely’ profession.</td>
<td></td>
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<tr>
<td>You will always have the support of a manager or supervisor to lead your progression in coaching.</td>
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### How to Become a Coach

#### Statement | True or False?
---|---
You must have qualifications to assist a coach. | False. It is not essential to have qualifications from the start. However, to progress as a coach and provide a high quality coaching experience in a safe environment, it is advisable to take a sport-specific qualification and undergo further training related to the participants you are coaching.
You should be insured to coach. | True. It is not a legal requirement, but it is highly advisable to have insurance once you become more involved in coaching. Check with your governing body of sport as it may be a prerequisite for you to have insurance before you enter a coaching environment. Your club, sport’s governing body or sports coach UK can advise you in relation to appropriate insurance.
Coaching takes commitment. | True. You have to be able to commit to your coaching session on a regular basis. The participants and coaches will start to depend on your attendance. You must be reliable, realistic and upfront about the amount of time you can volunteer. Don’t overcommit your time.
You do not get paid as a coach. | True, for most community coaches. At grass-roots or club level, most sports coaches are volunteers; although there is a possibility the club may pay towards the cost of any coaching training.
You have to be qualified or have special training to coach disabled people or people with other special educational or behavioural needs. | False. Coaching disabled people is an incredibly rewarding experience. You are coaching people with a different ability, which is the same as coaching anyone in sport. To coach in this environment, you need no other specific skills than you would if you were coaching non-disabled people. You will learn what you need to know through practical experience.
Coaching is a ‘lonely’ profession. | False. On the whole, coaches do often work alone, especially in the community environment, but within a club environment, there will usually be more coaches around to work with and support. Ensure that the environment in which you choose to coach contains the level of support that is appropriate to your needs.
You will always have the support of a manager or supervisor to lead your progression in coaching. | False. As a coach, you must be self-motivated. This is an environment consisting mainly of volunteers, and if you want to progress your coaching, you will need to assess your own needs and research suitable courses to drive your own coaching future.
Assisting a coach will give you a great insight into what coaching is about, and you may find that you enjoy your experiences so much that you want to become a coach. That’s great! The UK needs more high quality coaches. Having the right skills and personal attributes in the first place is important; however, to ensure our children are being coached in an engaging, fun and safe way, coaches need appropriate training and the support of more experienced and qualified coaches working alongside them as mentors. To coach independently, it is usually required by the club and governing body of sport that the coach should have a minimum standard of training. Likewise, as an assistant to the coach, it is important that you have some knowledge of the following key areas:

- first aid
- safeguarding children.

A Level 1 sport-specific qualification (as a minimum) is also advisable.

When you would be experienced and knowledgeable enough to coach a session by yourself would depend on you, your club and the coaching regulations decided by your governing body of sport. There is a structure in place that can ensure coaches are trained to coach safely and effectively at different stages of their coaching career. UK Coaching Certificate (UKCC) qualifications help coaches attain an appropriate standard of learning for their level of coaching. The coaching qualifications begin at Level 1 and go up to Level 4; for example, a Level 1 (assistant) coach learns how to plan an activity within a coaching session; a Level 2 (lead) coach plans an entire coaching session; and a Level 3 coach would have the skills to be able to plan an entire season. As a guideline, the face-to-face ‘classroom’ element of a Level 1 course can take from two to four days to complete, with added time for assessment, putting your learning into practice and gaining experience. The cost and length of courses is different from sport to sport. Your child’s coach or club will have further details.

Think: As an assistant to a coach, you will gain lots of experience and knowledge about what coaching involves.

You may want to progress from this level and become a qualified coach, or you might be happy to remain as an assistant at the session. Either way, your help will always be welcomed and will be invaluable in providing a quality coaching session for the participants.

I got into coaching by a good friend of mine starting an under-6s’ football team, and I was asked if I wanted to help him.
It is important that you understand how a club is set up. This will enable you to identify and approach different members of the Board or Association, should you have any questions, and help you feel more comfortable during your first few sessions as an assistant.

