

The Coaching Principles Self - Study: Outdoor Sports Events Coach Experiences

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Abstract: This qualitative descriptive study deals with the coaching principles of outdoor sports events as the coaches' experience. The study was conducted at the Physical Education and Health Sciences of Chongqing Normal University in China. The researcher utilized 10 coaches of outdoor sports including volleyball, tennis, track and field, and football coaches who were chosen using the purposive sampling. The study therefore recommends that: 1) Coaches should prioritize their own development by staying updated with the latest coaching techniques, sports science, and research. 2) Adopting a student-centered approach involves understanding the unique needs and abilities of each individual on the team. 3) Coaches should develop well-structured training plans and set clear, achievable goals for both the team and individual athletes. 4) Coaches should foster a positive and supportive environment where athletes feel encouraged to learn and grow. 5) Coaches must conduct risk assessments and develop risk management plans to ensure the safety and well-being of their team. 6) Building strong team unity and positive relationships among team members can lead to improved cooperation and performance. 7) Recognizing that athletes have different learning styles and needs, coaches should tailor their teaching methods to accommodate individual differences.

Keywords: Training Plans; Student-Centered Approach; Supportive Environment.

1. Introduction

This study will explore the experiences of coaches of outdoor sports events in China applying the coaching principles self - study. The experiences will be the basis of the researcher in coming up with a blueprint for a coaching principle for out door sports coaches. Organization of the manuscript can be helpful to the reader.

This study will explore the experiences of the outdoor sports coaches at Chongqing Normal University. The outdoor sports events cover the following: beach volleyball, tennis, track and field and football.

The study will center on the experiences of outdoor sports coaches on how they utilized the coaching principle self - study before the actual game, during the game, and after the actual game. The study will explore his/her experiences with the athletes and the colleagues .

The respondent's answers will be explained using the theory of play purported by Hans -Georg Gadamer.

2. Self-study principles

2.1. Developing and Achieving Coaching Philosophy

Developing and achieving a coaching philosophy is a vital aspect of a coach's professional journey. The themes derived from the responses shed light on two key elements of a coaching philosophy: comprehensive development and an individual approach, as well as morality, ethics, and life development. Coaches emphasize the importance of nurturing athletes holistically, focusing not only on their technical and physical abilities but also on their personal growth and character development. They strive to create an environment that promotes individualized attention, understanding each athlete's strengths and weaknesses, and providing personalized guidance. Furthermore, coaches recognize the significance of instilling values and ethics in their athletes,

fostering a sense of morality, and facilitating their overall life development. By embracing these themes, coaches can establish a coaching philosophy that encompasses the holistic development of athletes, both on and off the field, and guides them towards success and fulfillment .Figures Developing and achieving a coaching philosophy involves a multifaceted approach that encompasses comprehensive development and an individualized approach. The statements from the coaches in this analysis provide insights into the strategies and principles they employ to shape their coaching philosophies.

Beach Volleyball Coach 1 emphasizes cultivating comprehensive qualities and focusing on students ' practice and innovation. This suggests that the coach values a well - rounded development approach, aiming to nurture not only technical skills but also the creative and practical abilities of the athletes.

2.2. Determining the Coaching Goals and the Kinds of Coaching Goals

Setting clear coaching goals is crucial for guiding the development and success of athletes. The themes derived from the responses highlight the importance of comprehensive development and well-rounded goals. Coaches emphasize the need to focus on various aspects of athletes' growth, including cognitive, skill, and emotional development. These goals aim to improve athletes' technical abilities, enhance their coordination, and cultivate teamwork spirit. Additionally, the themes underscore the significance of setting ambitious and competitive goals. Coaches strive to lead their teams to victory and championships, instilling a drive for excellence and providing motivation for athletes to push their limits. By establishing these coaching goals, coaches can provide a clear direction for athletes' progress and create a framework for their overall development and achievement .

