

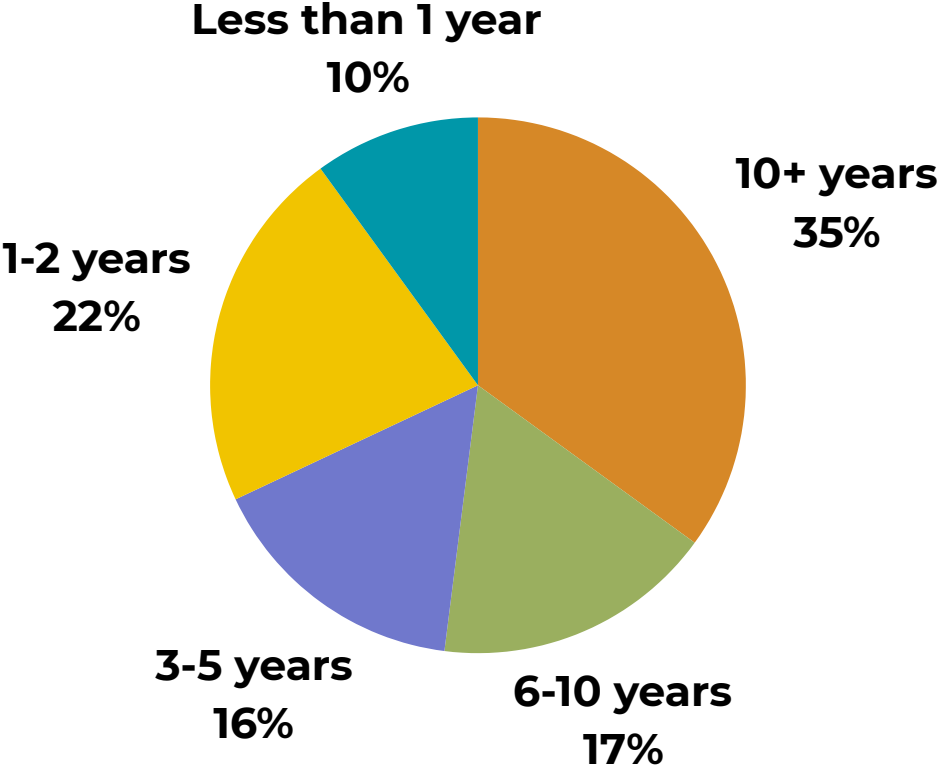
Voice of Coach **2024 Report**



An active Wellington region

Who Took Part?

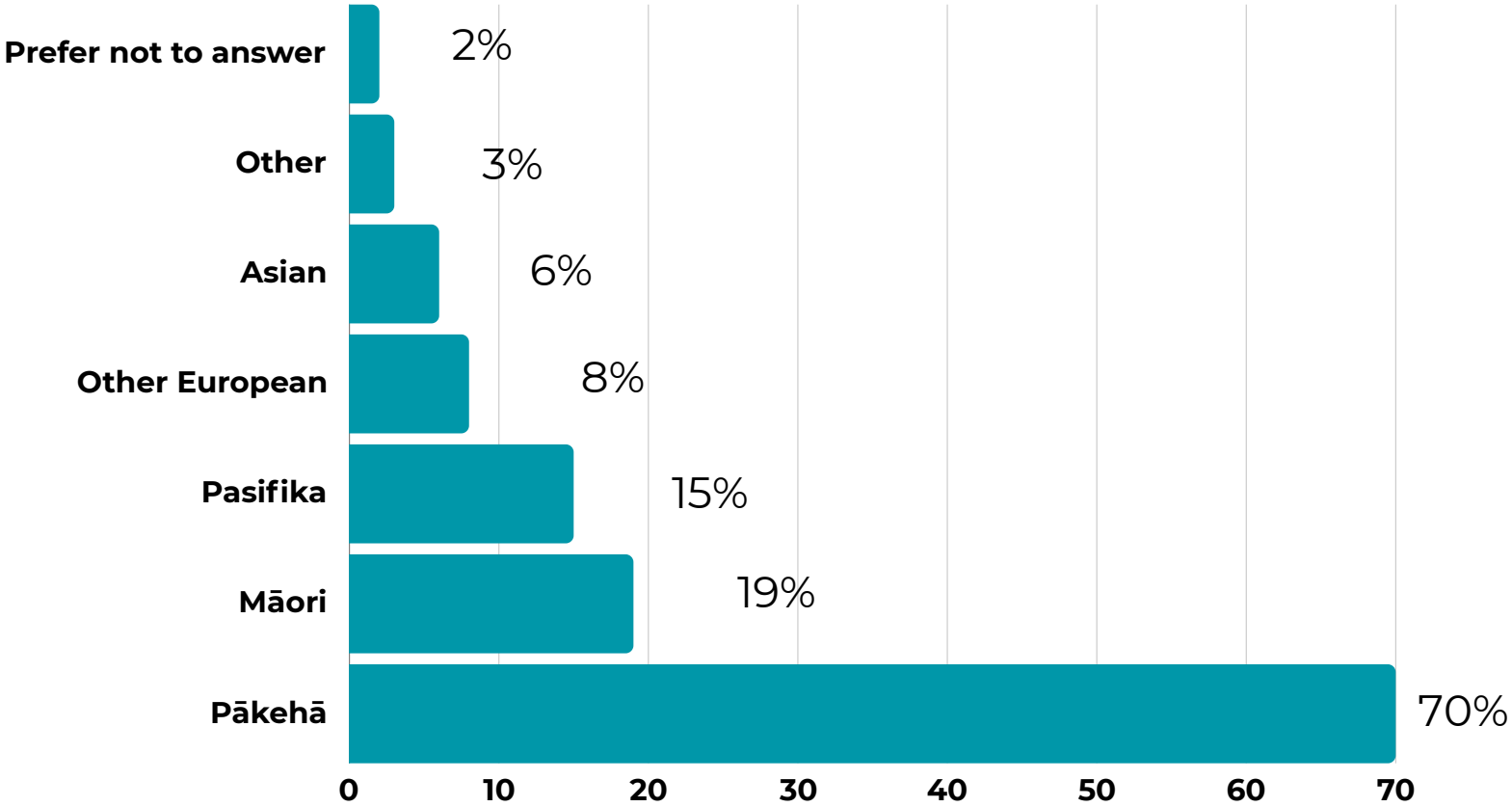
Years Coaching



39.5%

Coach more than 1 sport

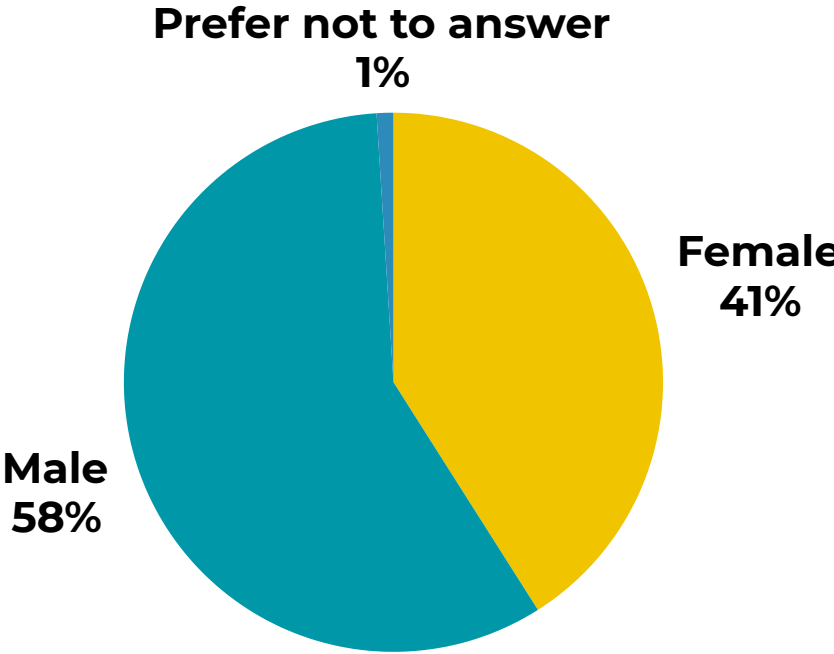
Ethnicity



235

