Female Leadership Programme

Coaching Behaviour Analysis

Overview

Introduction

As part of the LGFA Female Leadership Programme Performa Sports teamed up with the association to objectively analyse the in-practice coaching behaviours displayed by the participating coaches.

Project Outline

Performa Sports have an education partnership with Loughborough University, in the area of coaching behaviour analysis. The research undertaken by the University in this area underpins the analysis methodology (CAIS).

CAIS is a systematic observation approach focused on specific Primary and Secondary Coaching Behaviours.

Observation Templates

The 5 steps below were followed in setting up the coaching analysis observation template:

- Primary & Secondary Behaviour

- Match/Practice State

- Recipient

- Timing

- Content

Training v Match

Two observation templates were created to cater for two distinct environments:

- Training Session - Coaching

- Match - Management

Coaching Behaviours

Training Environment

- Instruction
- Silence
- Positive Modelling
- Negative Modelling
- Physical Assistance
- Question
- Response to Question
- Praise
- Hustle
- Humour
- Uncodable

Match Environment

- Management
- Silence
- Confer with Assistant
- Instruction
- Praise
- Question
- Hustle
- Humour
- Uncodable

Some Group Highlights

- 17 Coaching Observations completed to date (14 training sessions and 3 matches) across the 5 FLP coaches.

- Instruction is the most prevalent behaviour with an average of 55% across the 17 observations.

- 2 of the match situations analysed were of youth level teams where instruction was particularly dominant (Pre-Match 76%, Game 97%, Half-Time 67%). Whereas the adult level match was closer to the group average for instruction (Pre-Match 58%, Game 56%, Half-Time 56%).

- Non-Active is the highest recorded state accounting for an average of 23.82% of a session.
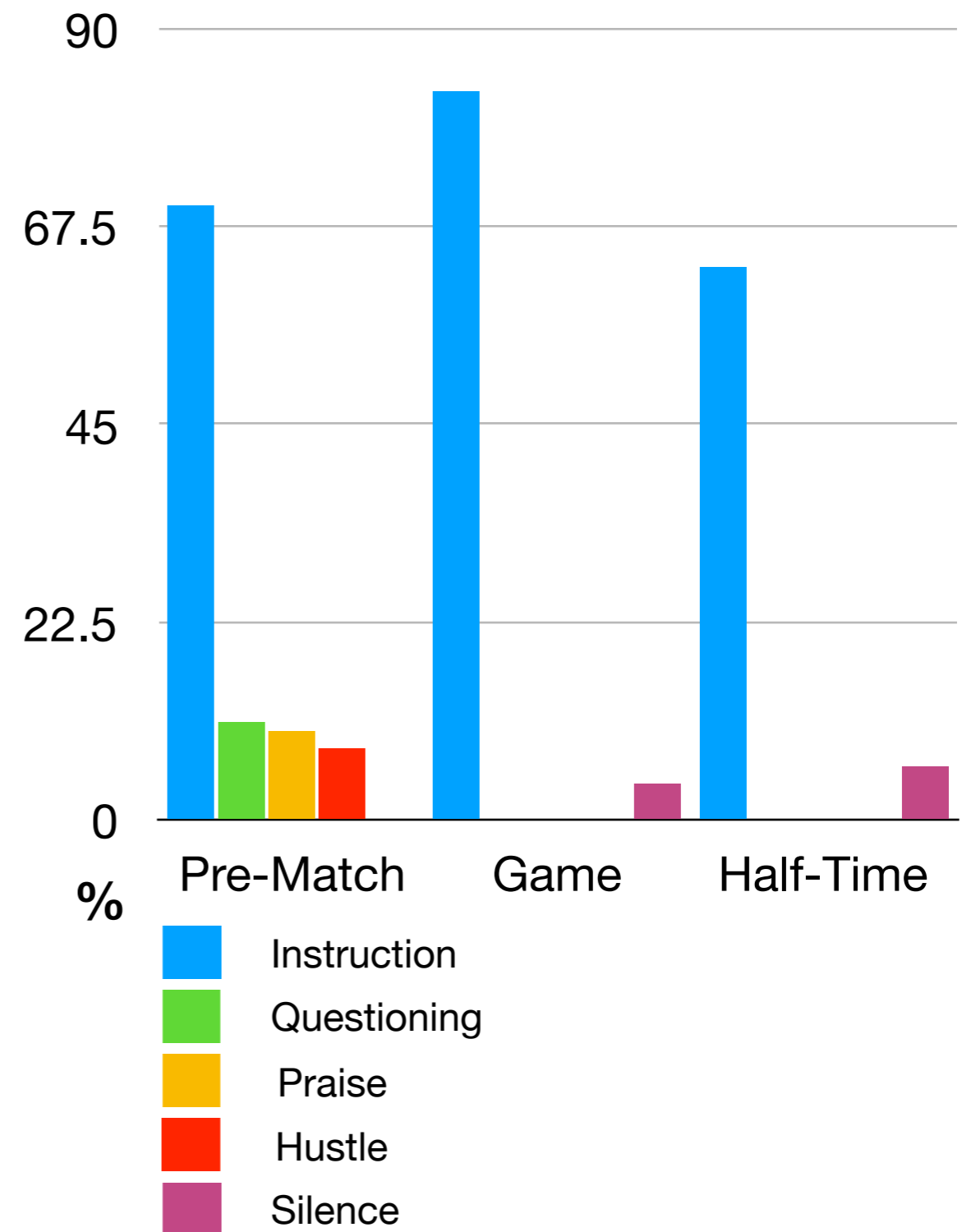
Top 5 Behaviours (Group Average)

