

# Coaching Education Needs in Youth Sport: An Interdisciplinary Approach

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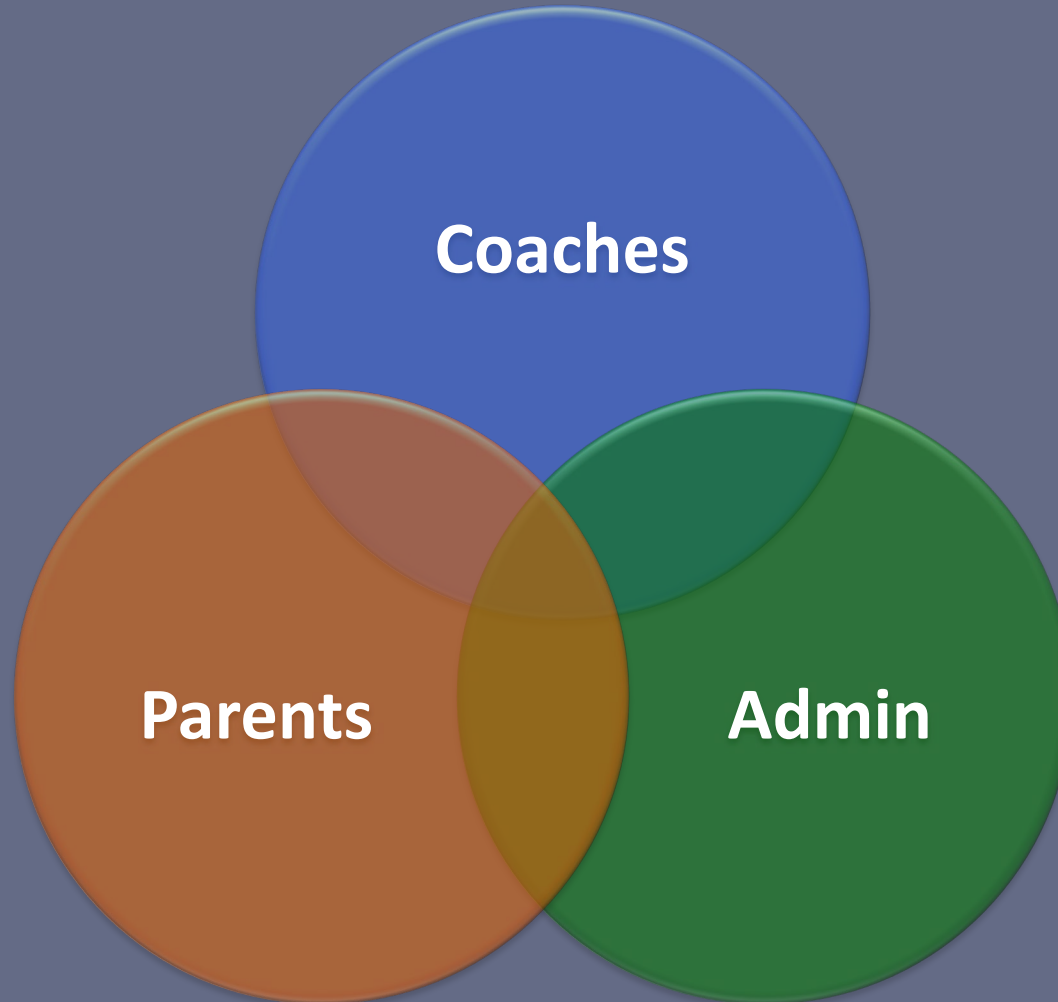