Coaches from Te Whanganui-a-Tara

Gender

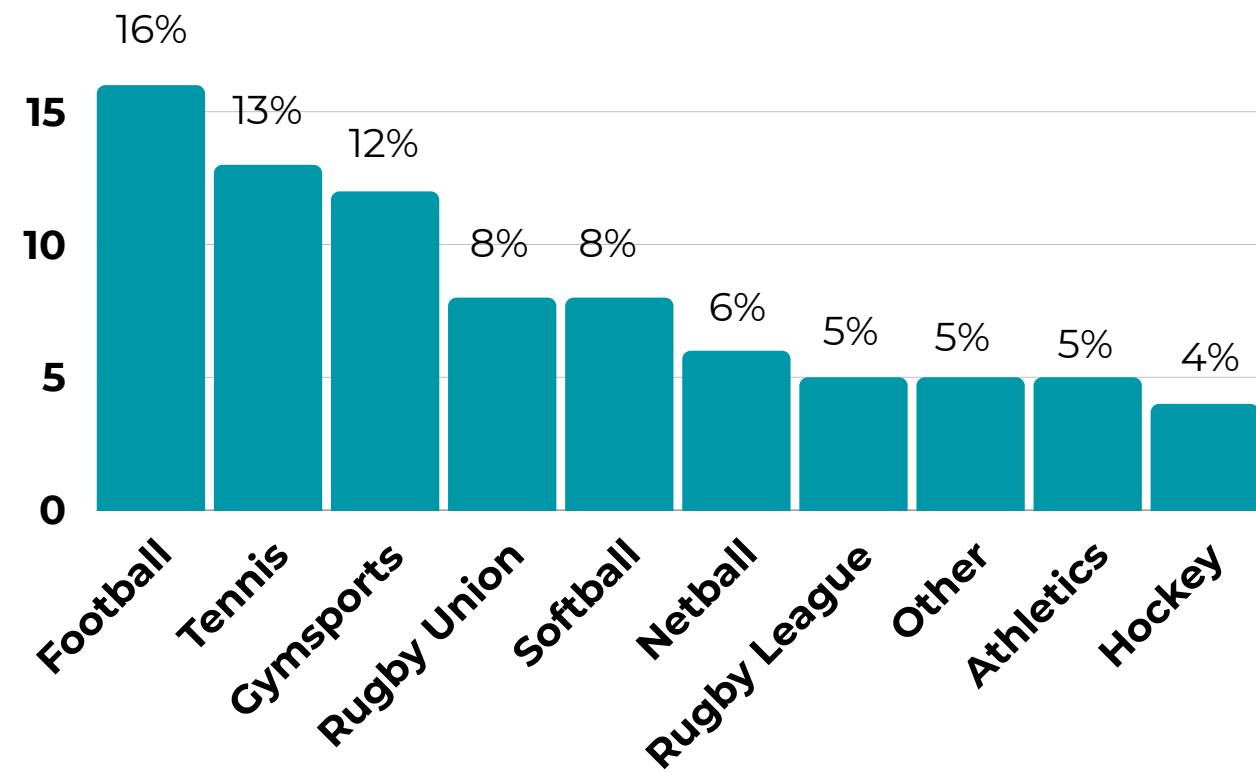


29

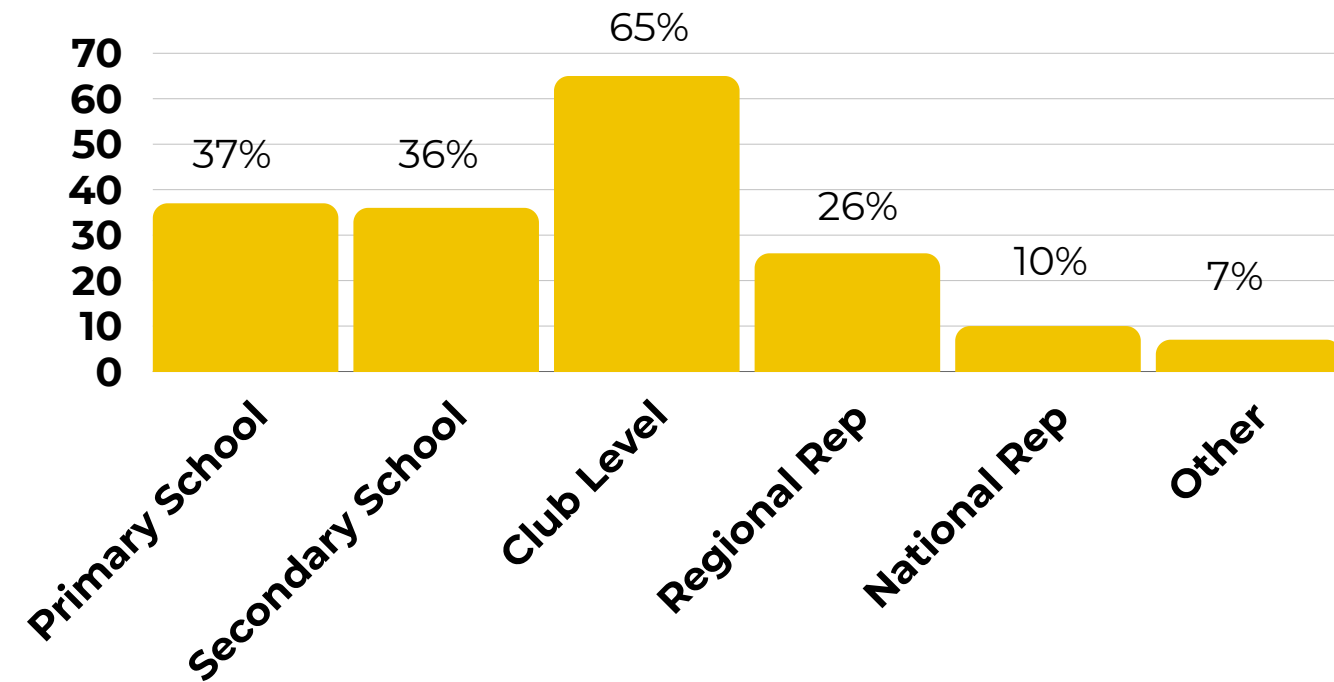
Different sports represented

Who Are They Coaching?

