Coaching Behaviour Analysis

2021/22 Project Review

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Project Overview

Introduction

As part of the LGFA Learn to Lead Programme, Performa Sports teamed up with the association to analyse the in-practice coaching behaviours displayed by the participating coaches for the purpose of aiding reflective learning and supporting community of practice sharing.

Project Outline

Based on the specialist coaching behaviour research undertaken by Loughborough University, referred to as CAIS - we can apply a systematic 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 vs Match

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

- Training Session - Coaching
- Match - Management

Training Environment

- Instruction
- Silence
- Positive Modeling
- 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

2021/22 Coaching Cohort

- 6 Coaches form the 2021/22 Learn to Lead Coaching Cohort, 5 working with underage teams (U14 to U19) & 1 with an adult team

- 22 Coaching Observations completed to date (6 matches and 16 training sessions)

- 86 anonymous player survey responses received (across the 6 teams)

- Over 9,250 Coaching Behaviour events tagged

- Instruction is the most dominant behaviour with an average of 60% across all 22 observations. This 5% increase from the 2019/20 Cohort, may be explained by the greater number of Games analysed (3 vs 6).

- Increased levels of Instruction are particularly noticeable at a Game (78% Pre-Match, 81% Game, 81% Half-Time).

- For the 5 underage games (*64% Pre-Match, 81.6% Game, 78.8% Half-Time). Interestingly the Pre-Match average for Instruction was significantly reduced by one youth level coach who instead focused on Questioning (50%) & Hustle (50%) for a challenge/practice game.

Top 5 Behaviours (Group Average)

1	Instruction	60%
2	Praise	19%
3	Questioning	8%
4	Hustle	4%
5	Humour	3%

Top 5 States by Time (Group Average)

1	Non-Active	05:36:15	22.50%
2	Game	05:29:20	22.04%
3	Warm Up	03:59:29	16.03%
4	Technical Practice	02:07:02	8.50%
5	Small Sided Game	02:04:11	8.31%

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- Both Praise (17%) & Questioning (8%) retain their positions as the second and third most displayed behaviours compared to the 2019/20 Cohort. While there is a 2% increase by the current Cohort for Praise, Questioning has reduced by 3%. Humour is a new addition to the top 5 behaviours, potentially reflective of personalities and familiarity with the playing groups.

- Non-Active is the highest recorded state (22.50%). This is a marginal increase of 1.32% compared to the 2019/20 Cohort but there is an overall consistency between the top 3 states (Non-Active, Game, Warm Up). These states accounted for 56.62% of the time spent by the 2019/20 Cohort, while the current Cohort have recorded 60.57%.

- Questioning occurs most during the Cool Down (14%) and during a Non-Active state (13%).

- Similar to 2019/20 Cohort, Questioning accounts for 11% of the Pre-Game Phase but 0% for Half-Time.

- Praise is most likely to happen during Small Sided Games (37%) and as an encouragement during game related practices & physical effort (Technical Practice 27%, Skills Practice 20%, Possession Game 25%, Fitness 25%, Conditioned Game 24%).

- Coaches response to questions happens most during the Cool Down (9%).
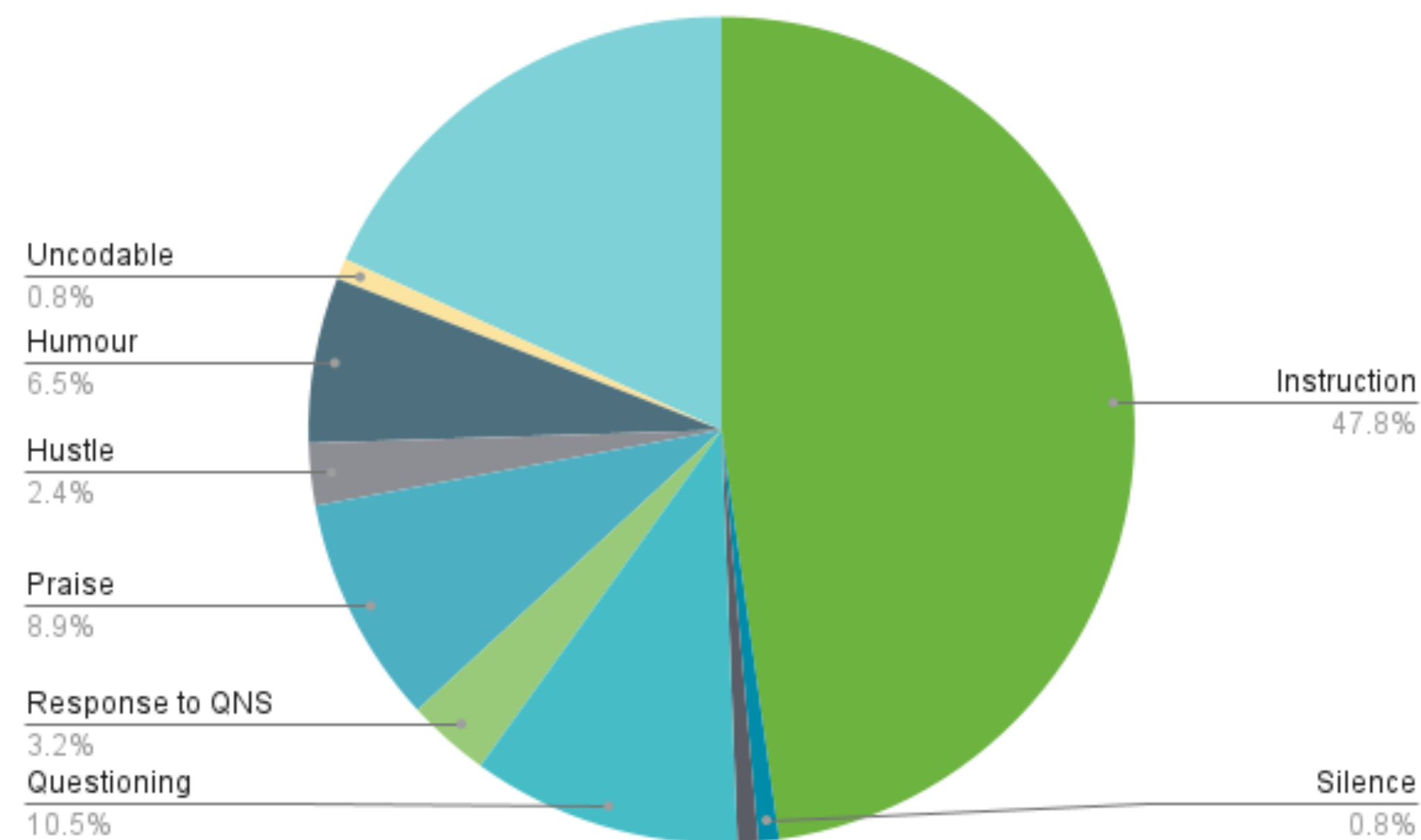
Top 5 Match Behaviours (Group Average)
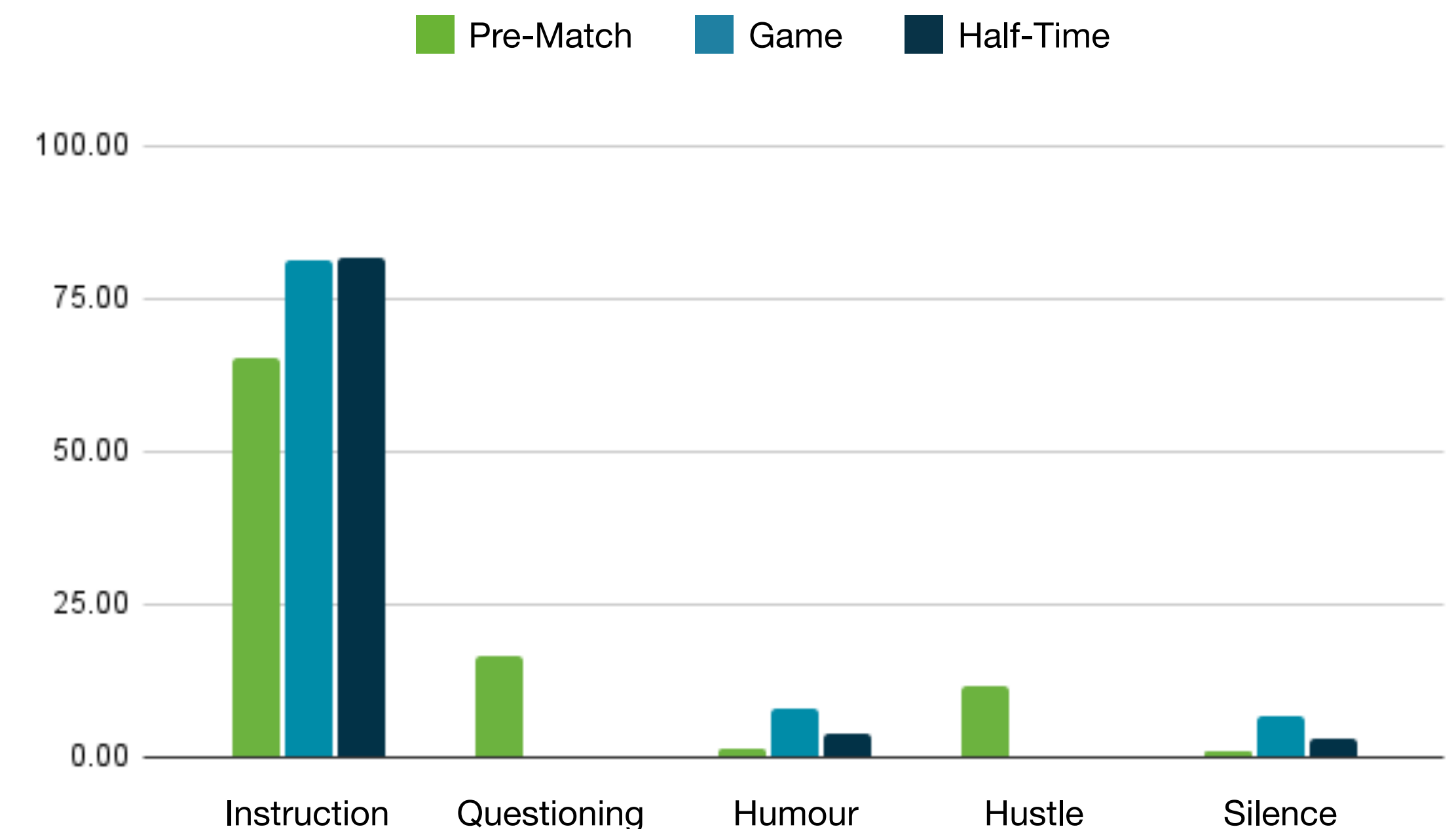
Coach Behaviour Analysis
Combined summary stats

Session State: Non-Active
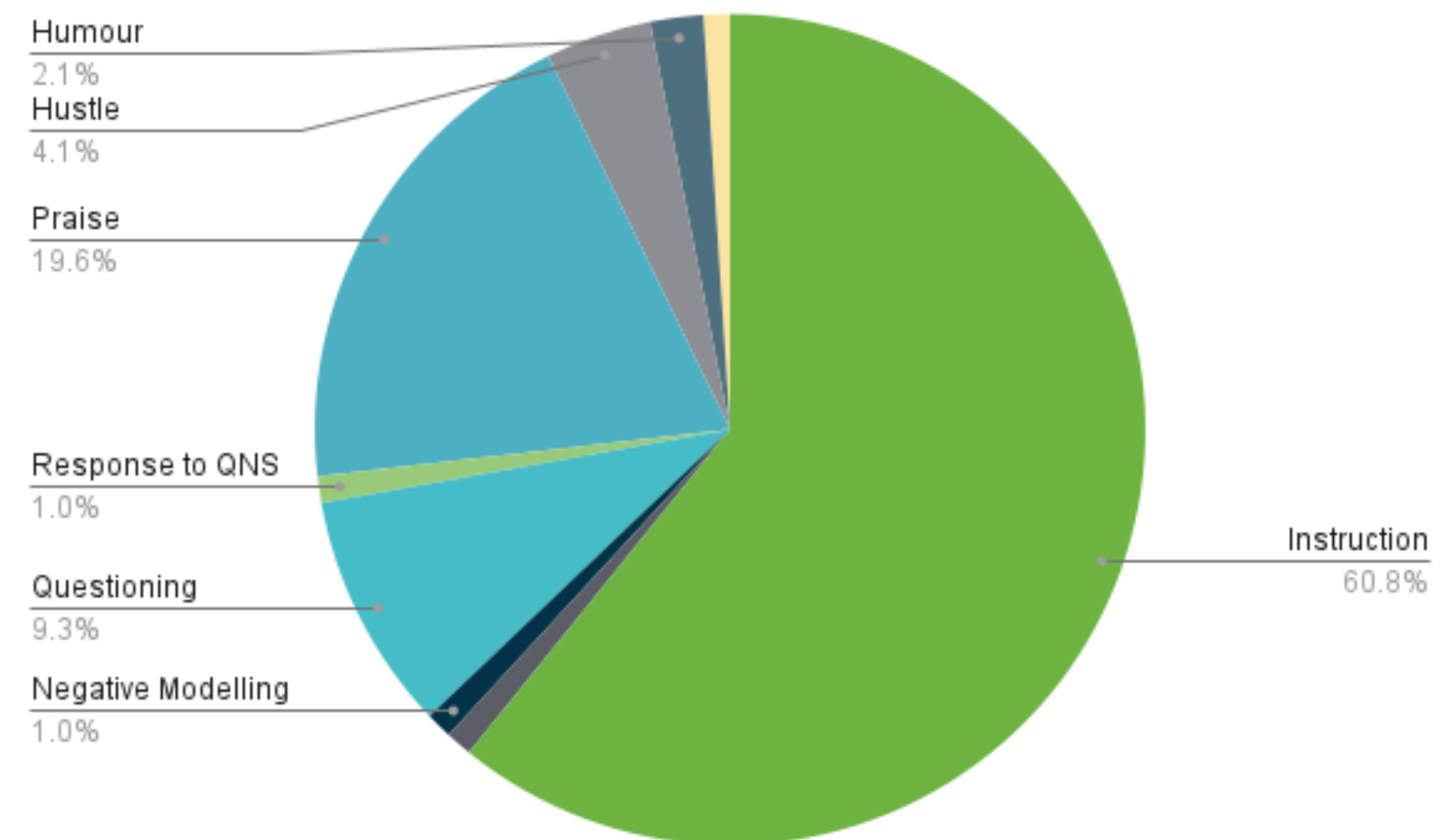Total time: 05:36:15
Average time per session: 22.50%
(Based on all 22 sessions)
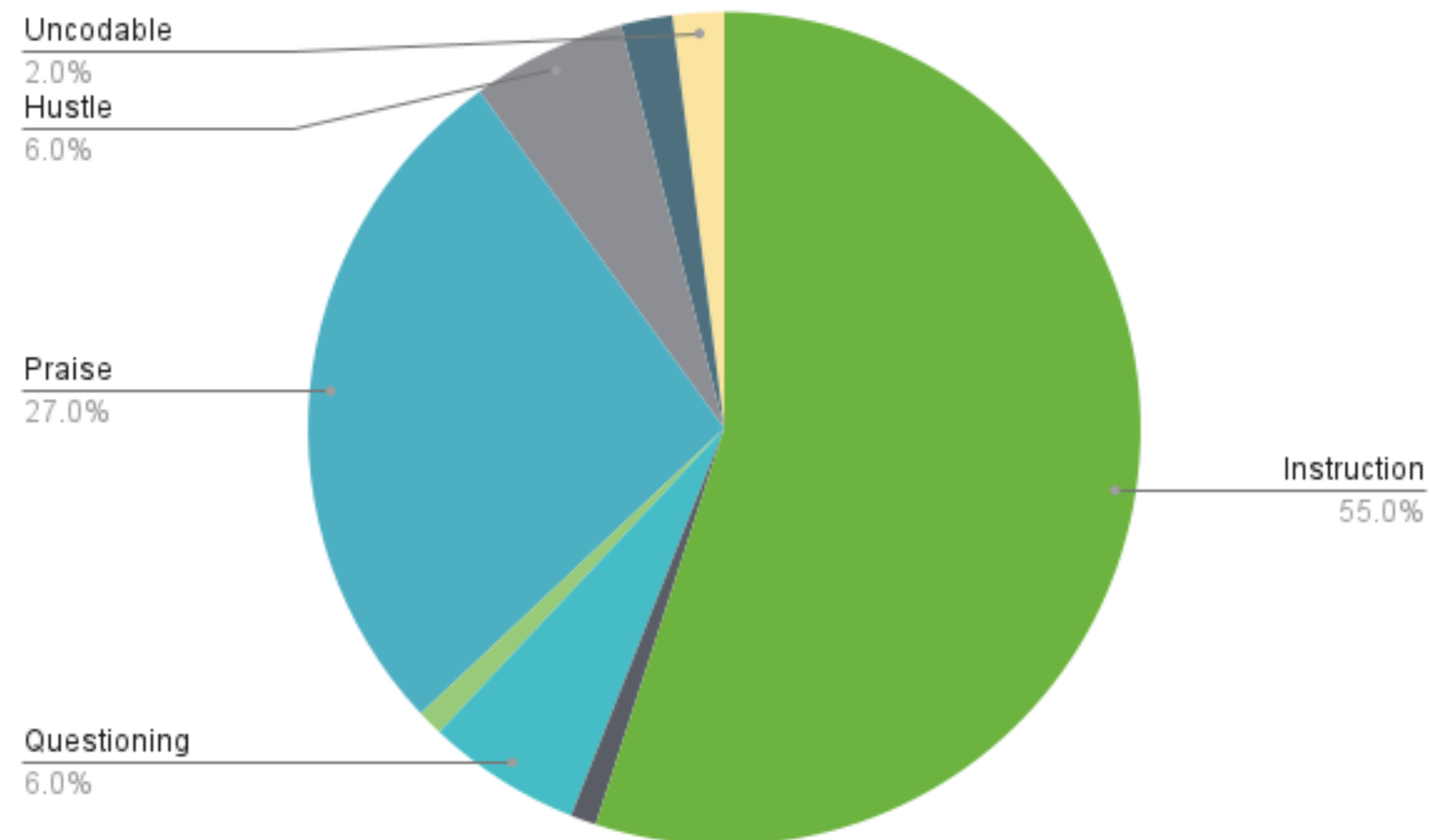
Session State: Warm Up
Total time: 03:59:29
Average time per session: 16.03%
(Based on all 22 sessions)

Non-Active:
- Uncodable 0.8%
- Humour 6.5%
- Hustle 2.4%
- Praise 8.9%
- Response to QNS 3.2%
- Questioning 10.5%
- Instruction 47.8%
- Silence 0.8%

Warm Up:
- Humour 2.1%
- Hustle 4.1%
- Praise 19.6%
- Response to QNS 1.0%
- Questioning 9.3%
- Negative Modelling 1.0%
- Instruction 60.8%

Session State: Technical Practice
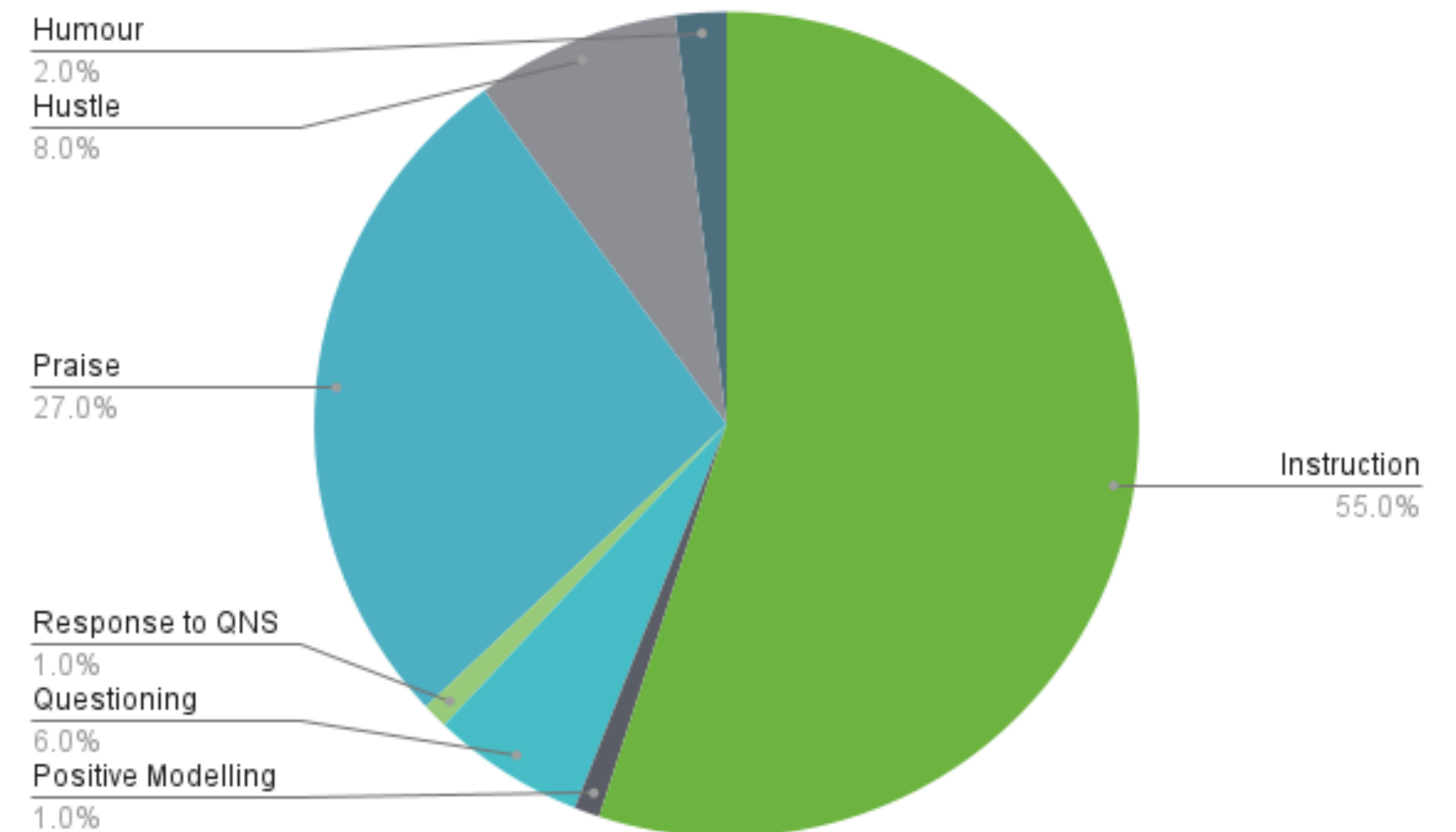Total time: 02:07:02
Average time per session: 8.5%
(Based on all 22 sessions)
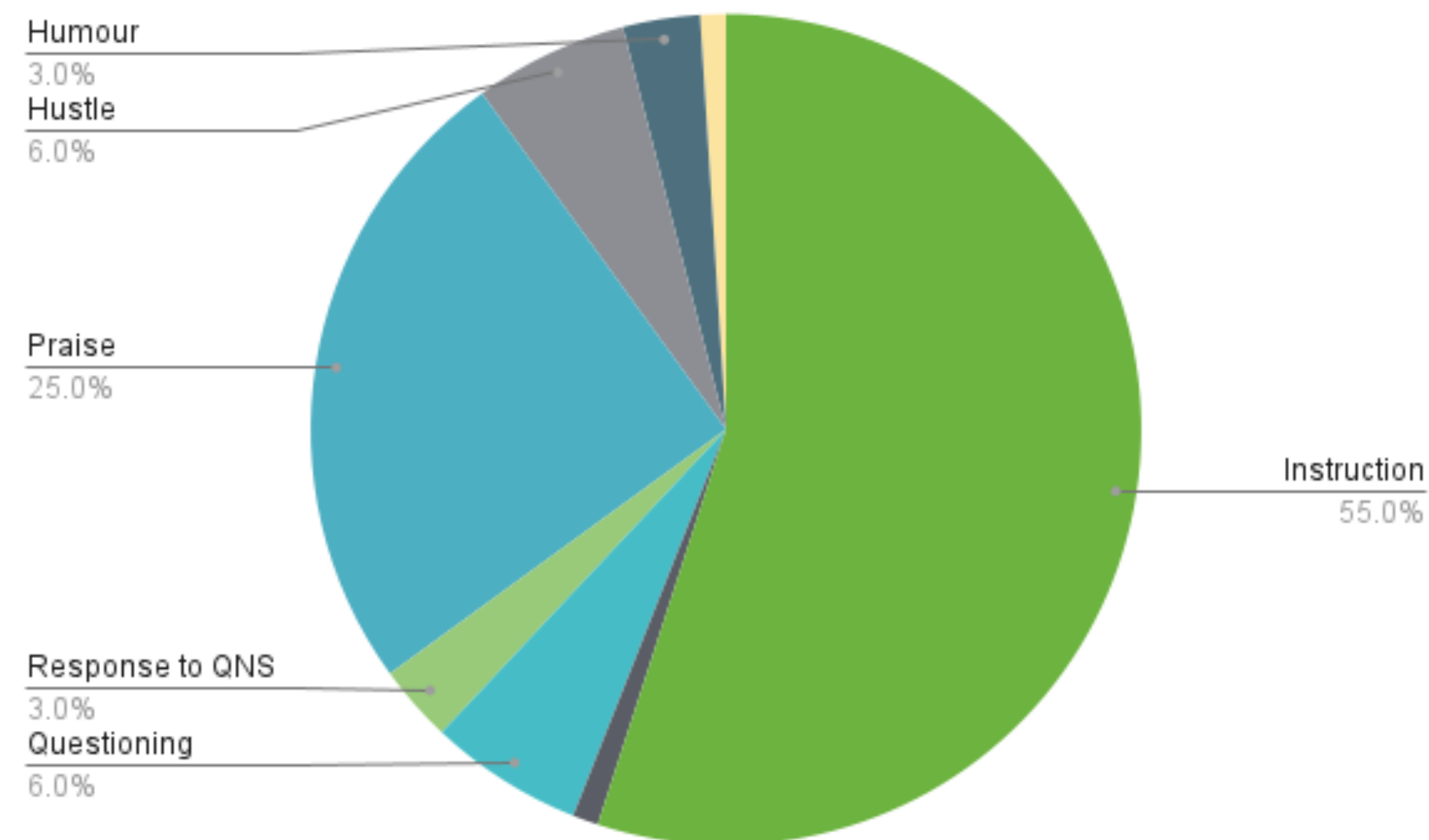
Session State: Skills Practice
Total time: 01:54:56
Average time per session: 7.69%
(Based on all 22 sessions)