# Importance of Youth Sport Coaches

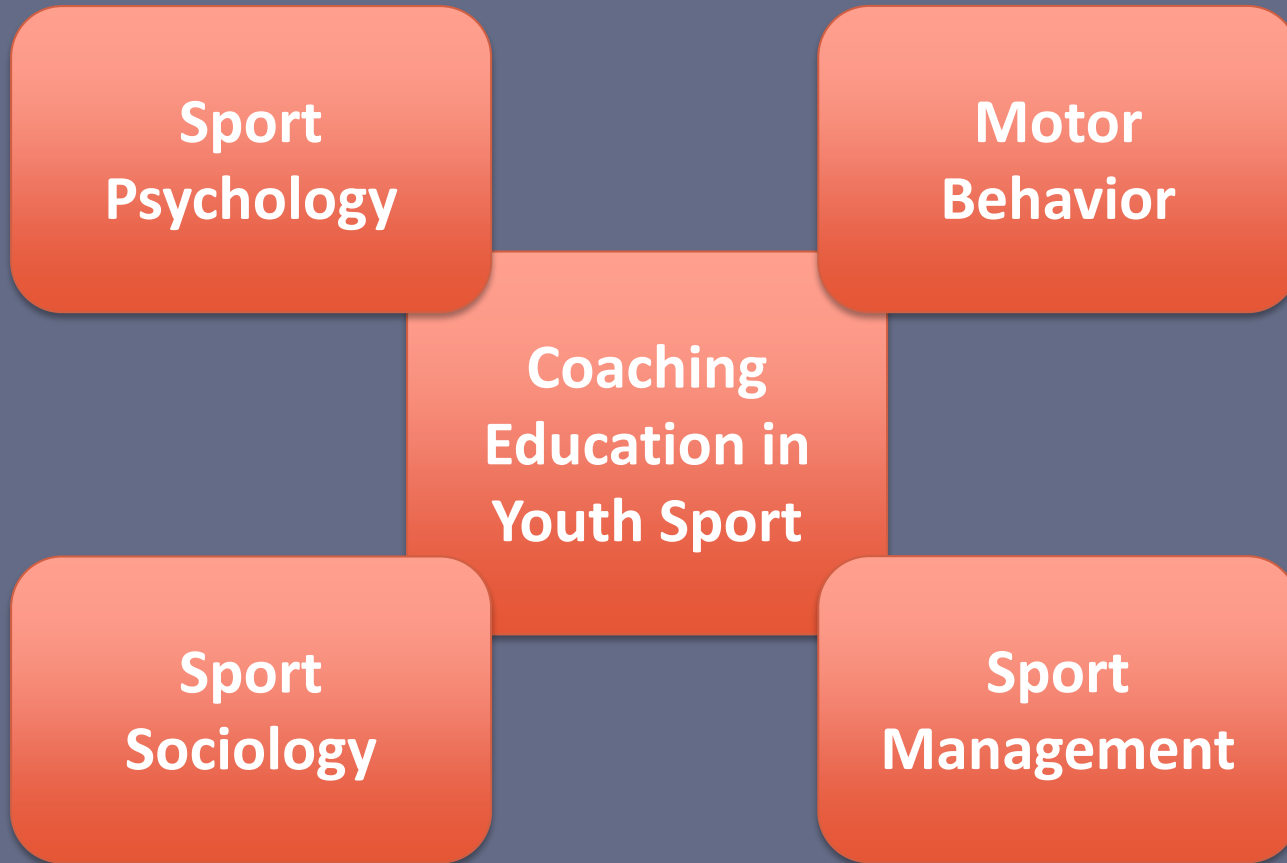
- Play a key role in shaping young athletes' experiences
  - Quality of coach-athlete relationships depend on training
- Community-based programs rely heavily on volunteers
  - The majority do not receive formal education or training
- Current education is **insufficient** to meet coaches' needs (Erikson et al., 2008; Wiersma & Sherman, 2005)



# Multiple Perspectives



# Interdisciplinary Approach



# Purpose

- Examine perceived needs and value of coaching education in a youth sport community
  - Coaches, parents, and admin
- Interpret data from multiple disciplinary perspective
  - Sport psychology, motor behavior, sport sociology, sport management

# Participants

	<b>Coaches (N = 202)</b>	<b>Parents (N = 309)</b>	<b>Administrators (N = 38)</b>
<b>Age</b>	<i>M</i> = 40.5 <i>SD</i> = 12.1	<i>M</i> = 43.1 <i>SD</i> = 5.8	<i>M</i> = 41.94 <i>SD</i> = 12.3
<b>Gender</b>	72.3% Male	72.5% Female	65.8% Male
<b>Ethnicity</b>	92.6% White	85.1% White	94.7% White
<b>Years Experience</b>	70% > 5 years experience	78.3% > 5 years experience	65.8% > 5 years experience
<b>Other</b>	39% parents 43.6% not paid		31.6% coaches not paid

# Procedure and Measures

- Recruited current coaches, parents, and admin to complete an online survey
  1. Rate how much you agree with the following statement: "Coaching education should be required for all coaches."
    - Strongly Agree, Agree, Disagree, Strongly Agree
  2. Please explain why you "agree"/"strongly agree" or "disagree"/"strongly disagree" coaching education should be required.
    - Open-ended responses

# Results – 1. Required Coaching Education

Role	Strongly Agree	Agree	Disagree	Strongly Disagree
Coach	42%	42%	9.5%	6.5%
Parent	44.7%	42.1%	7.9%	5.3%
Admin	37.4%	41.2%	12.3%	9.1%

- The majority of all groups (> 78.6%) **agreed or strongly agreed** that coaching education should be required
- Non-significant chi square test ( $p = .78$ ) showed **no relationship** between role and % agreement