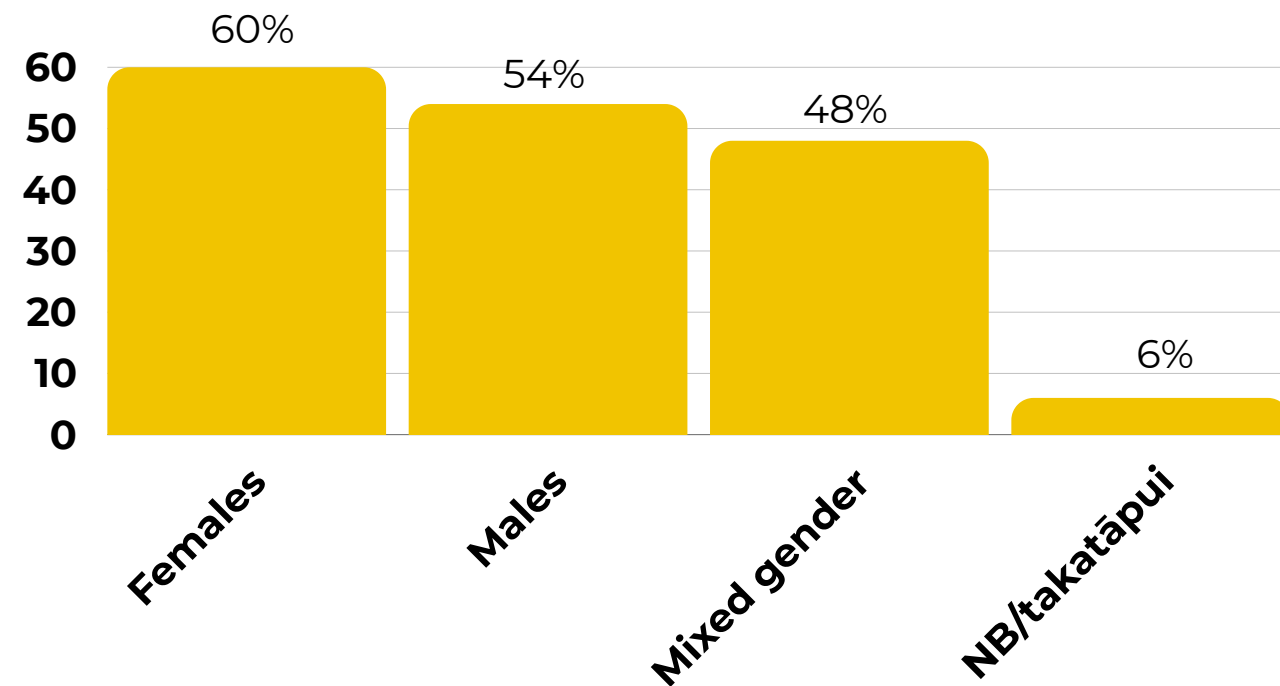
Most Coached Sports Amongst Respondents



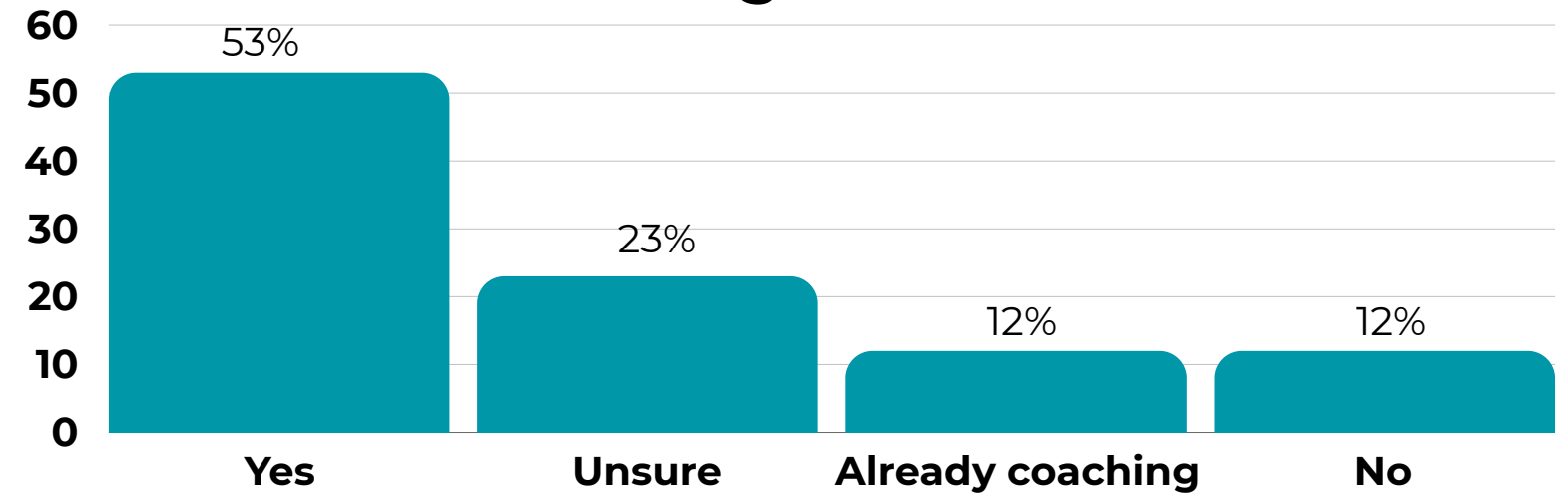
Coach Setting



Athlete Mix



Confidence Coaching Athletes with Disabilities



Coaching Motivations

Why do respondents coach?

Serving the community

Coaches enjoy serving the community by supporting the athletes they work with to set and achieve goals, and enjoy the opportunity to socialise with teams/communities.

