COACH EDUCATION COURSES
BENEFITS AND KEY FACTS OF COACHING

COACHES MAKE A DIFFERENCE

- Of those who don’t play sport say a coach would encourage them to start: 31%
- Of people who play sport without being coached say that they would need coaching: 26%
- Of sports participants say a coach would encourage them to play more often: 38%

COACHES & PARTICIPANTS WILL BENEFIT FROM

- Physical Wellbeing
- Mental Wellbeing
- Individual Development
- Social Development
- Economic Development

COACHES MAKE AN IMPACT

- 81% in 2016
- 53% in 2006
- Percentage of sports participants consider coaching as a factor of enjoyment

1 coach impacts on 17 participants per session on average

Source: