

What is Coaching Effectiveness?

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What is Coaching?

Coaching

- What contribution does a coach make to the performance and development of an athlete?
- What evidence do you have? How do you know if you as a coach have been effective?
- What makes a coach effective? Ineffective?

What is Coaching Effectiveness?

1. Athletes' outcomes?
2. Coach's knowledge?
3. Coaching contexts

A definition of coaching effectiveness should include these three components as its foundation.

Component 1: Athletes' Outcomes

Coaching Effectiveness and Athletes' Outcomes

1. **Competence:**
 - Positive view of one's action in sport. Learning sport specific skills, competing, and performing.
2. **Confidence:**
 - An internal sense of positive self-worth in sport.
3. **Connection:**
 - Positive bonds with people and institutions in sport.
4. **Character/Caring:**
 - Respect for rules, integrity, empathy for others.

Component 1: Athletes' Outcomes

Research on athletes supports the use of **competence, confidence, connection, and character** as important outcomes for coaches to develop in their athletes.

Component 2: Coaches' Knowledge

Component 2: Knowledge

1. **Professional (sport specific) knowledge:** includes technical, tactical, mental, pedagogical, training, nutrition, etc.
2. **Interpersonal knowledge:** individual and group interactions with children, adolescents, and adults (e.g. coach-athletes relationships).
3. **Intrapersonal knowledge:** on-going learning and reflection .

Component 3: Coaching Domains/Contexts

Component 3: Domains/Contexts

- According to Competitive Context
 - Performance
 - Recreational /Participation
- According to Athletes' Age and Development
 - Children
 - Adolescents
 - Adults
- Specific Environment (Globalisation)

Coaching Contexts

1. Participation coach for children
2. Participation coach for teens and adults
3. Performance coach for young adolescents
4. Performance coach for older adolescents and adults

Coaching Effectiveness: Definition

1. Research on athletes supports the use of **competence, confidence, connection, and character** as important outcomes for coaches to develop in their athletes.
2. Coaching research provides categories of coaches' knowledge that include **professional, interpersonal, and intrapersonal**.
3. Athlete development models show that **athletes' outcomes and coaches' knowledge** are characterized differently at various stages of an athlete's development in sport.

Proposed Definition of Coaching Effectiveness

The consistent application of integrated professional, interpersonal, and intrapersonal knowledge to improve athletes' competence, confidence, connection, and character in specific coaching contexts.



Coaching Effectiveness: Assumptions

1. Effective coaches in any context develop their athletes' competence, confidence, connection, and character.
2. Effective coaches in any context have professional, interpersonal, and intrapersonal knowledge.
3. The nature of the knowledge or competencies associated with effective coaches' knowledge varies according to different coaching contexts.

3. COACHING CONTEXTS

Settings of influences

2. EFFECTIVE COACHING

- Consistent application of coaching knowledge

1. ATHLETE LEARNING

- Enhancing athlete developmental outcomes

Competence Connection
Confidence Character

Interpersonal Knowledge

Intrapersonal Knowledge

Professional Knowledge

Participation coach for children

Performance coach for older adolescents and adults

Participation coach for adolescents and adults

Performance coach for young adolescents

Thank You

