

Sports Coach

Teach and lead athletes, from a kids' soccer team to a national squad. Most coaches are part time; the few full-time jobs are hard to get.

TYPICAL PAY

\$52,000

a year, full time

PAY RANGE

\$33k to \$90k

starting to experienced

TIME TO QUALIFY

up to 4 years

after high school

DEMAND

Moderate

job outlook

LICENCE NEEDED

No

anyone can do it

WHERE YOU WORK

**Clubs, schools, universities,
national teams**

How you get there

- 1 Play and help out** High school
Most coaches start as athletes, then assist with a younger team at their club or school. You can begin at 15 or 16.
- 2 NCCP (National Coaching Certification Program) training** Weeks per level
Run by the Coaching Association of Canada with each sport's national body, across 65 sports. Three streams: Community Sport for beginners and fun, Competition for developing athletes over the long term, and Instruction for teaching skills. Take the course, then get ev...
- 3 Safe Sport and screening** Days
A free 90-minute online Safe Sport module, a police check, first aid and CPR. Every organization that gets government funding requires them.
- 4 Optional degree** 4 years
Kinesiology, physical education or sport management. Needed for teaching, university coaching and most high-performance jobs.
- 5 Climb** 5 to 15 years
Assistant, age-group coach, head coach, provincial team, national team. Each step needs a higher certification level and results.

Pros and cons

- + Work inside the sport you love
- + Start as a teenager with almost no cost
- + You change young people's lives, and they remember you
- Evenings, weekends and holidays, every season
- Low or no pay for most coaches
- Job security depends on results and parents' opinions

Good to know

Two million coaches trained

The NCCP (National Coaching Certification Program) started in 1974 and has trained more than 2 million coaches and coach developers across 65 sports, from house league volunteers to Olympic staff.

Most coaches are volunteers

The vast majority of coaches in Canada are unpaid parents and former athletes running community teams. Paid coaching is a small slice of a huge volunteer system.

Optional boosts

Teacher who coaches. Strength and conditioning coach. High performance and national teams. Private academies and camps.

Where these numbers come from

Job Bank: Coaches, wages (updated Aug 2026)
Coaching Association of Canada: National Coaching Certification Program
Coaching Association of Canada: Safe Sport Training
Sport Canada

Numbers checked September 2026. Pay figures are typical full-time annual amounts in Canadian dollars, based on Government of Canada Job Bank wage data and published salary grids. They vary by province, employer and experience. Tuition is for domestic students. Sources, links and the click-through version: <https://career.help/ca/careers/sports-coach>



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