



Coach Skill And Behavior; Effects On Motivation level Of Field Hockey Players

Habib Ullah, M.Phil. Scholar Isra Institute of Rehabilitation Science, Isra University Islamabad.

Noor Muhammad Marwat, Department of Sport Sciences and Physical Education, Gomal University, Dera Ismail Khan (KP) Pakistan.

Ejaz Asghar, Associate Professor. Isra Institute of Rehabilitation Science, Isra University Islamabad.

Zubia Savila, Ph.D Scholar, Centre for Sports and Exercise Sciences, The University of Malaya, Kuala Lumpur, Malaysia.

Alia, M.Phil. Scholar Isra Institute of Rehabilitation Science, Isra University Islamabad.

Ishrat Ali Virk, V. Lecturer of Sports Sciences, Bahauddin Zakaria University, Multan, Pakistan.

Waseem Raja Maseeh, M.Phil Scholar, Isra Institute of Rehabilitation Science, Isra University, Islamabad.

Abstract

Study in hand was conducted about the effect of coach skill and behavior on motivation of field hockey players. Researcher used Coaching Behavior Scale(CBS-S) for data collection. Total participants of the study were 285 field hockey players of four districts (Lahore, Faisalabad, Bahawalpur and Bhakkar) of Punjab, Pakistan. District sports officers of all the four districts were taken in to confidence before collection of data. Cross sectional survey design was used for study. The data was collected through scheduled questionnaires. Collected data were analyzed through the help of SPSS 21. Results of the study were in line with the studies consulted and positive effect of coach behavior on motivation of field hockey players were detected. This study is helpful for researchers, physical educationists and for sports persons. The purpose of the study was to identify coaching behavior toward players' physical training/conditioning, techniques in skills, mental toughness, goal-setting and strategies to efficiently cope in competitions.

Keywords: Coaching Behavior (CB), Field Hockey Players, Effects, Coaching Behavior Scale, Technical Skills (TS), Skill, Goal Setting, Training, Conditioning, Mental Toughness, Behavior and Motivation.

Introduction

It is established fact that coach always through his skill, experience and abilities create conducive environment and push players to easily overcome the hurdles which hinder in their goal achievement. It is the prime responsibility of a coach to facilitate the players in polishing their latent potentialities to the climax. An experienced and skilled coach is like a role model for the sportsmen he always impresses them through his coaching abilities and techniques. He plays a pivotal role in motivating the players towards maximum participation and goal-oriented results. He skillfully develops the potentials of participants during training and coaching. Through experience and skill coach compel athletes to reduce their stress level and enhance expectation levels. Coach must be acquainted with all the relevant knowledge and skill affiliated with the sporting events of the participants. He must have sufficient knowledge about anatomy physiology, exercise physiology, sports administration, sports medicine, strength training/conditioning, sociology, rules and sports psychology. Coach work on strengthening all the aspects of athlete during coaching including physical, social, emotional, cognitive, and mental development. Coach mostly concentrates on four primary components: risk physical training & conditioning, technical skill, mental preparation and goal setting (Ejaz Asghar, 2011). Coaching is the strong, essential and important element of sports and athletes' career. Evaluation and through check on the performance and achievement is the core of coaching program. Indeed, previous studies have proved that coaching plays vital role in the achievement and skill level of participants. All the relevant aspects of athletes are properly developed through systematic coaching program. It is prime responsibility of coach to have keen eye check on the skill level, implementation and improvement in approach of athlete. In ancient regime of sport competitions players had to acquire the skills and knowledge level of sport in order to attain prime position in competitions. With the passage of time and innovation in sports the activities were converted to specialized and organized pattern and thus role of coaching was started. Performance climax and accuracy in skill level is developed by coach through better plan and strategies. Success of coaching program is totally dependent upon the coach and his strategies. (Y, Yardely, 1999).

Objectives.

1. To check the effects of coach skill on motivation level of field hockey players.
2. To check the effects of coach behavior on motivation level of field hockey players

Hypotheses:

Ho1. There is no significant effect of coach skill on motivation level of field hockey players.

Ho2. There is no significant effect of coach behavior on motivation level of field hockey players.

Literature:

Scientist audit the writing on the impact of training conduct on inspiration of field hockey players. As of late, there has been broad examination directed intended to respond to the subject of what coaching style decidedly affects competitor inspiration and what that inspiration means for competitor execution. The particular themes that

will be talked about incorporate, the job of a coach, training styles, inspiration, characteristic and outward inspiration. Job of a coach as considered somebody who prepares, teaches or offers guidance to a competitor to work on their physical and mental exhibition in their presentation. As a rule, once a competitor has started their excursion of investment in cutthroat game, they will invest a greater part of their energy with their coach. Not exclusively does a coach have the obligation of playing the definitive job a group or gathering of competitors, showing specialized abilities and as a rule winning; the individual in question or obligation of rousing competitors, supporting them and empowering them to satisfy their fullest potential (S, Dunk, 2016). One of the past concentrates on identified with connection between instructing styles and competitors, direct in various associated colleges in 2017, consequences of that exploration showed that competitors adequacy related with chosen coaching style and imagination of competitors likewise there was a huge relationship among variable (L, Gale, 2017).

Methodology

Cross-Sectional study design was used for this particular study. Research study was conducted in four districts of Punjab, Pakistan. Districts were Lahore, Faisalabad, Bahawalpur and Bhakkar. Study duration was 6-month after approval from various bodies and authorities. Sample size was 285 field hockey players, sampling was made with non-probability method for selection of districts, later on convenient sampling technique was applied for targeted sample. Male field hockey players with age varying between 18 to 30 years with no physical disability were chosen. Data was collected through general demographic questionnaire and coaching behavioral scale for sports (CBS-S) questionnaire. The data was analyzed through SPSS 21.

Results:

Figure: 01

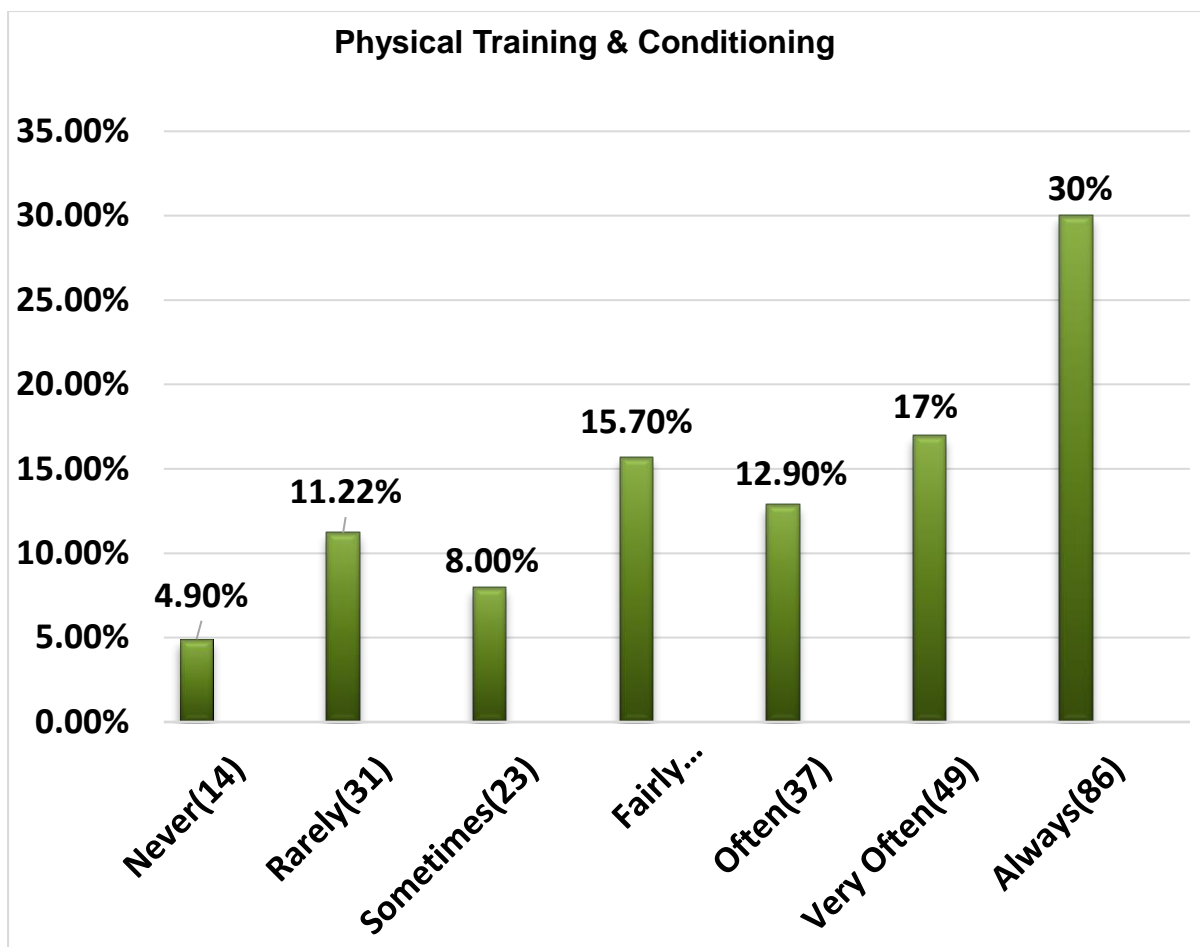


Figure: 01, of CBS-S are highly positively correlated with the coaching behavior. Coach provides detailed and challenging physical conditioning & training program and provides plan, facilities and equipments.