2.3. Coaching Style

Understanding the different coaching styles employed by coaches is essential in analyzing their approach to guiding and developing athletes. The themes derived from the responses highlight the importance of a collaborative and supportive coaching style, where coaches foster a positive and empowering environment through effective communication, trust-building, and providing encouragement. Additionally, coaches emphasize the significance of a personalized and adaptive coaching style, tailoring their approach to meet the unique needs and abilities of individual athletes, fostering their growth and development. Lastly, the themes underscore the value of a leadership and enthusiastic coaching style, where coaches demonstrate strong leadership qualities, tactical knowledge, and passion for the sport, inspiring athletes to perform at their best. By incorporating these coaching styles, coaches can create an environment that promotes learning, growth, and achievement for their athletes.

3. Methodology

3.1. Research Design

This research used descriptive qualitative research. The researcher explored on the experiences of coaches of outdoor sports events in China applying the coaching principles self-study. The experiences will be the basis of the researcher in coming up with a blueprint for a coaching principle for outdoor sports coaches.

3.2. Research Locale

This study was conducted at the College of Physical Education and Health Sciences of Chongqing Normal University was established and gradually developed on the basis of the teaching and research section of physical education and the Department of Physical Education.

The college has 64 faculty members, including 8 professors, 18 associate professors, 26 lecturers, 10 teachers with doctor's degree and 40 teachers with master's degree; There is one academic and technical leader in Chongqing and one "Bayu Young Scholar"; One of the third batch of "college Huang Danian-style teacher teams" in Chongqing; There are 17 postgraduate tutors, 5 national athletes, 17 national and first-level judges in track and field, ball games, martial arts, aerobics, sports dance, etc.

3.3. Participants of the Study

The research was conducted in College of Physical Education and Health Sciences of Chongqing Normal University. There were 10 coach participants in the study. They were chosen using purposive sampling with the following criteria: 1) they must be presently employed and serving as coaches in the subject school. 2) must be serving as coach for at least 3 years. The 10 participants consist of 2 beach volleyball coaches, 4 tennis coaches and 2 track and field coaches and 2 football coaches.

3.4. Data Gathering Procedure

In order to facilitate the gathering of data the in-depth interview was utilized. In-depth interviewing is a qualitative research technique that involves conducting intensive individual interviews with a small number of respondents to explore their perspectives on a particular idea, program, or situation (Creswell, 2014). Currently, it is considered one of the common qualitative methods. It is very useful in getting

detailed information on a person's thoughts, perceptions, and other issues. By using an in - depth interview, the researcher will ask questions to the interviewees, listens attentively to their responses, and may ask follow-up questions if necessary. To come up with a comprehensive narration of the participants in the interview, the researcher may record the entire session or jot down notes.

3.5. Data Analysis

In formulating and producing the results, the thematic analysis was used. Creswell (2014) defined thematic analysis as a method for identifying, analyzing, and reporting patterns within data. It minimally organizes and describes detailed data.

3.6. Ethical Consideration

In making this study, the following potential ethical issues were considered: Justice. The researcher treated every participant equally. A general level of fairness was observed. While for the selection of criteria in choosing the participants, the researcher made sure that it is free from bias. Respect. In the conduct of the study, the researcher ensured the physical and psychological safety of the participants. Even if the participants can meet the criteria of being included in the study but do not want to participate, their wishes were honored and respected by the researcher. Informed consent was discussed by the researcher who conducted further explanation in order for the participants to comprehend the conduct of the study.

4. Results, Analysis and Interpretation of Data

4.1. Principles of Self-Study for Coaches

The principles of self-study for these coaches highlight the importance of planning and goal setting. They emphasize the need for structured goal setting, including phased growth goals and practical objectives. These coaches recognize the value of continuous improvement, utilizing past experiences to refine their coaching strategies. Furthermore, they prioritize scientific planning, adjusting training methods to address both physical and psychological aspects. By setting goals and designing effective training plans, these coaches aim to guide their athletes toward success and facilitate their ongoing development.