Technical Practice pie chart:
- Uncodable 2.0%
- Hustle 6.0%
- Praise 27.0%
- Questioning 6.0%
- Instruction 55.0%

Skills Practice pie chart:
- Humour 2.0%
- Hustle 8.0%
- Praise 27.0%
- Response to QNS 1.0%
- Questioning 6.0%
- Positive Modelling 1.0%
- Instruction 55.0%
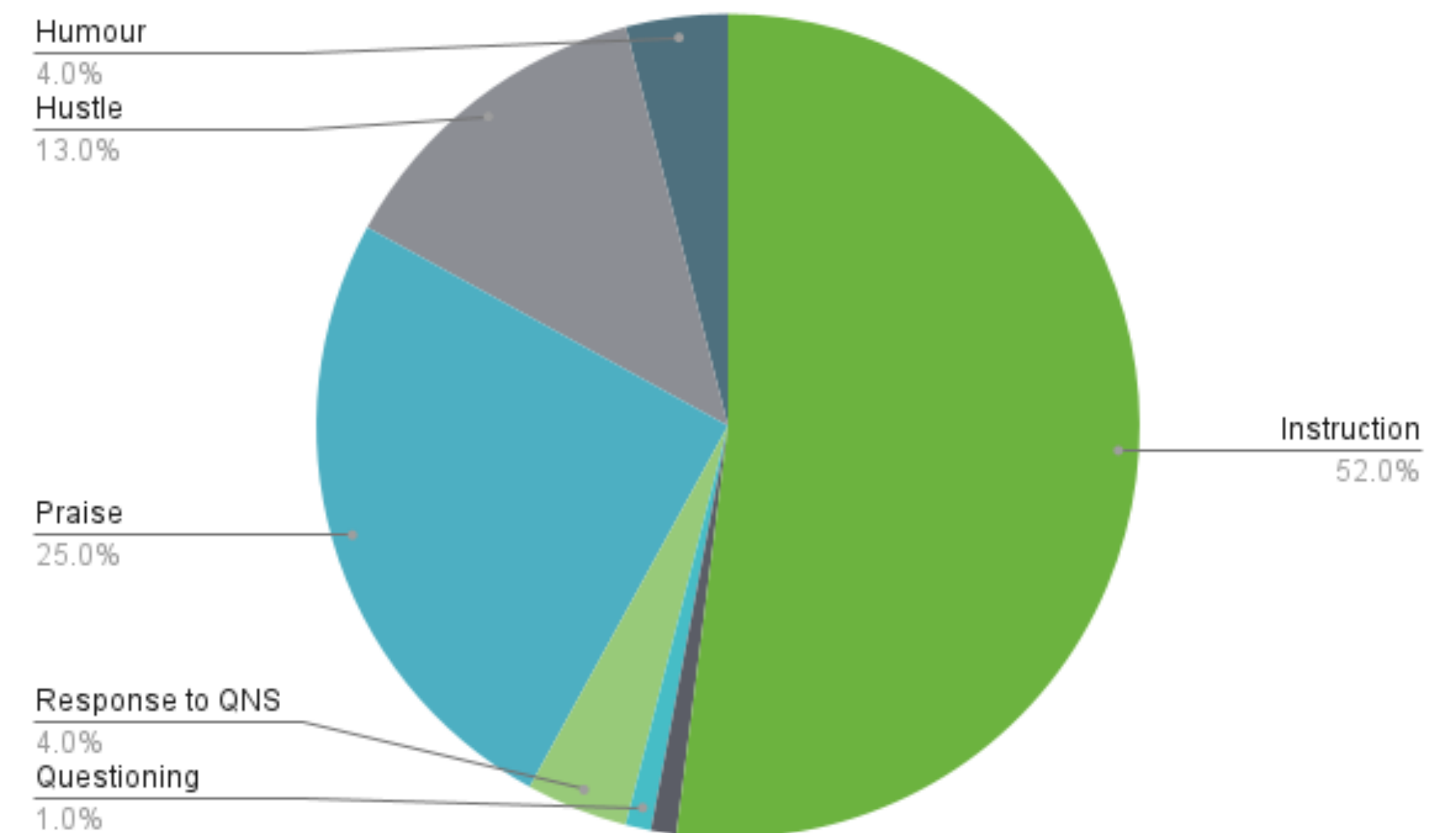
Session State: Conditioned Game
Total time: 00:17:03
Average time per session: 1.14%
(Based on all 22 sessions)

