

CAREER TRANSITION

CASE STUDY: CRICKETER to COACH

Name: Sajid Mahmood **Age:** 37
From: Bolton, now living in London

Playing Career Summary:

Lancashire born fast bowler played 38 times for England across all formats between 2004-2009, taking 53 wickets. Mahmood took an impressive 616 wickets in his entire career, which was largely with Lancashire before representing Somerset and Essex. Mahmood still plays for the PCA England Masters.

New Career: Coaching

Support from Player Association:

After gaining some coaching experience with local club sides and schools, Sajid called on the PCA as he looked to plan his next steps in the coaching world. After discussions with Matthew Wood, one of the PCA's Personal Development Managers, he decided to complete a level two coaching qualification to access further opportunities in the coaching profession. He now regularly speaks with the PCA about his personal development and they have been able to advise him and lay out options for his coaching career.

Career Transition Highlights:

- Gaining satisfaction from seeing young cricketers develop through his influence.
- Helping underprivileged and under represented young people feel more involved and improve their health and fitness.
- Moving to London and enjoying a fresh challenge in a new place.

Career Transition Challenges:

- Not giving enough thought to the future whilst playing.
- When he finished playing, it took a couple of years to work out what he wanted to do.
- Not having relevant skills or qualifications for jobs in the 'outside world'.



“ I didn't really use the PCA much during my playing career and that is something I regret. Players should be tapping into the huge amount of resources the PCA has. I didn't think my career was going to end but now I wish I had done something during my playing days and set myself up better for when I left the game. ”