1	Instruction	55%
2	Praise	17%
3	Questioning	11%
4	Positive Modelling	3%
5	Hustle	3%

Top 5 States by Time (Group Average)

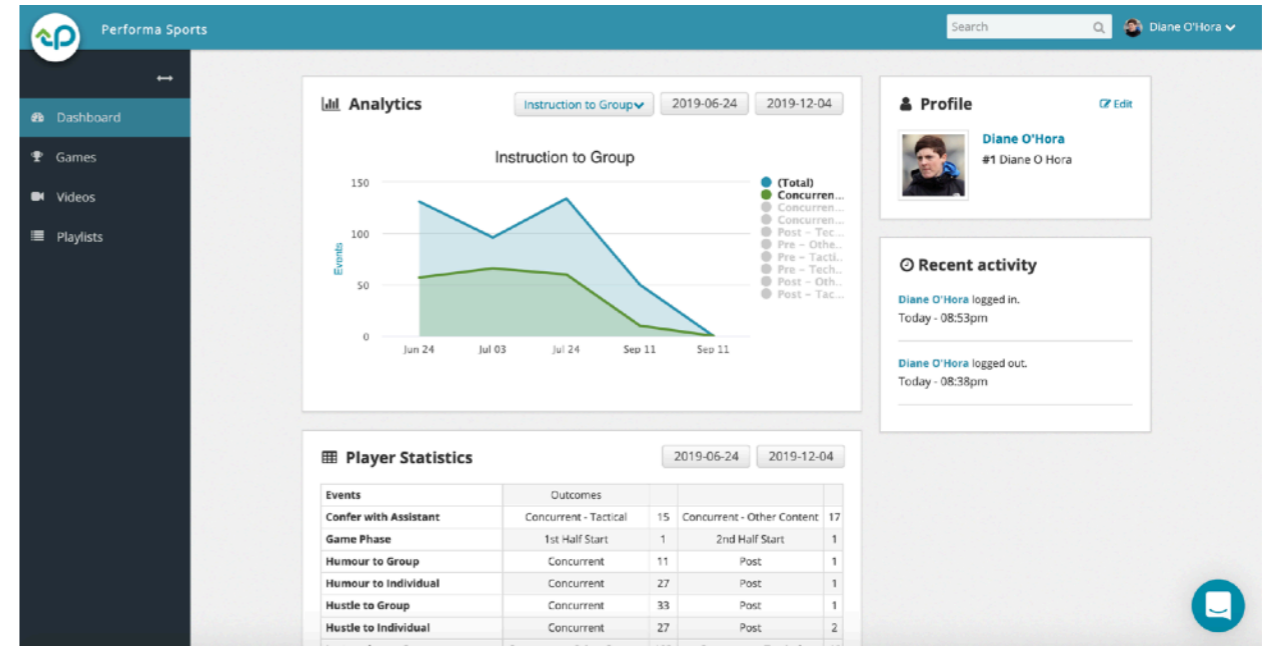|		
1	Non-Active	23.82%
2	Game	17.21%
3	Warm Up	15.59%
4	Skills Practice	12.00%
5	Small Sided Game	7.06%

Top 5 Match Behaviours (Group Average)

- As a group average, Questioning occurs most during the Cool-Down state (52%).

- Interestingly, of the 3 match situations - Questioning represents 11% of the Pre-Game phase but 0% for Half-Time.

- Praise is most likely to occur during game type states in Training (Small Sided Game 37% and Conditioned Game 32%).

