

CAREER TRANSITION

CASE STUDY: FOOTBALLER to PLUMBER

Name: Lee Roche **Age:** 40

From: Bolton

Playing Career Summary:

Lee started his playing career with Manchester United and was a regular centre back for the reserves team. He made his debut for the first team in November 2002 as well as representing England with the under 18s and under 21s. Lee moved to Burnley in 2003 in an attempt to play regular first team football. He spends two years there and then moved to Wrexham for another two seasons. He retired from full time football at the age of 27.

New Career: Plumber/Cavity Wall Technician/
Football Coach/Sport Data Analyst

Support from Player Association:

When Lee's football career abruptly ended in 2007, he turned to the PFA for support and to discuss his options. After initially retraining as a cavity wall technician, the PFA then helped him gain his Level 2 football coaching qualification and UEFA B qualification and he secured a coaching role at Bury FC academy. In November 2018 the PFA supported Lee to get his Level 2 NVQ Plumbing qualification in a fast track programme. He qualified in February 2019 and secured a full time post as a plumber.

Career Transition Highlights:

- Established himself as a successful youth coach at Bury FC.
- Set up a specialist cavity wall insulation extraction business.
- Became a confident and competent qualified plumber within 12 weeks.

Career Transition Challenges:

- Adjusting to the fact that his professional football career was over and didn't have a back up plan.



“ Leaving full time football without a back up plan was a stressful and scary time. However, the skills and experience gained once leaving football have taught me how versatile, resilient and flexible I am. From being a young lad, football was at the centre of all I did. The support from The PFA helped me to realise the skills I never knew I had. ”