Figure: 02

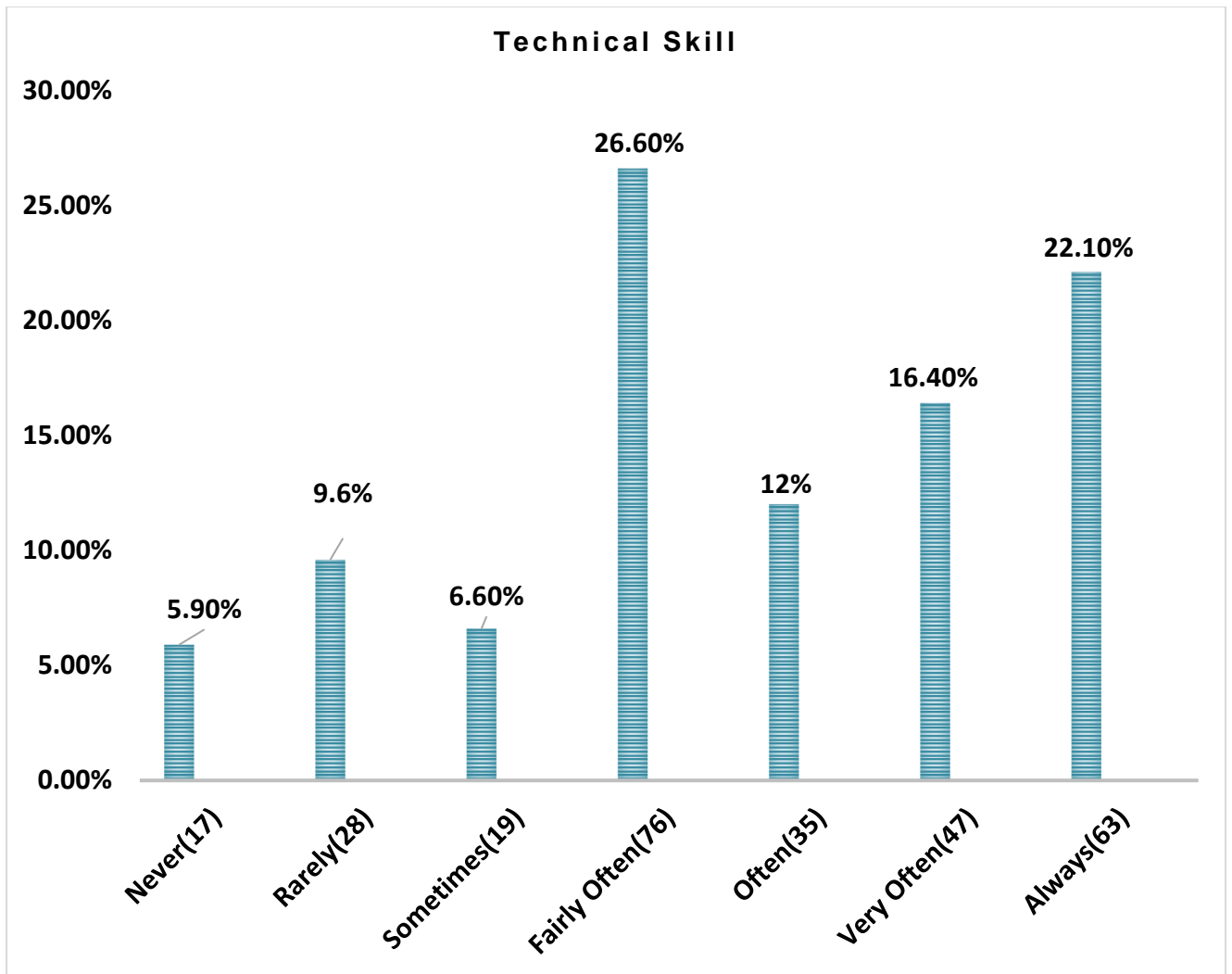


Figure: 02, shows that coaches' gives feedback and advice for correcting technical errors, correct and improve technique. Uses verbal and visual example to show how a skill should be done.