Humour
6.0%
Hustle
6.0%
Praise
24.0%
Response to QNS
3.0%
Questioning
5.0%
Instruction
56.0%
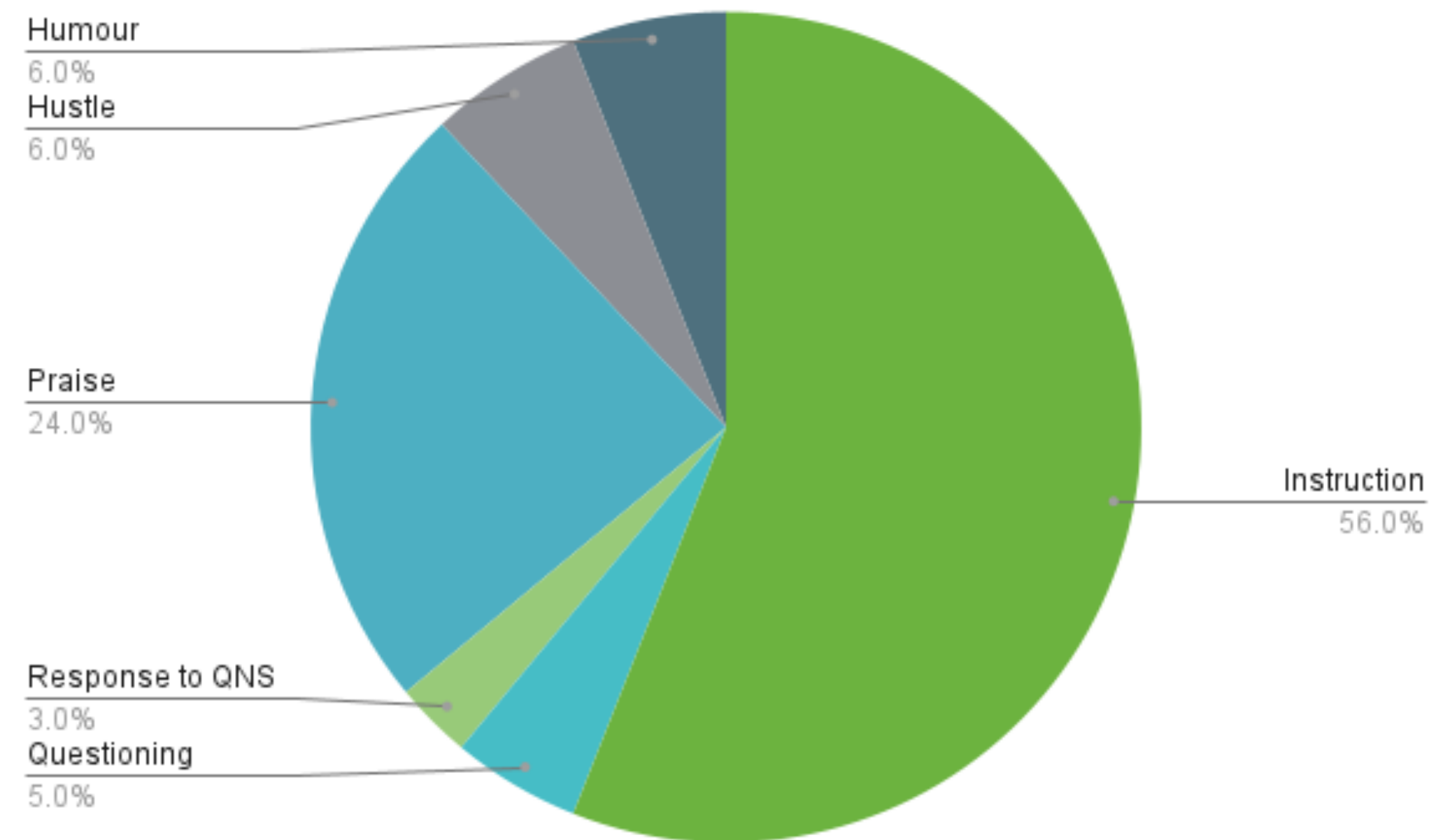
Session State: Small Sided Game
Total time: 02:04:11
Average time per session: 8.31%
(Based on all 22 sessions)