Volunteers
Sport is reliant on volunteers. Whether you are part of an established sports club or a community group meeting up once a week for a ‘kick around’, this would not happen if it wasn’t for volunteers making the phone calls to book the pitches, organising the training and driving people to venues. Does this sound familiar? None of these people get paid to do what they do and sometimes it is just one or two people who do all of these jobs. These people are driven by wanting to be involved in sport, trying to get more people involved in their sport and club, and wanting to do their best for participants and other club or group members.

Who is responsible for the running of the club?
Most established clubs have a Board or Association, which will consist of any number of people carrying out some or all of the following roles:

- **President**: the figurehead of the club, representing the club in public
- **Chairperson**: takes day-to-day responsibility for the club
- **Secretary**: handles the records, correspondence and other communications at the club
- **Treasurer**: responsible for accurate financial records at the club
- **Welfare Officer**: promotes the club’s policy and procedures for the protection of children and vulnerable adults
- **Volunteer Coordinator**: responsible for the recruitment, training and retention of volunteers at the club, and supports their needs
- **Coach**: responsible for the selection, preparation, coaching and performance of the teams
- **Assistant Coach**: assists the coach in his or her duties.

How is a club funded?
All clubs rely heavily on volunteers to carry out day-to-day running tasks, in roles that not only include coaching, but also cleaning, food preparation and general administration. This means that a club runs primarily on the goodwill and passion of its members. Funding, therefore, is an essential element of any club. The following list identifies some of the main sources of funding:

- bar sales
- bequests
- donations
- membership subscriptions
- sponsored events
- fund-raising events
- governing bodies of sport
- grant-providing organisations
- loan providers
- local authorities
- lotteries
- merchandising.

This information was provided by running sports, an organisation established by Sport England to give advice on setting up and running successful sports clubs. For further information, go to the running sports website: www.runningsports.org

What is Clubmark?
The Clubmark website identifies Clubmark as:

‘the only national cross sports quality accreditation scheme for clubs with junior sections. It is built around a set of core criteria, which ensure that accredited clubs operate to a set of consistent, accepted and adopted minimum operating standards.’

Essentially, this scheme, developed by Sport England, ensures that all participants within clubs affiliated to their governing body receive a high quality experience in their chosen sport. One of its aims is to empower parents and carers to choose a quality club for their child as they will know that there is an appropriate safeguarding policy in place to protect children, young people and vulnerable adults participating there. As someone working in a Clubmark club, you must
ensure that you are adhering to this policy. The club’s Board or Association will be able to clarify any questions you may have.

Some governing bodies have their own accreditation scheme; for example, British Swimming’s scheme is called ‘Swim 21’, and The Football Association has ‘FA Charter Standard’. See the governing bodies section of the Clubmark website (www.clubmark.org.uk) to identify your governing body’s accredited logo. Your club will identify themselves as having attained Clubmark, or equivalent accreditation, by displaying the Clubmark logo on their paperwork and around the club.

Think: Has your club attained Clubmark or equivalent accreditation?

Who are the important contacts for your coaching session? Do you know who the first- aider/medic or welfare officer is, for example? You may need to find them during a coaching session for an emergency so ensure you know who these people are and where they are located.

“A bad coach pushes [participants] too much, [is] too serious, focuses too much on results and is too sport-specific.”
To recap, here are 10 points to consider before you get involved:

1. Remember that sport is a passion for you.
2. Decide which sport you would like to be involved in.
3. Think about how much time you can commit.
4. Choose an environment you would like to help out in.
5. Understand what your motivations are to assist a coach.
6. Decide who you want to coach.
7. Recognise what being a good assistant to a coach really means.
8. Speak to some experienced coaches and get their advice.
9. Think about the skills and knowledge you have that you could bring to your role.
10. Think about any further training you may need.

Remember, you may not get paid for your role, but the rewards and sense of achievement you will gain through being involved in a coaching environment should be payment enough so enjoy yourself!

“I was never the best player in the world, but I’ve found that I make a really good coach. I’m now coaching the game I love to people who are much better players than I ever was! I’ve even started coaching sports I have only ever watched, as I’ve found that I can apply my coaching skills to all sorts of different sports.”

“I love the excitement of coaching different people and the enthusiasm of the children.”
9  Views on Coaching

The responses to the questions below were given by children, parents and coaches, who were interviewed while attending various sports coaching sessions.