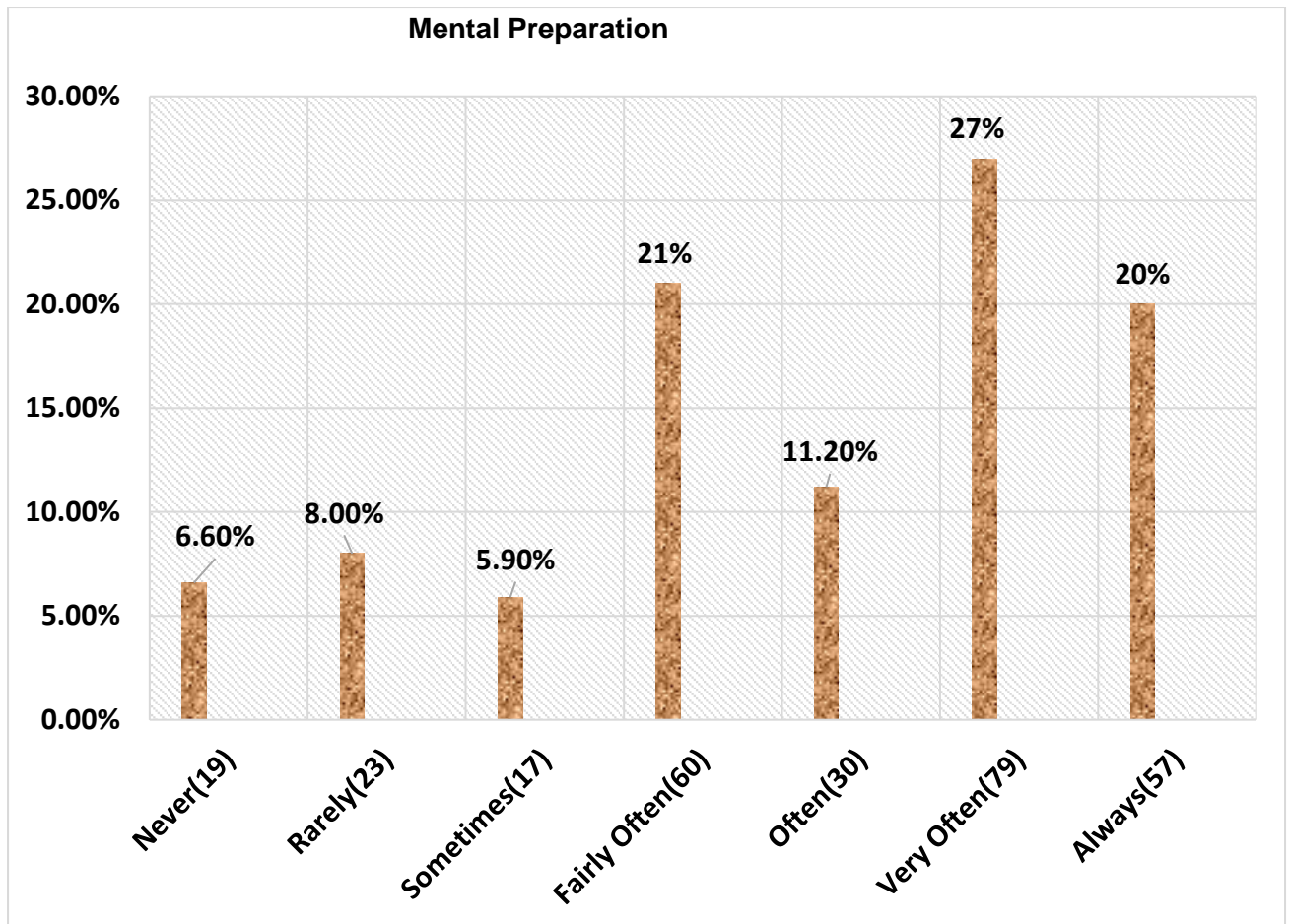


Figure: 03, of CBS-S are also found to be excellent. Coach gives advice on how to perform under pressure and how to be mentally tough, stay confident, positive and focused.