Humour
4.0%
Hustle
6.9%
Praise
36.6%
Response to QNS
1.0%
Instruction
43.6%
Questioning
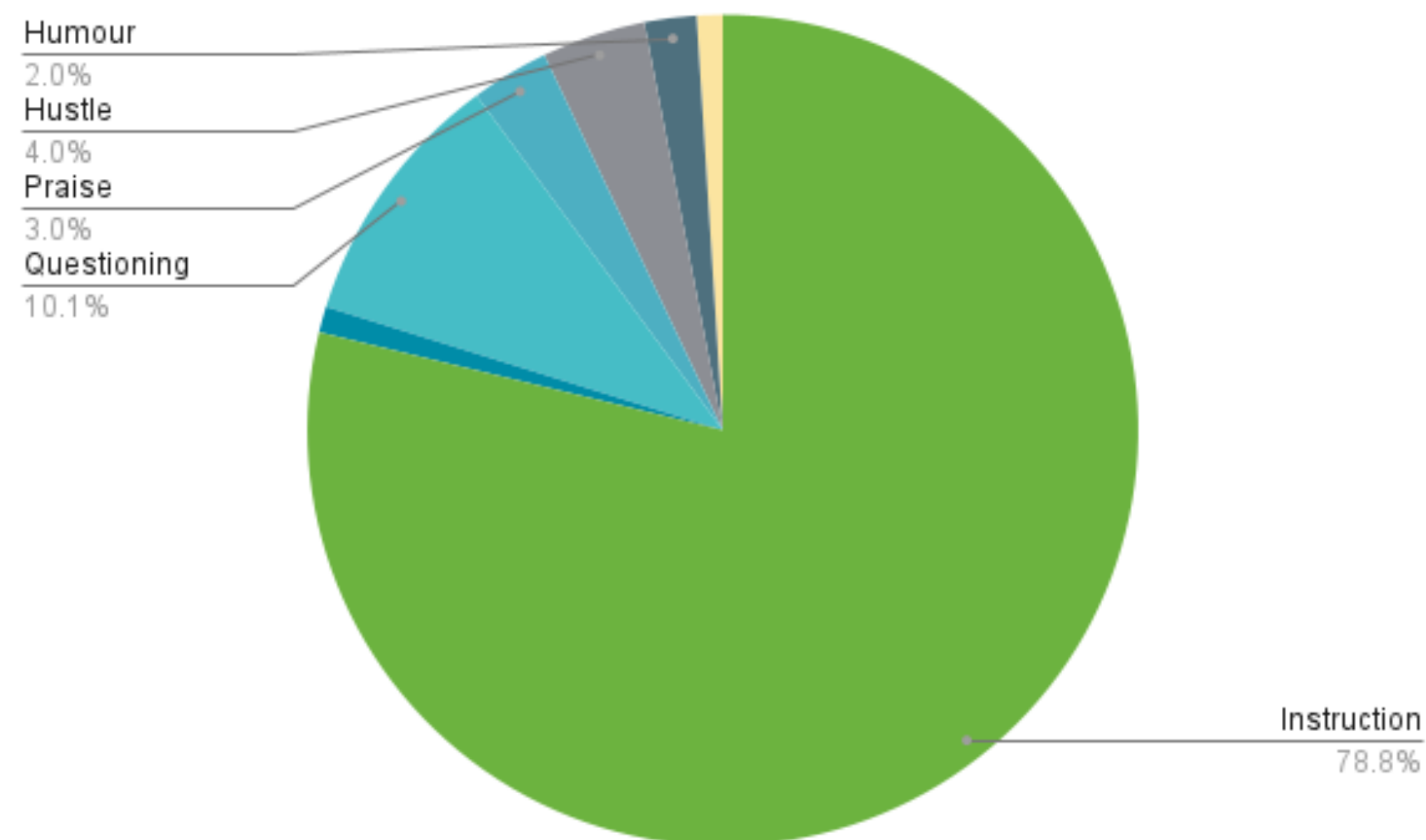6.9%
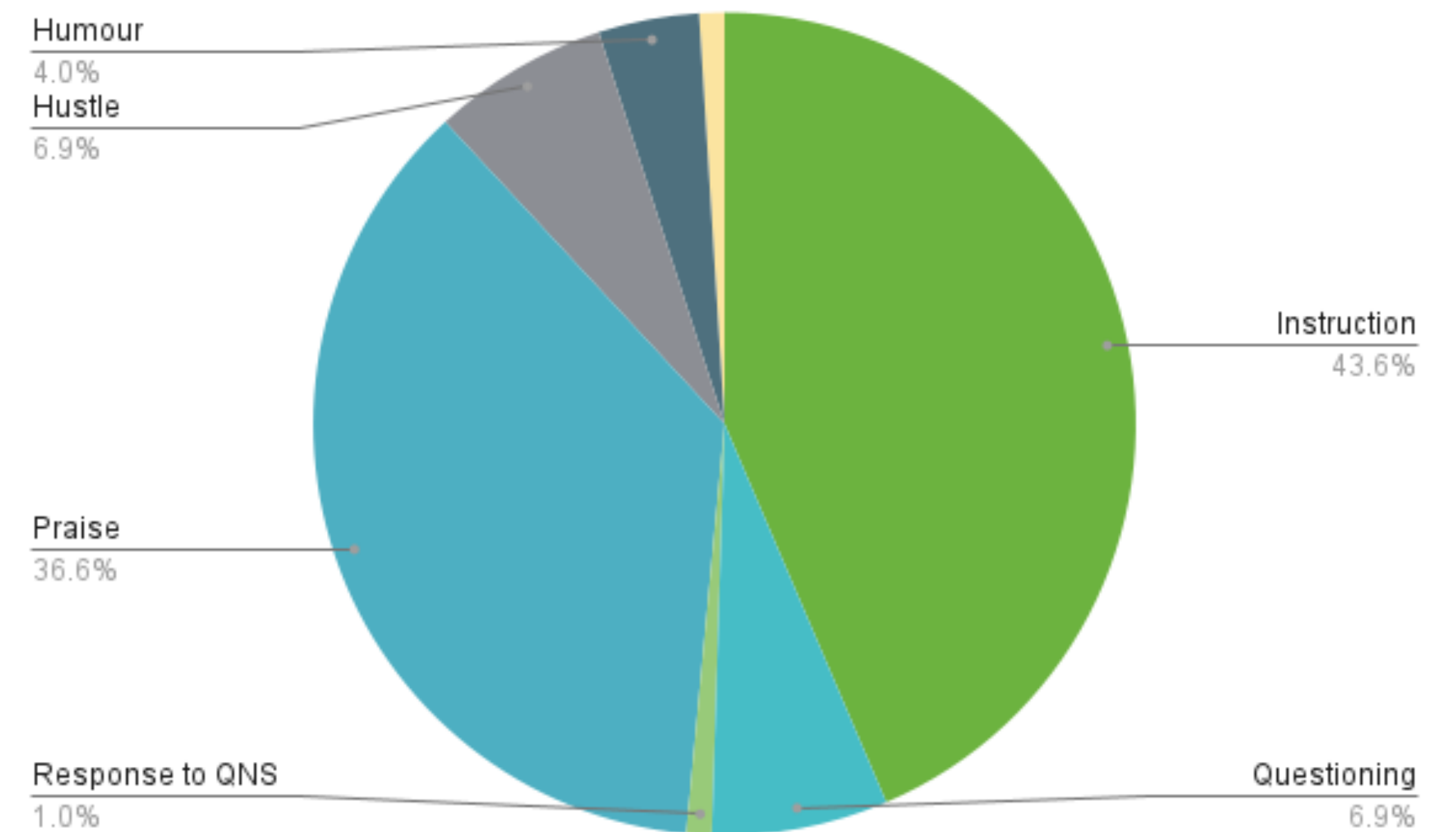
Session State: Pre-Match
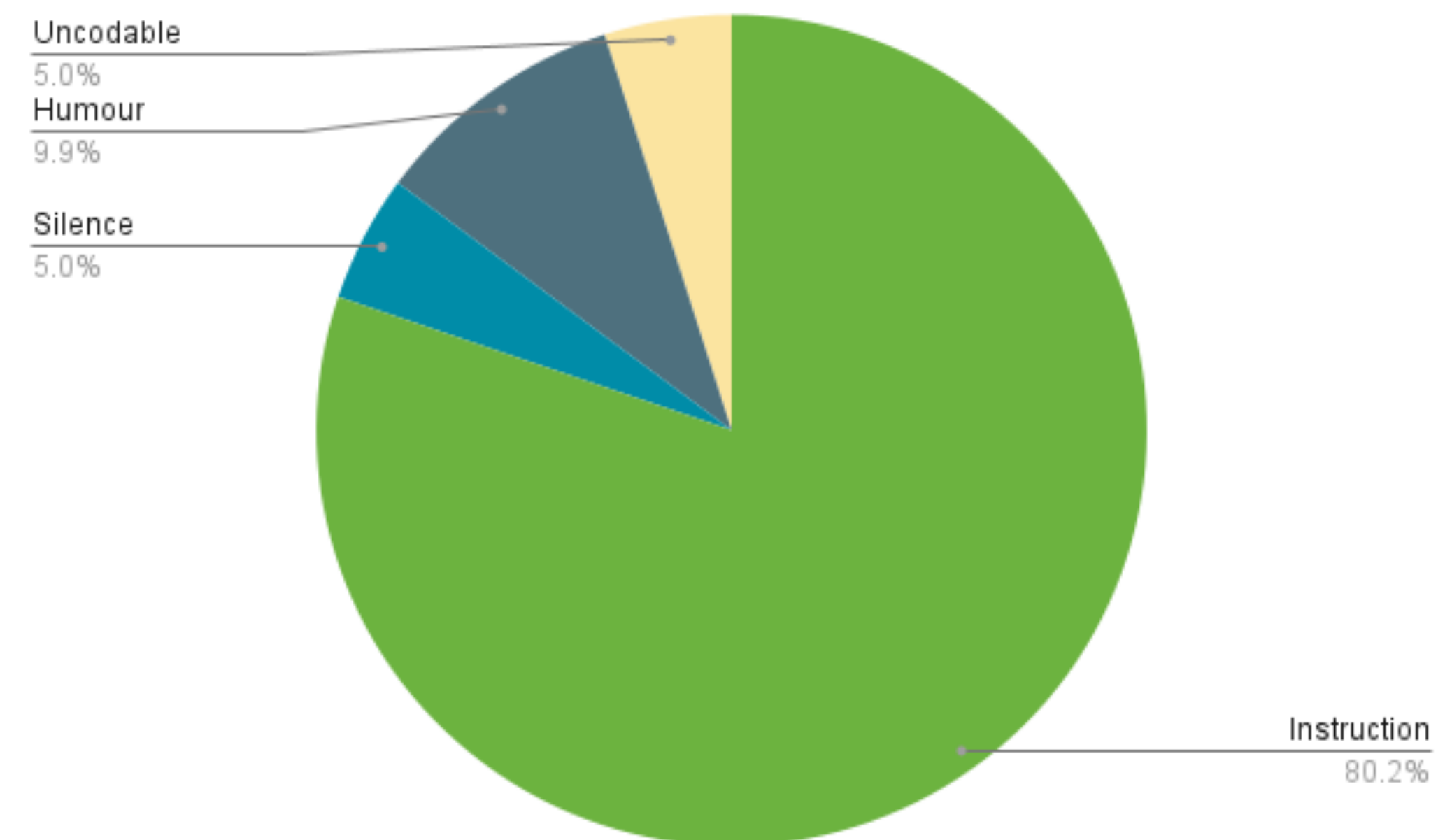Total time: 00:31:20
Average time per session: 2.1%
(Based on all 22 sessions)

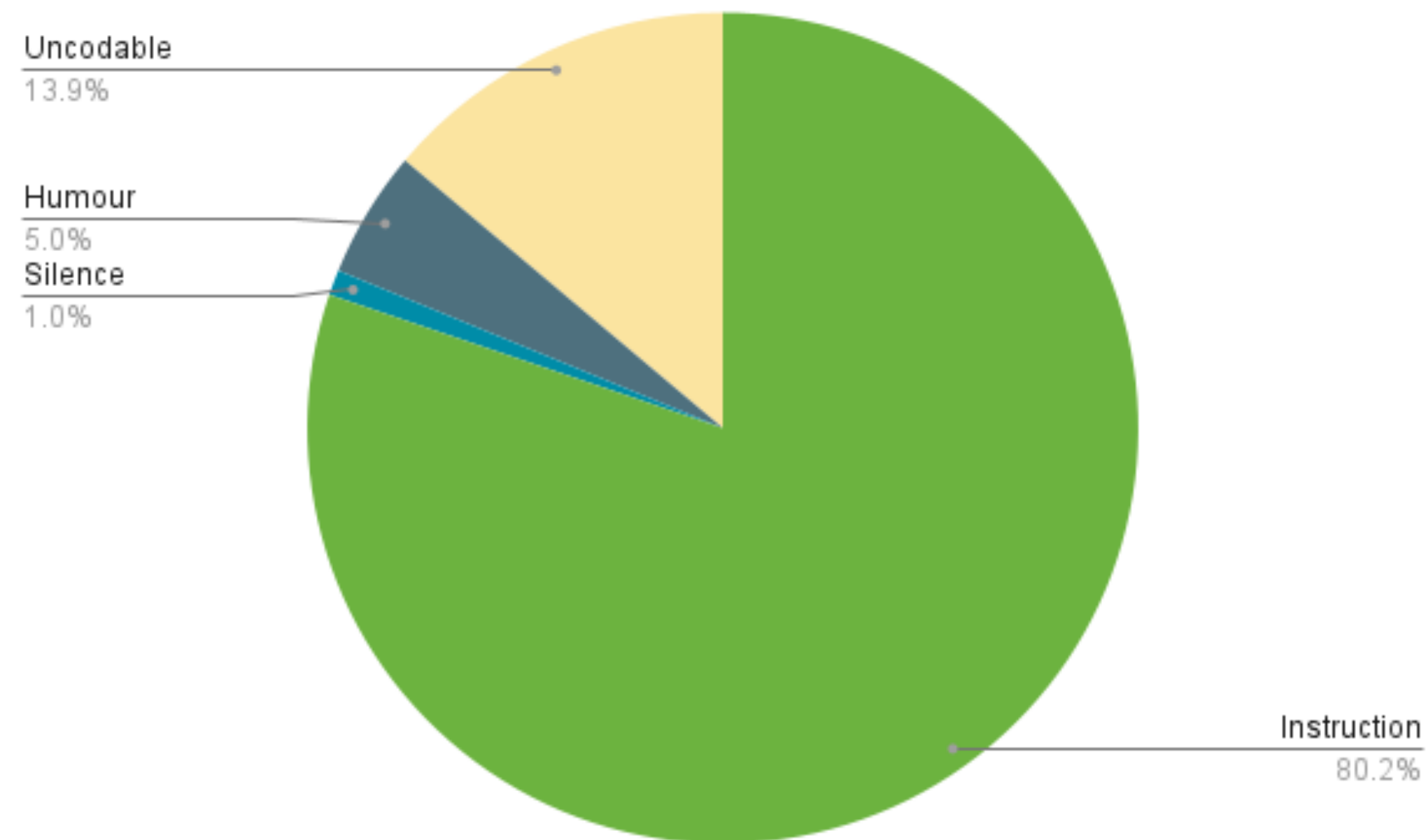**Session State: Game**
Total time: 05:29:20
Average time per session: 22.04%
(Based on all 22 sessions)