Passion for the sport

Many respondents coach as a means of staying involved and promoting their sport, as well as imparting a love of the sport to their participants.

Personal growth and fulfilment

Some coaches experience their own personal growth when coaching, learning new skills and ways to help their participants succeed and have fun.

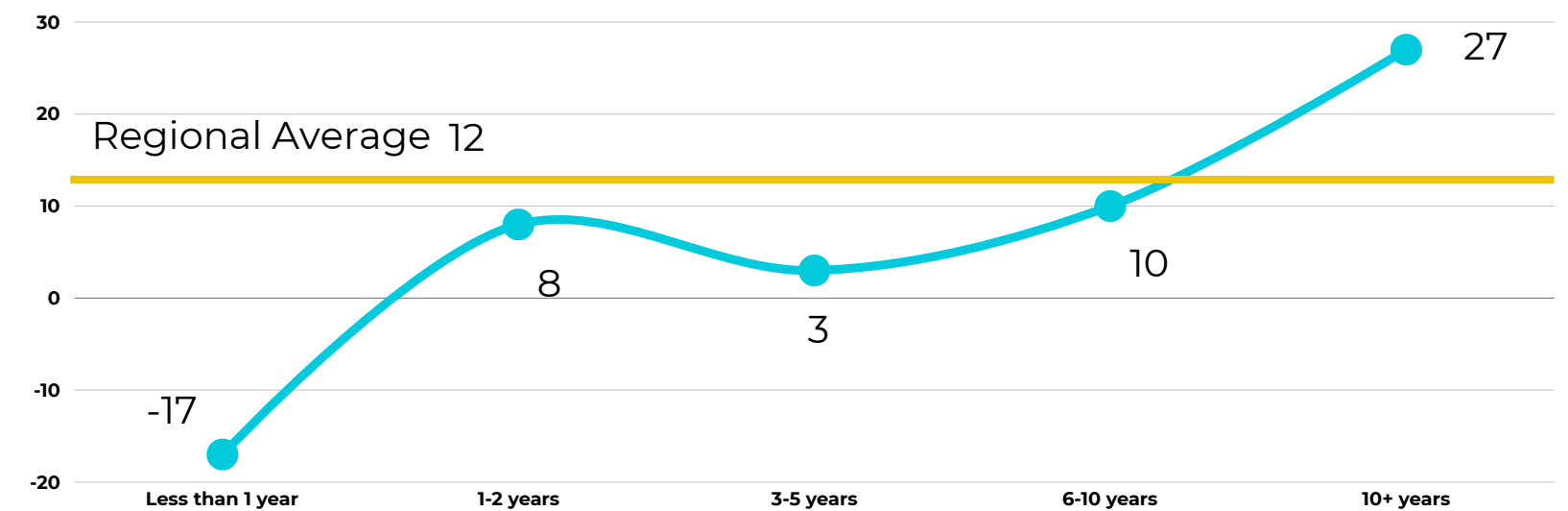
Passion for coaching

In some cases, coaches simply love coaching!