Figure: 04

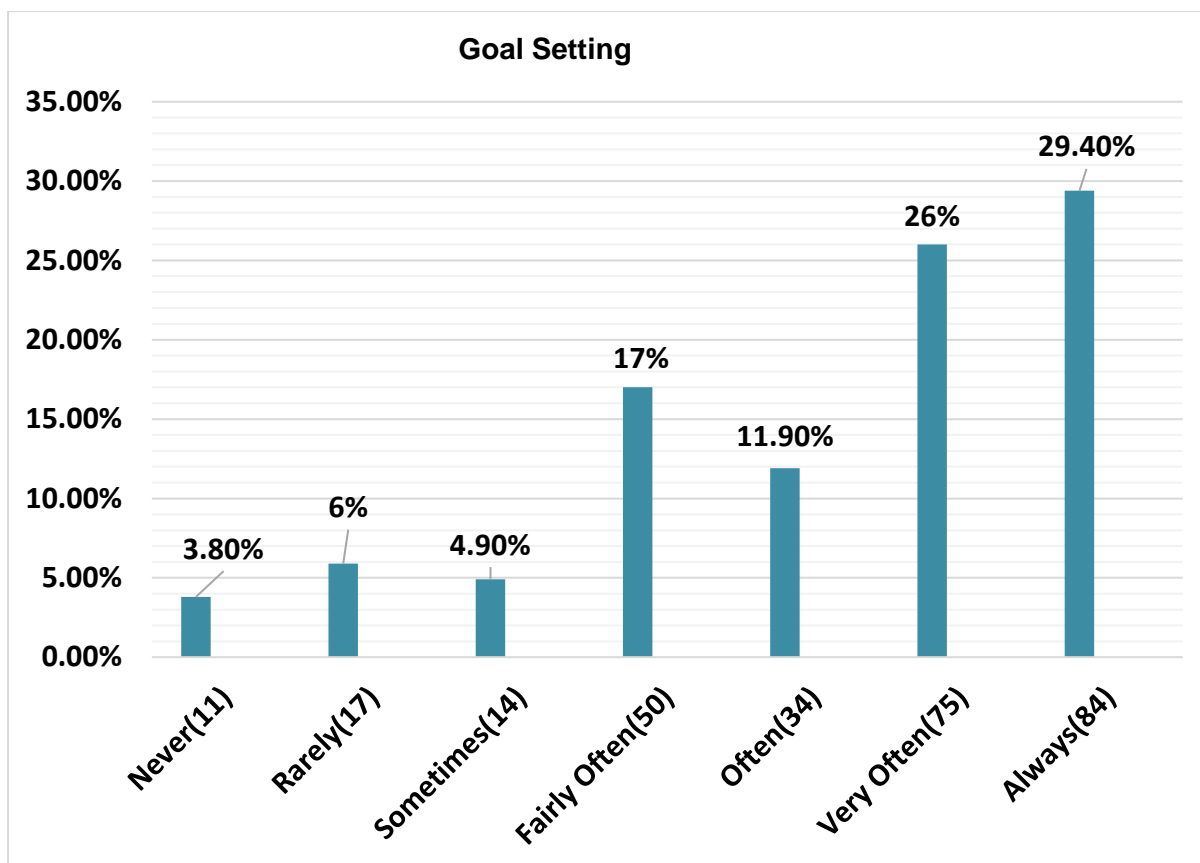
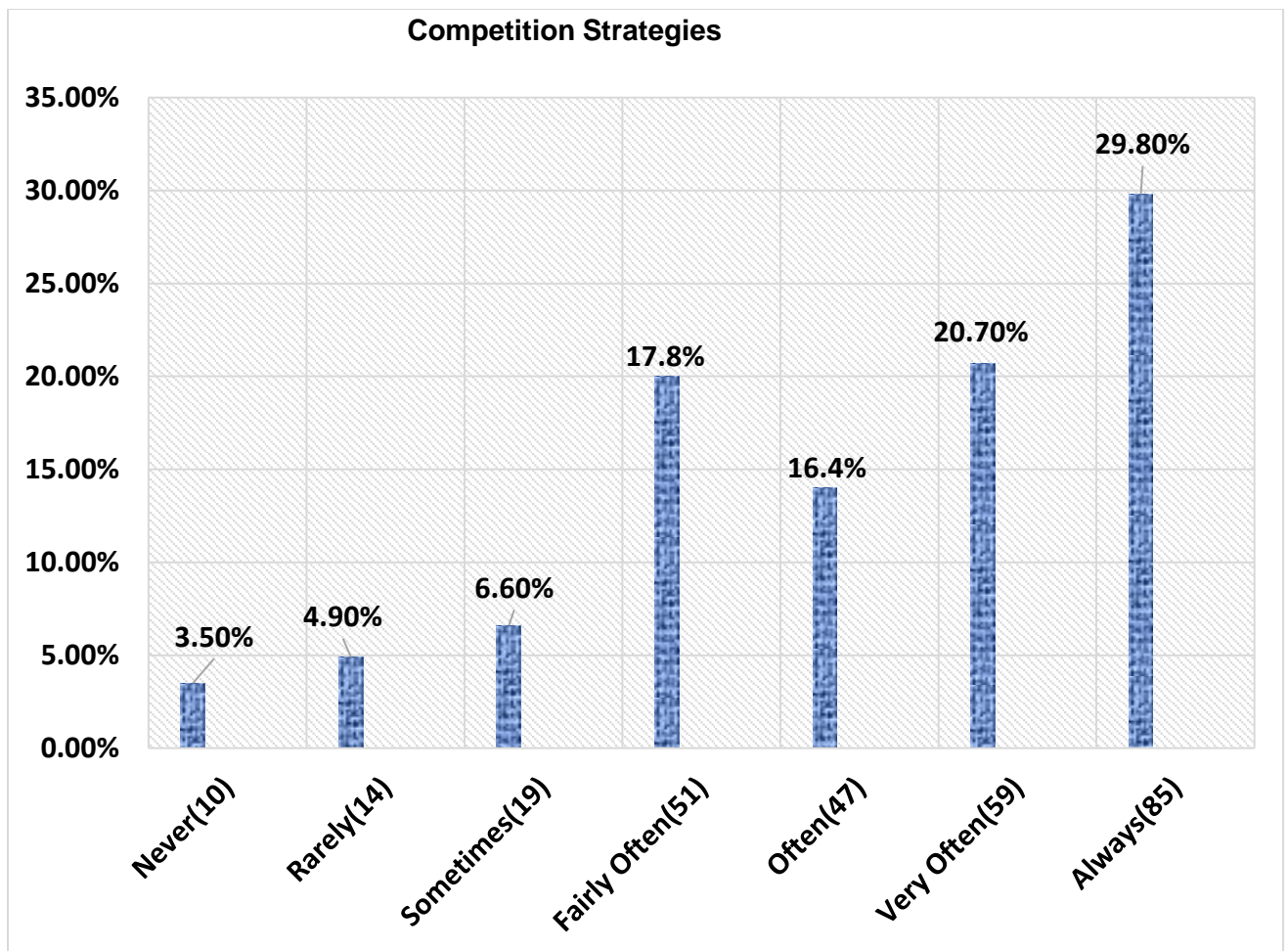