4.2. Developing and Achieving Coaching Philosophy

By incorporating morality, ethics, and life development into their coaching philosophies, coaches aim to not only develop athletes' technical skills but also shape their character and values. They recognize the importance of promoting integrity, ethical behavior, and critical thinking skills. Coaches understand the role they play in athletes' lives and seek to create an environment that supports the athletes' moral and ethical development while fostering their overall well-being. Through their coaching practices, they aim to empower athletes to make positive choices both on and off the field, facilitating their growth as individuals and preparing them for success in various aspects of life.

4.3. Determining the Coaching Goals and the Kinds of Coaching Goals

The statements highlight the coaches' commitment to

setting ambitious and competitive goals for their athletes. They aim to cultivate a strong drive to succeed and foster a competitive spirit among their teams. By encouraging independent thinking, providing tailored training programs, and emphasizing the timing and methods for skill application, the coaches empower their athletes to perform at their best and strive for excellence in their respective sports. The pursuit of ambitious and competitive goals serves as a catalyst for growth, development, and achievement in the athletic arena.

4.4. Coaching Style

Coaching styles demonstrate strong leadership and enthusiasm, inspiring and guiding athletes in their pursuit of excellence. The coaches' passion for the sport serves as a driving force for the athletes, creating an environment that fosters motivation, curiosity, and collaboration. Through their leadership and enthusiastic approach, the coaches instill confidence, teach tactical knowledge, and support athletes in managing the challenges they encounter. This coaching style enables athletes to develop both their skills and their love for the sport, ultimately leading to their growth and success.

4.5. Coach Characteristics and Unique Personality

Coach characteristics and unique personalities demonstrate their proficiency in personalized teaching and adaptability. By personalizing their teaching approaches, these coaches optimize the learning experience and foster a strong coach-athlete relationship. This adaptability allows coaches to effectively address the varying abilities, preferences, and learning styles of athletes, ultimately enhancing their growth and performance in their respective sports.

4.6. Motivating Athletes

Coaches highlight the importance of goal setting and rewards in motivating athletes. By setting achievable goals, providing personalized support, and offering rewards for accomplishments, coaches create a positive environment that encourages athletes to strive for success, persevere through challenges, and continuously improve. These motivational strategies enhance athletes' engagement, self-belief, and commitment, ultimately contributing to their growth and achievement in sports.

4.7. Managing the Behavior of Athletes and Establishing Behavioral Norms

Effective communication and role modeling are essential for managing athlete behavior and establishing behavioral norms. Regular communication and feedback, clarity in rules and regulations, and engaging athletes in the process all contribute to creating a cohesive and disciplined team environment. Coaches who effectively communicate expectations, provide guidance, and serve as role models can inspire athletes to adopt positive behaviors and contribute to the overall success and harmony of the team.

4.8. Methods to Guide the Competition

Methods that involve feedback and analysis play a crucial role in guiding athletes during competitions. Providing feedback, conducting comprehensive summaries, analyzing the entire situation, making tactical changes, and reflecting deeply are essential components of effective coaching. By leveraging these methods, coaches can support athletes in their development, help them recognize their strengths and

areas for improvement, and refine their strategies for future competitions.

4.9. Managing the Team

Managing the team effectively involves nurturing team unity and fostering positive relationships among team members. Coaches should prioritize creating an inclusive and supportive team culture, where individuals feel valued, supported, and treated equally. By emphasizing teamwork, mutual assistance, and open communication, coaches can strengthen the bonds within the team and create an environment conducive to success.

4.10. Managing Risks within the Team

Managing risks within a team is crucial for fostering team unity, utilizing available resources effectively, and ensuring the safety and well-being of team members. By establishing clear goals, promoting effective communication, prioritizing the team's interests, and implementing risk management measures, coaches can create a supportive and secure environment that enables the team to perform at their best.

5. Conclusion

Based from the enumerated findings of the study, the researcher came up with the following conclusions:

1. The principles of self-study for coaches play a crucial role in their professional development and effectiveness. The themes derived from the responses highlight the importance of continuous learning and growth, a student/athlete-centered approach, and effective planning and goal setting. Coaches emphasize the significance of constantly expanding their knowledge, staying up to date with the latest research and practices in their respective fields.