Humour
2.0%
Hustle
4.0%
Praise
3.0%
Questioning
10.1%

Instruction
78.8%

Uncodable
5.0%
Humour
9.9%

Silence
5.0%

Instruction
80.2%

Session State: Half-Time
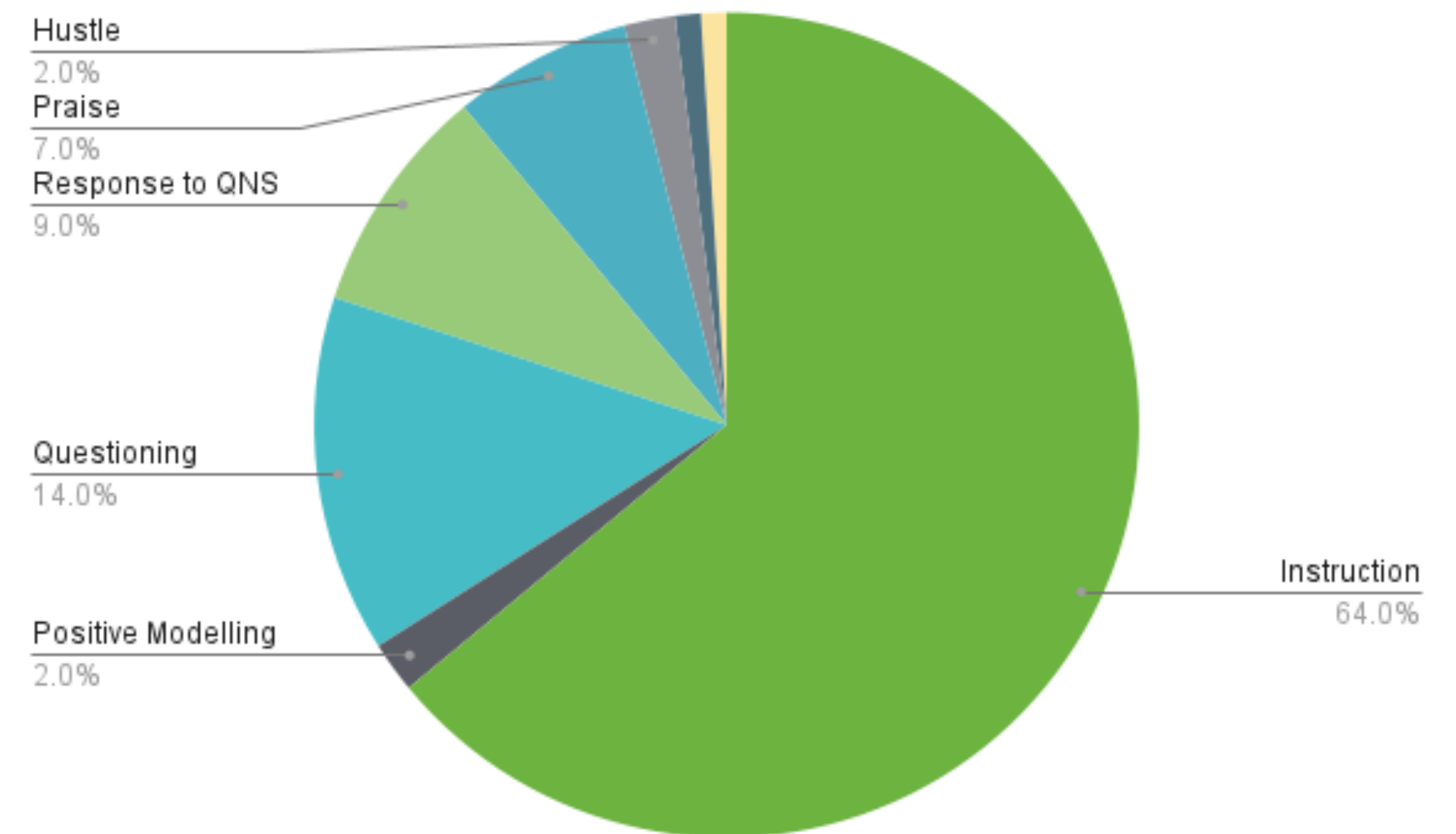Total time: 00:42:42
Average time per session: 2.86%
(Based on all 22 sessions)

Session State: Cool Down
Total time: 00:32:51
Average time per session: 2.20%
(Based on all 22 sessions)

Uncodable
13.9%

Humour
5.0%

Silence
1.0%

Instruction
80.2%

Hustle
2.0%

Praise
7.0%

Response to QNS
9.0%

Questioning
14.0%

Positive Modelling
2.0%

Instruction
64.0%

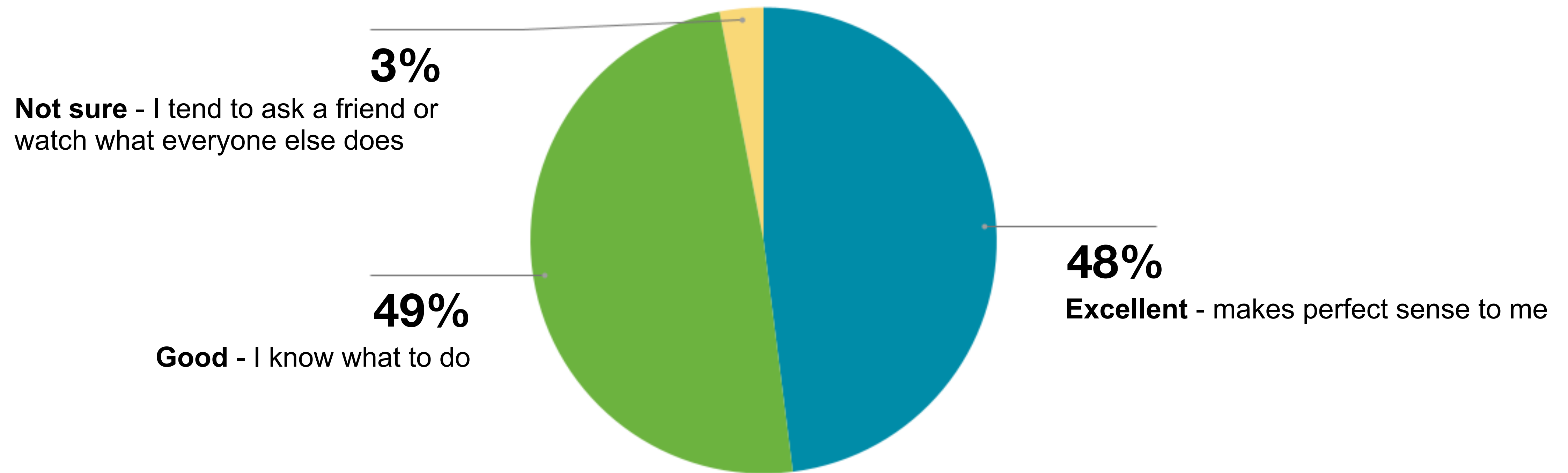# Generally, do you enjoy your coach's training sessions?