Figure: 04, shows that Coach helps players to set short-term and long-term goals. Coaches monitor players' progress toward goals and provide support to attain goals.

Figure: 05



According to **Figure: 05**, Coach makes sure that the players understand the strategies players being taught. Prepares players to face a variety of situation during competition.

Figure: 06

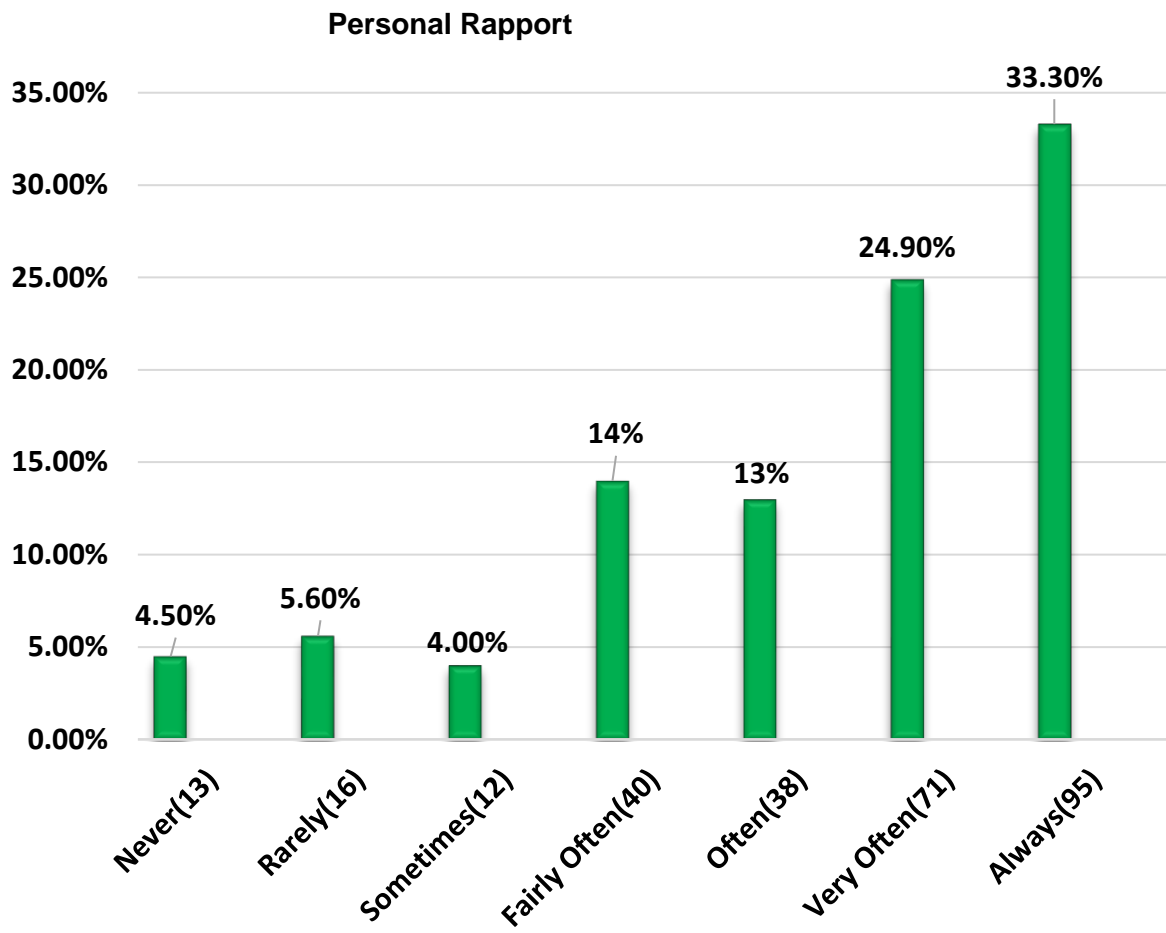
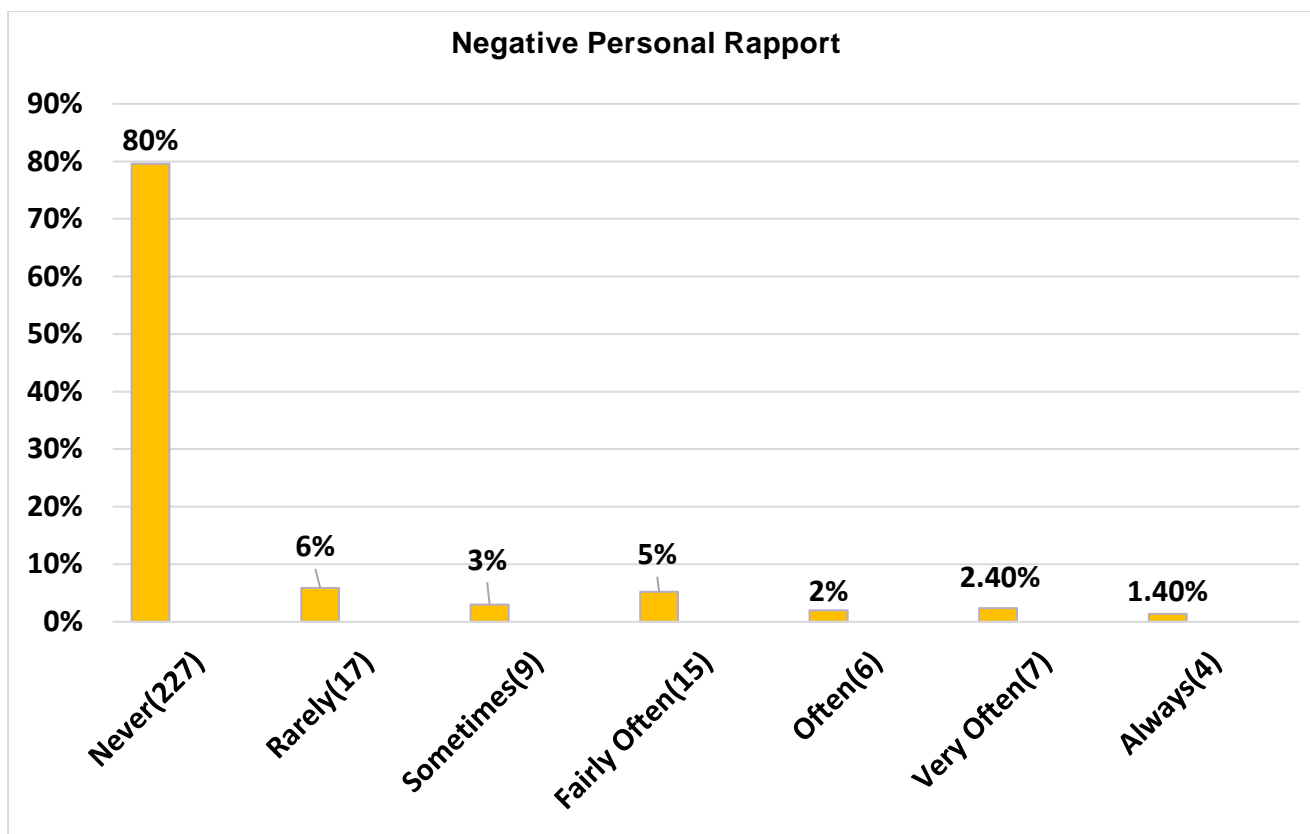