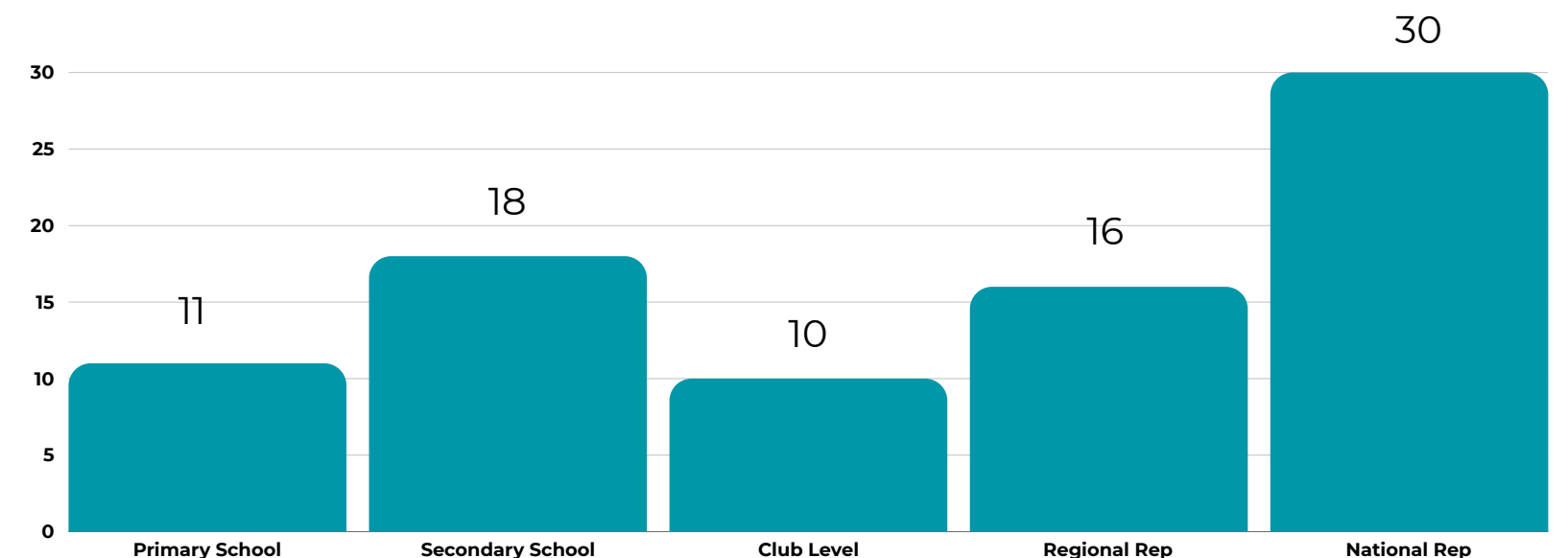
Net Promoter Score (NPS)

Net Promoter Score measures satisfaction by asking how likely respondents are to recommend a service, before rating them on a -10 to +10 scale. Higher scores indicate higher likelihood of recommendation.