## Results – 2. Open-Ended Responses

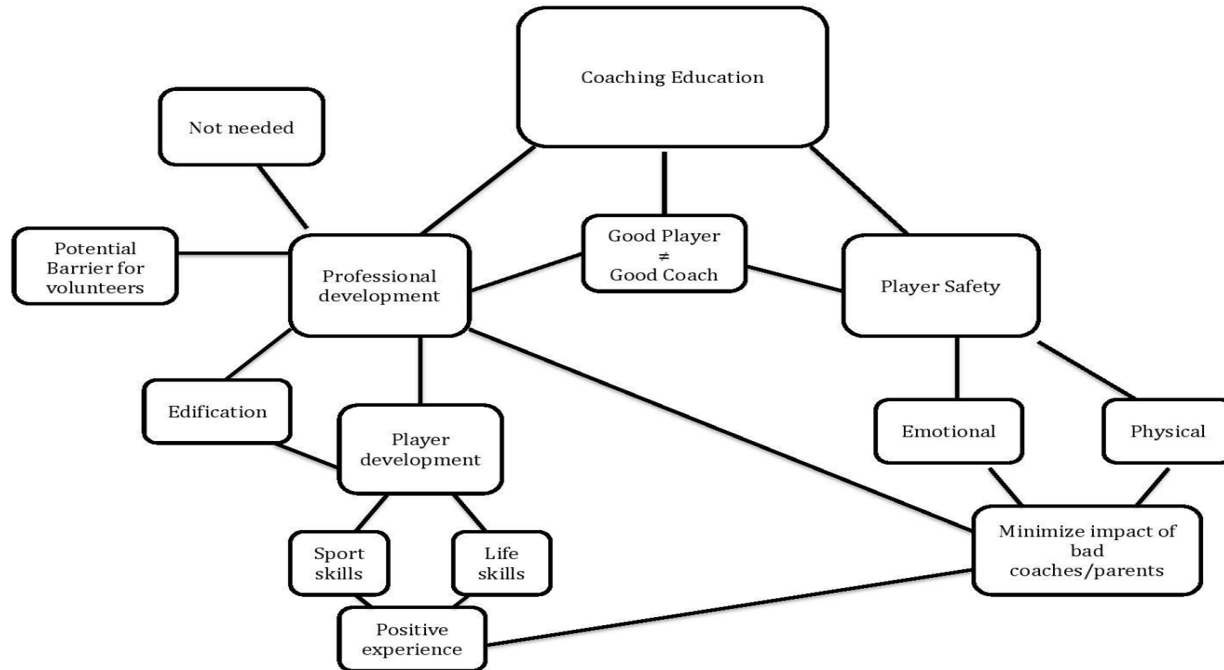
- 449 of 549 participants provided a response
- Independent analyses completed by each author
  - Disciplinary-specific results (e.g., overarching themes, quotes, diagrams)
- Present analyses separately by discipline
  - Followed by an interactive, intrapanel discussion

# Sport Management Perspective

- & Volunteer management
- & Risk management



Coaching Ed overarching themes



# Sport Management Perspective

# Theme 1: Professional Development

- ❌ Barrier to recruiting coaches
- ❌ Not needed
- ❌ Edification
- ❌ Player development



## **Positive experience for athletes**

**"It makes the experiences of the children greater and more valuable for them if they have a credible and educated coach."**

# Barriers

**“We wouldn’t get as many volunteers if we required coaching education. If we offered it free we might be ok. But we still wouldn’t get all volunteer coaches to attend.” (p. 23, #320)**

# Not Needed

“Passing a coaching ethics class does not make you a good coach...Skills and strategies must be taught and implemented during the game. These are things that cannot be taught in class.” #22, p. 5

# Edification

**“It prepares you to do the best coaching job you can. The more you learn the better coach you will be.” (p. 11, #117)**



# Player development

**“Swim coaches need continuing education in order to provide the latest training techniques for all age swimmers.” (p. 24, #342)**

# Volunteer Management

↳ Three phases:

↳ Acquisition

↳ Training

↳ Retention

# Theme 2: Good player $\neq$ good coach

- ☞ Too many former players who can't teach game
- ☞ Education will solve problems



# Former players

“...I would feel much better facing an opponent’s coach that I saw at a coach education course, than some parent who thinks that because they were a high school jock, they know how to coach a sport.” (p. 39, #560)

# Theme 3: Player safety

- 🔗 Physical & emotional safety
- 🔗 Parents & coaches
- 🔗 Want to minimize impact of bad coaches



## Physical & emotional safety

**“...With the level of competition being elevated at such a young age with travel teams, etc, the risk for injury and competition among teams is greater. It is essential coaches be able to recognize and prevent injury and encourage healthy competition with good technique within the sport.” (p.43, #608)**

# Key takeaways

acquisition-> training ->  
retention

coaching ed minimizes risk

# References

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