Figure: 06, shows that all the players are positive about their coach. Coach shows understanding for players as a person and easy approachable and is a good listener.

Figure: 07



According to **Figure: 07**, all the players gave positive feedback about their coach. 80% of players of the total sample circle never in negative personal rapport of coach.

Table: 01 Coaching Behavior Scale for Sports

	N	Mean	±Std. D
Physical Training & Conditioning	285	5.93	±1.51
Technical Skill	285	5.62	±1.70
Mental Preparation	285	5.71	±1.64
Goal Setting	285	5.82	±1.55

Competition Strategies	285	5.85	±1.54
Personal Rapport	285	6.54	±1.15
Negative Personal Rapport	285	1.40	±1.17

Total Mean/±SD

Mean= 5.26 ±SD= 1.46

Table: 01, shows that, the ±SD values of all factors are close to the mean and the data are clustered closely around the mean. Because a low ±SD, indicates that the values tend to be close to the mean.

the study findings carried out, it was reported that Coach is the point of motivation for athletes, their working abilities, psychological motivation improved performance and skill efficiency is enhanced. Athlete are required to follow the information provided/directed by the coach in a true belief and sense. Through positive communication positive relationships and co-ordination are developed among the players leading towards maximum chances of success. (L, Gale, 2017). Researcher study is approximately matching and at par with the findings of previous studies. Better coaching behavior is beneficial in developing physical training, conditioning, technical skills, mental preparation, goal setting, competition strategies, psychological development, positive motivation and accuracy in skill implementation.

Conclusion

Coaching behavior scale for sports was used to measure coaching behavior on players' motivation. Coaching behavior has a positive effect on players' physical training/conditioning, skill techniques, mental toughness, goal orientation and impressive competition strategies. Players give positive feedback on coach personal and negative personal rapport. Coaches provide support to attain players' goals, furnish advice how to stay positive, stay focused, confidence in own abilities and how to perform under pressure. Coaches' give specific feedback for improving technical errors, correct and improve technique. Coaches make sure that the players understand the strategies players are being taught. Both our null hypotheses were rejected.

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