

THE RELATIONSHIPS BETWEEN COACHING STYLES, TEAM COMMUNICATION, AND SPORT MOTIVATION AS THEY PERTAIN TO ATHLETIC SUCCESS

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Purpose

This study explores the relationship between coaching styles, team communication, and sport motivation, examining how these factors shape performance in team sports. By focusing on the ways coaches communicate strategies, provide feedback, and motivate athletes, this research seeks to uncover the relationships between leadership approaches and team dynamics.



Method

To obtain the data, I first needed to ensure the concepts I chose were of interest and importance to me. To make the decision, I reviewed multiple topics across various journal articles and academic textbooks that would help me gather the information and clarity I sought. After searching and collecting different ideas, I decided on three concepts that best measure my intended study. These concepts were reasons for currently playing a sport, effective communication within teams, and experiences regarding one's head coach and their coaching styles/habits.

Findings

Athletes reported relatively positive experiences in intrinsic and extrinsic motivation, acceptance, positive feedback, and transformational coaching. Both men and women displayed similar scores regarding coaching dynamics, inclusive of the coaching styles and the coaching communication factors. Men scored higher in communications that use negative conflict and distinctiveness, implying they are more prone to shouting, aggressive behavior, and nicknaming.

Concepts	M	SD
Motivation		
Intrinsic	5.50	1.07
Extrinsic	5.53	1.13
Amotivation	3.58	2.08
Teammate Comm		
Acceptance	5.17	1.15
Distinctiveness	5.58	1.24
Negative Conflict	4.08	1.56
Positive Conflict	4.45	1.47
Coach Comm		
Positive Feedback	5.28	1.11
Social Support	5.19	.97
Training Instruction	5.19	1.26
Coaching Style		
Authentic	5.12	.95
Autocratic	3.54	.94
Democratic	5.09	.94
Transformational	5.77	.90

Implications

By understanding the specific coaching style an athlete responds best to allows them to prosper and reach their full potential. Additionally, by analyzing the various approaches to coaching, a coach can better recognize what style they themselves are more skilled at and comfortable exhibiting, as well as the traits they may lack.

"Each person holds so much power within themselves that needs to be let out. Sometimes they just need a little nudge, a little direction, a little support, a little coaching, and the greatest things can happen" - Pete Carroll, NFL Head Coach