2. Developing and achieving a coaching philosophy is a vital aspect of a coach's professional journey. The themes derived from the responses shed light on two key elements of a coaching philosophy: comprehensive development and an individual approach, as well as morality, ethics, and life development. Coaches emphasize the importance of nurturing athletes holistically, focusing not only on their technical and physical abilities but also on their personal growth and character development.

3. Setting clear coaching goals is crucial for guiding the development and success of athletes. The themes derived from the responses highlight the importance of comprehensive development and well-rounded goals.

4. Understanding the different coaching styles employed by coaches is essential in analyzing their approach to guiding and developing athletes. The themes derived from the responses highlight the importance of a collaborative and supportive coaching style, where coaches foster a positive and empowering environment through effective communication, trust-building, and providing encouragement.

5. Understanding the coach's characteristics and unique personality is crucial in examining their impact on athletes and team dynamics. The themes derived from the responses shed light on the importance of building trust and close relationships, fostering a positive attitude and motivation, and employing personalized teaching and adaptability. Coaches emphasize the significance of establishing trust with their athletes through open communication, respect, and genuine care.

6. Understanding the coach's characteristics and unique personality is crucial in examining their impact on athletes

and team dynamics. The themes derived from the responses shed light on the importance of building trust and close relationships, fostering a positive attitude and motivation, and employing personalized teaching and adaptability.

7. Motivating athletes is a fundamental aspect of coaching that drives their performance and helps them reach their full potential. The themes derived from the responses of coaches revolve around the significance of positive feedback and encouragement, as well as goal setting and rewards.

8. When it comes to managing the behavior of athletes and establishing behavioral norms, coaches play a crucial role in shaping their athletes' conduct both on and off the field. The themes that arise from the responses of the coaches center around the importance of establishing clear rules and discipline, as well as effective communication and positive role modeling.

9. When it comes to guiding competitions, coaches employ various methods to ensure their athletes are well-prepared and able to perform at their best. The themes that emerge from the responses of the coaches revolve around pre-competition preparation and the importance of feedback and analysis.

10. When it comes to managing a team, there are several key themes that emerge from the responses of the coaches. Effective communication and coordination are highlighted as essential components of successful team management.

11. When it comes to managing risk within a team, several key themes emerge from the responses of the coaches. The importance of risk assessment and prediction is highlighted, as coaches emphasize the need to identify potential risks and anticipate their consequences.

6. Recommendations:

Based on the conclusions derived in this study, the following are the recommendations:

1. Coaches should prioritize their own development by staying updated with the latest coaching techniques, sports science, and research. Attending workshops, conferences, and seeking mentorship from experienced coaches can help them continuously improve their knowledge and skills.

2. Adopting a student-centered approach involves understanding the unique needs and abilities of each individual on the team. Coaches should take the time to build meaningful relationships with their athletes, listen to their concerns, and provide personalized guidance to nurture their growth.

3. Coaches should develop well-structured training plans and set clear, achievable goals for both the team and individual athletes. Regularly review and adjust these plans based on progress and performance to ensure continuous improvement.

4. Coaches should foster a positive and supportive environment where athletes feel encouraged to learn and grow. Using positive feedback, celebrating achievements, and instilling a sense of motivation can inspire athletes to strive for excellence.

5. Coaches must conduct risk assessments and develop risk management plans to ensure the safety and well-being of their team. Being prepared for potential challenges and emergencies is crucial for maintaining a secure and successful training environment.

6. Building strong team unity and positive relationships among team members can lead to improved cooperation and performance. Coaches should encourage open communication, teamwork, and mutual support within the

team.

7. Recognizing that athletes have different learning styles and needs, coaches should tailor their teaching methods to accommodate individual differences. Being adaptable and adjusting coaching strategies based on athlete progress is vital for maximizing potential.

8. Effective communication between coaches, athletes, and support staff is vital for a well-coordinated and harmonious team. Regular meetings, feedback sessions, and clear communication channels ensure everyone is on the same page.

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