Children

What are the best things about playing sport?

‘I keep fit and have fun. It is also something to do with my friends.’

‘It keeps you occupied and helps you to stay healthy.’

‘The teamwork.’

‘Improving and getting better, and seeing my friends.’

How does your coach help you?

‘[My coach] helps improve my [tennis] shots. Gives me things to work on.’

‘[My coach] listens and tells me what to do.’

‘If I make a mistake my coach says “OK, just get on with it”, and explains how to improve.’

‘[My coach] helps when I am doing something wrong.’

Would you like your parents [or carer] to help coach you?

‘Yes, I would be comfortable with my dad coaching.’

‘Yes, it would mean doing different things with her.’

‘Yes, because they know more than me.’

‘No, because they would do it old fashionly!’ [sic]
How to Become a Coach

Parents

What qualities do you look for in your child’s coach?

‘Experience, openness and up-to-date knowledge.’

‘Approachability, a good role model and fun.’

‘Good teaching ability, appropriate communication skills, enthusiasm and a good role model.’

‘Caring, firm and consistent. Needs to be open and have good communication. The child has to have respect for them.’

‘Disciplined, knowledgeable and experienced.’

Is the coaching an important factor when joining a club?

‘Yes, because I was overtrained when I was young.’

‘Yes, because I knew the people who coached the juniors and knew I could trust them.’

‘Yes, the head coach is well respected within the region.’

What has stopped you from getting involved as an assistant to a coach?

‘The opportunity and lack of time.’

‘Time and confidence in technical and teaching ability.’

‘Lack of personal experience and skills.’
Coaches

How did you get into coaching?

‘My local tennis club got me on to a coaching course.’

‘I went to a local club and asked to be involved. I was also picked up by Athletics UKA and was asked to support National squads.’

‘I went on a Bikeability course run by British Cycling, through a teaching position.’

‘The club helped me get on to a coaching course.’

‘I have played since I was 12 years old, and the club coach approached me to get involved.’

‘I received cricket coaching and wanted to give something back. I also love working with children.’

What makes a good children’s coach?

‘Patience, making it fun and getting pleasure from improvement and not just winning.’

‘Adaptability, making it enjoyable and challenging, and understanding the children.’

‘[Someone who is] fun, motivational and puts the children first. Helps them in generic skills and does not just push them in one sport or event.’

‘Must be able to relate to the kids, be friendly, approachable and know how to train them safely.’

How can parents assist at a coaching session?

‘In “toddler tennis”, children work with their parents on the court.’

‘[A parent] may take [football] shooting sessions for me.’

‘By helping with transport when it is needed.’

‘By helping me when I need to split the session into groups.’
10 Useful Links and Further Reading

Useful Links

County sports partnerships: visit the ‘Become a Coach’ section on the sports coach UK website. Click on ‘Coach Zone’ and then ‘Become a Coach’.

Clubmark: www.clubmark.org.uk

Criminal Records Bureau: www.crb.homeoffice.gov.uk

Disability Sports Northern Ireland: www.dsnj.co.uk

Disability Sport Wales: www.disabilitysportwales.org

English Federation of Disability Sport: www.efds.co.uk

Governing body of sport contact details: visit the ‘Become a Coach’ section on the sports coach UK website. Click on ‘Coach Zone’ and then ‘Become a Coach’.

runningsports: www.runningsports.org

Scottish Disability Sport: www.scottishdisabilitysport.com

sports coach UK: www.sportscoachuk.org

Sport England: www.sportengland.org

sportscotland: www.sportscotland.org

Sport Northern Ireland: www.sportni.net

Sport Wales: www.sportwales.org.uk

Youth Sport Trust: www.youthsporttrust.org

Further Reading

The following resources from sports coach UK provide good introductions into coaching and assisting a coach. You can order them online at www.1st4sport.com


When a swimmer achieves a goal you have both been working towards, like breaking the 30-second mark in 50m freestyle, and then comes over to thank you, it is a great feeling; there are not many situations where you can affect people’s lives in such a positive way.

My ambitions in coaching are to help anyone who I work with improve. Also, to give the coaching profession a good name.