NPS increases with time spent in coaching



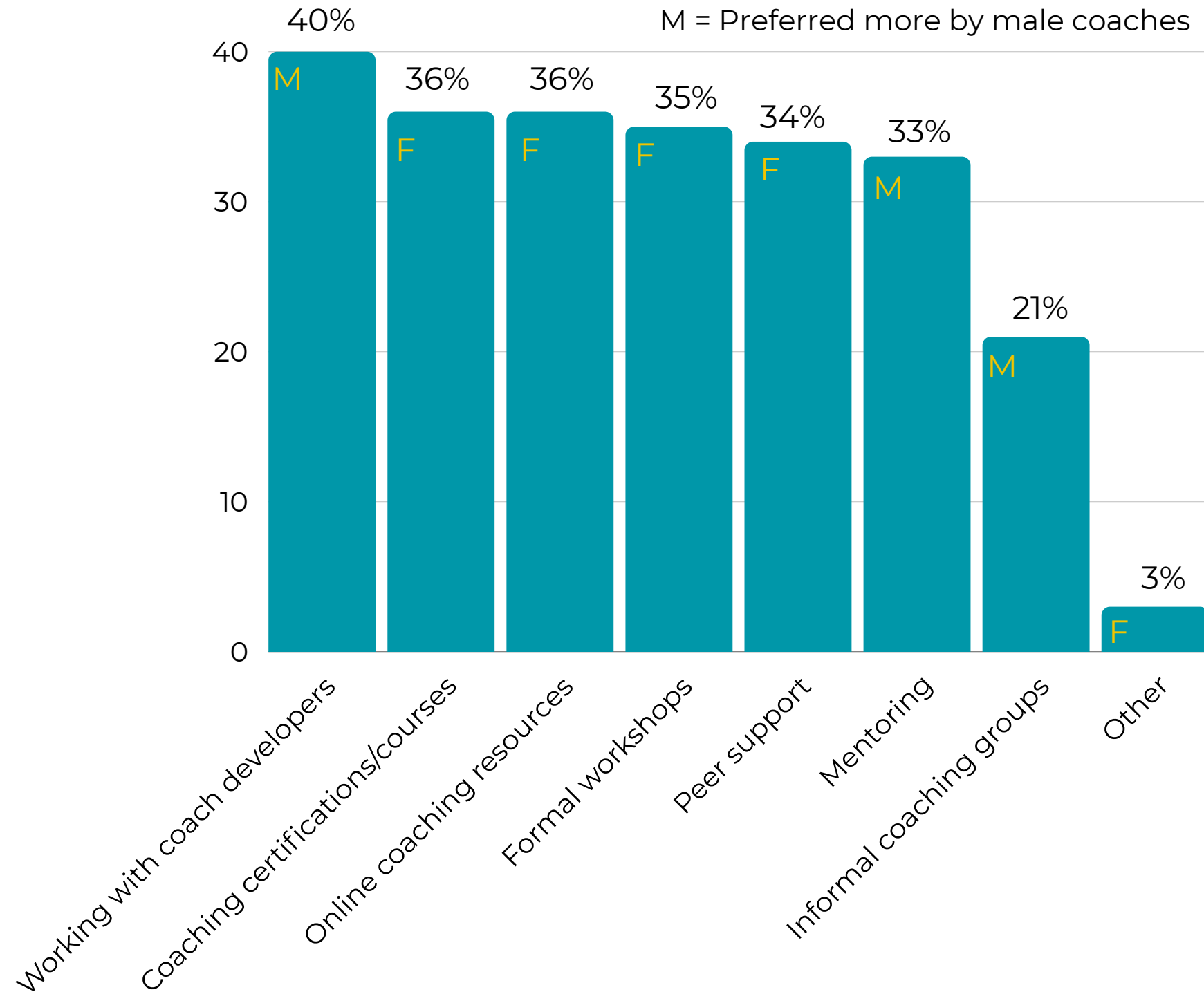
National rep coaches have a higher NPS



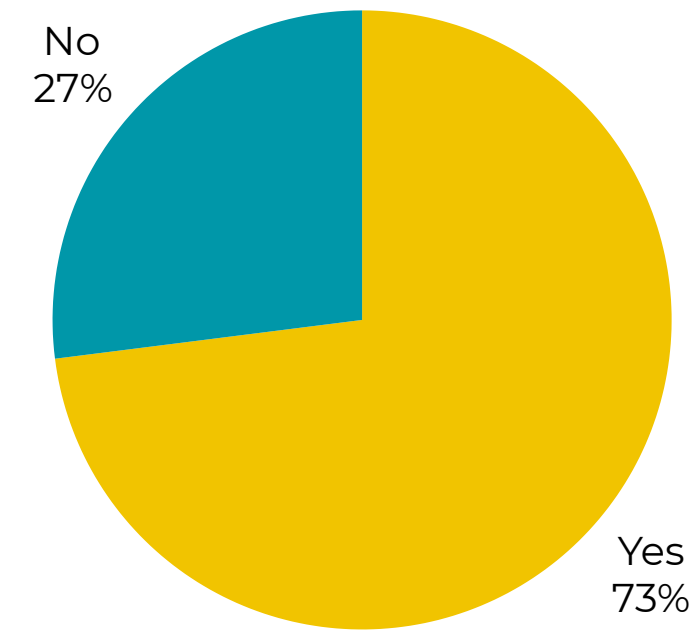
Coach Development

Preferred Coach Development

F = Preferred more by female coaches
M = Preferred more by male coaches



Recent Coach Development



*Responding to 'Have you attended any kind of formal training, workshops or development to support you in your coaching role, in the last couple of years?'

- Introductory/intermediate coaching
- Advanced and high performance coaching
- Workshops and seminars
- Online training
- First aid/safeguarding training
- Mentorship/peer learning

Challenges and Changes

Top 5 Challenges

1. Difficulty managing coaching and other responsibilities
2. Shortage of coaches
3. Behaviour management of participants
4. Administration
5. Lack of resources

“I wouldn't say unsupportive parents - but in some codes I coach, there isn't that expectation of helping out. The expectation these days for some is, drop my kid off and then pick them up.”

“Collaboration and mentorship opportunities as opposed to enforcing qualifications.”

Possible Improvements

Increased and improved collaboration

Respondents wanted increased collaboration between other coaches/club or school management/parents.

Increased and improved availability of resources

Resources could be coaching resources, appropriate funding for players or equipment.

Increased tailored support

Coaches were interested in development opportunities that met their needs, whether it be practical on-the-ground training or age/level-specific training.

Support for all coaches/new coaches

Respondents were clear that all coaches should be supported, no matter their experience or gender, and that new coaches should be supported and welcomed into the sector.

Support with administration

When it came to promoting games, organising funding or booking venues, coaches wanted support from management.