- Coaches response to questions happens most during non-active state (4%).

90
67.5
45
22.5
0
%

Pre-Match   Game   Half-Time

Instruction
Questioning
Praise
Hustle
Silence

Reflection & Sharing

- Coaches and Coach Mentors can remotely access session videos and tagged behaviours (events) through the Performa Sports cloud platform

- Filter to watch a specific session and/or events within sessions

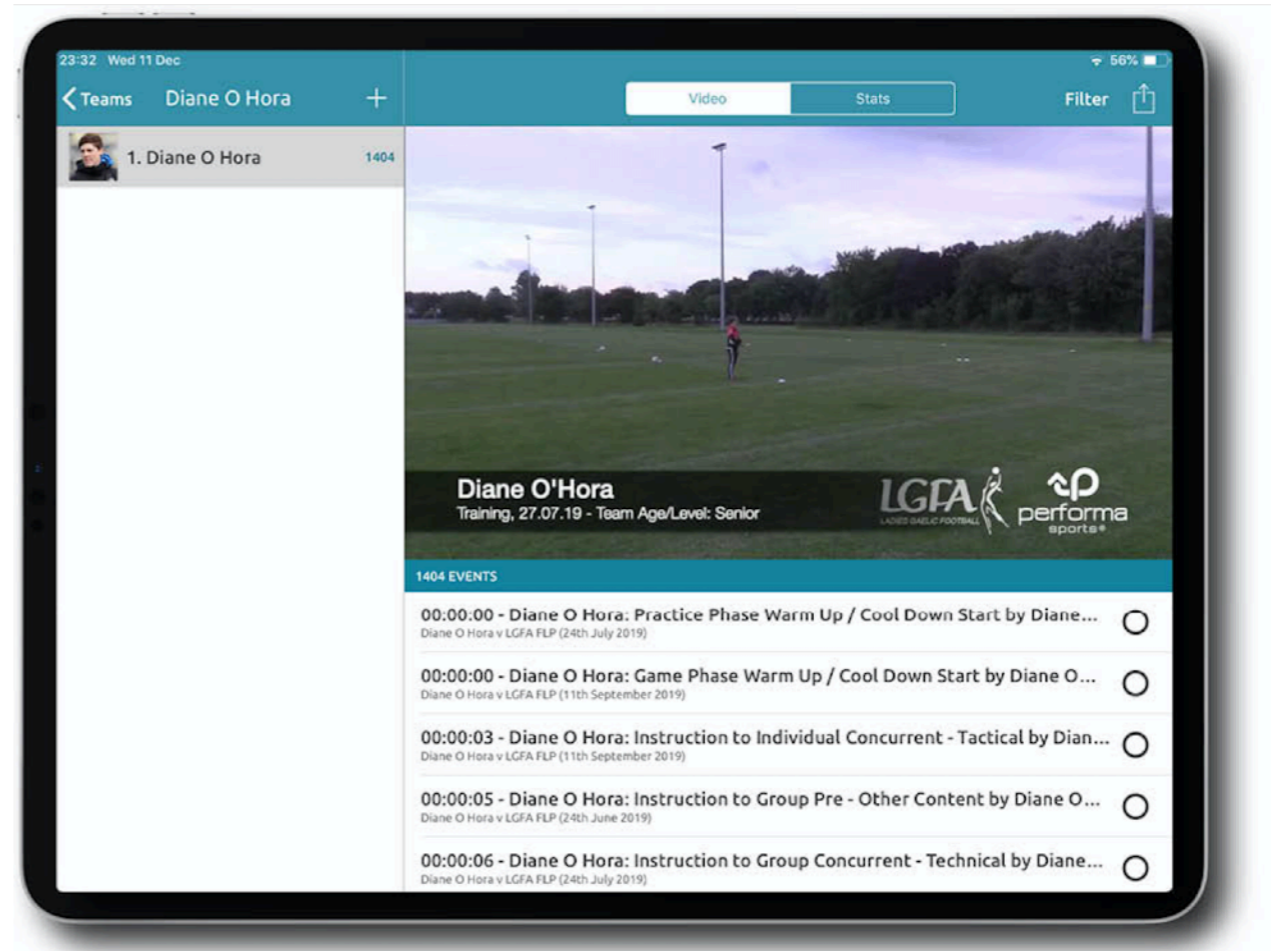- Comments can be shared publicly or privately between Coaches and Coach Mentors

Reflection & Sharing

- Use the Performa Sports iPad app to work on the go and for one-to-ones

- Create your own playlists/highlights

Stay Connected…

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