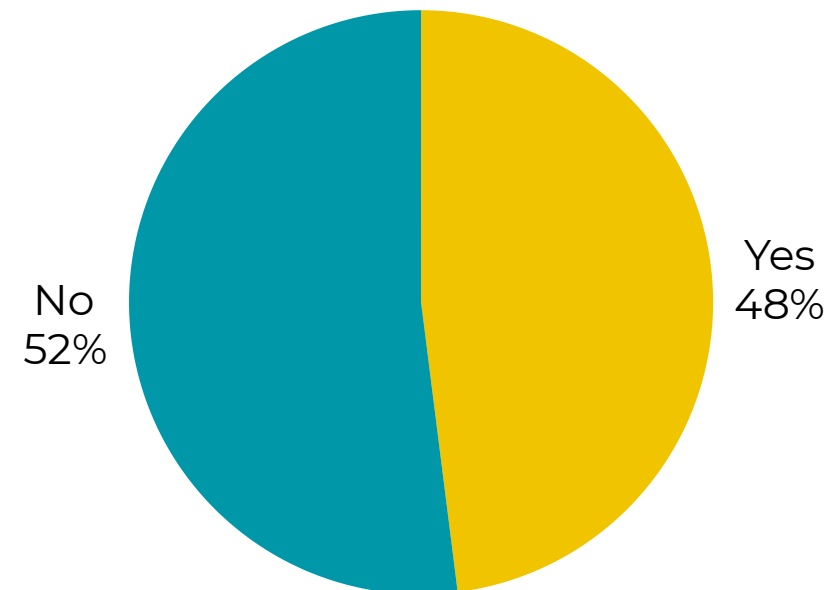
Balance is Better

balanceisbetter.org.nz

How Do Coaches Interpret BiB

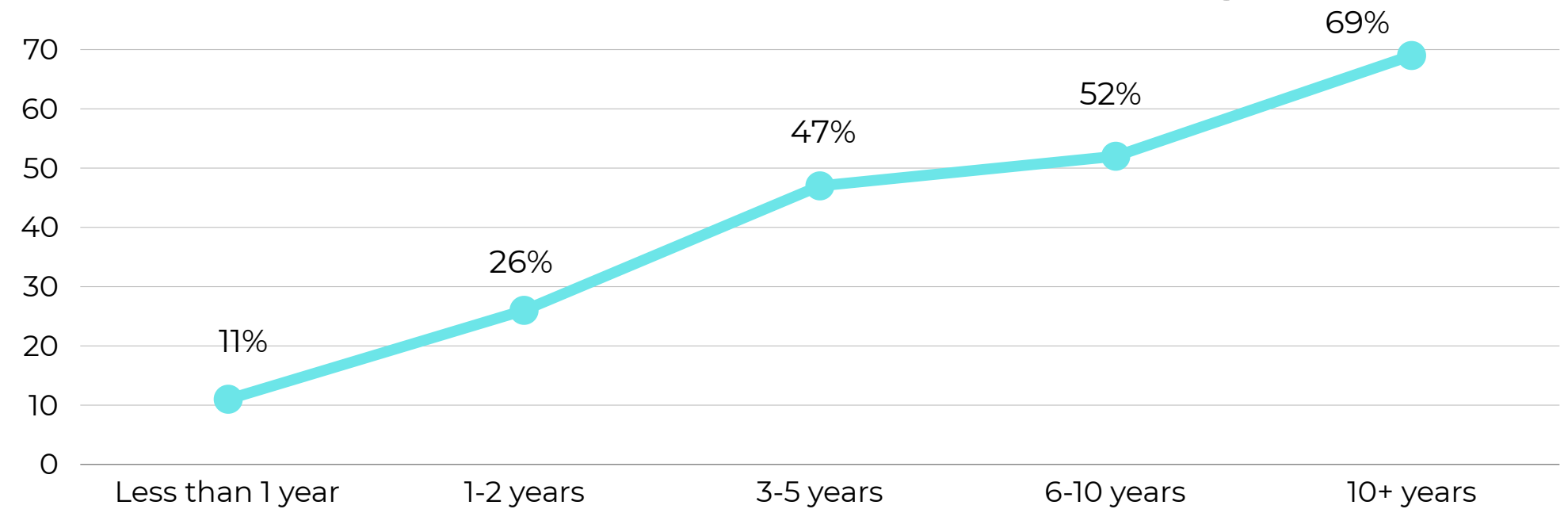
- Supporting a variety of sport/activities
- Holistic approach to balancing sport and life
- Prioritising fun in sport
- Prioritising athlete wellbeing
- Coaching best practice

Balance is Better Awareness



*Responding to 'Have you heard about Balance is Better?'

BiB x Time Spent in Coaching



“Keeping sport fun for the kids. I appreciate the guidelines in place to keep the focus on the enjoyment of the sport the kids are playing, rather than the elite side of things getting the attention.”

“Creating an environment for athletes to engage in all sports and not specialise at an age too young for their development. To understand the players purpose and respect their choice on how they engage.”

For more information, please visit:
'Coaching' at
nukuora.org.nz

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