100% = YES

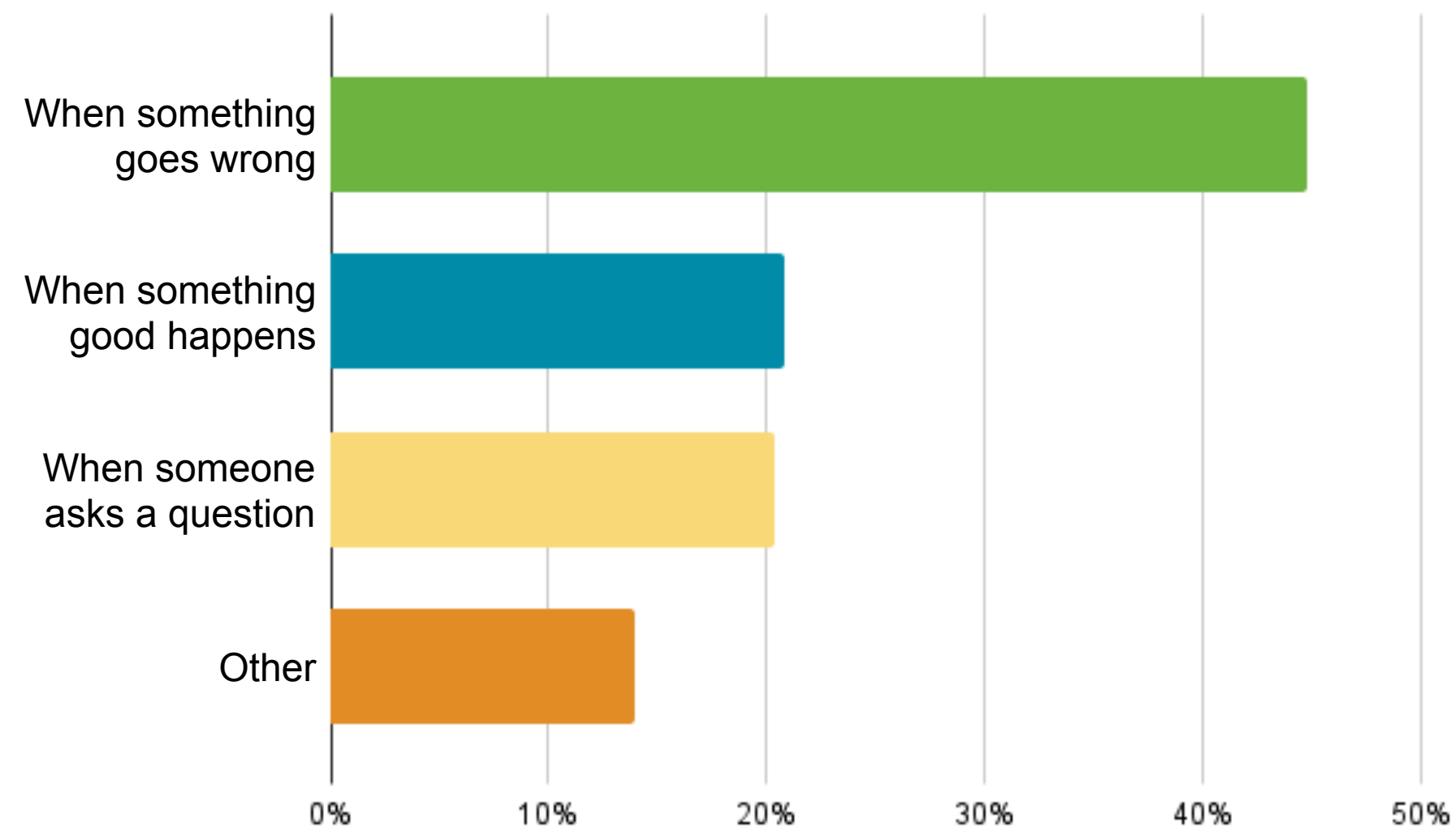# What 3 words would you use to describe your coach?

Selection of the most referenced words:

"Encouraging, Approachable, Understanding, Positive, Caring, Funny, Passionate, Strict, 'Pushfull', Patient, Fair, Inspirational, Knowledgable, Optimistic, Hardworking, Stern (but in a good way), Loyal, Interested, Brutal (but in a positive way), Intelligent, Resourceful, Honest"
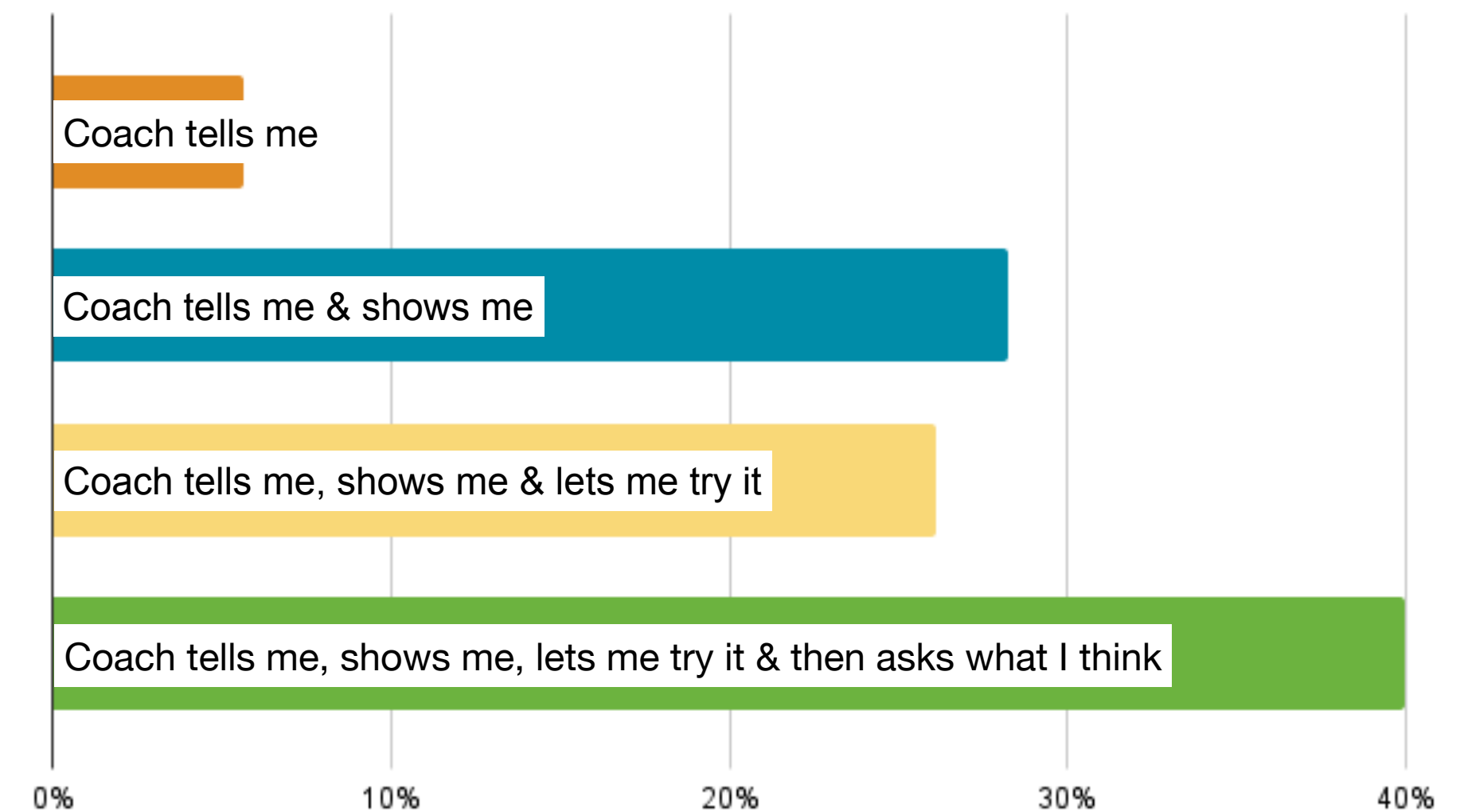
Overall, how would you rate the feedback that your coach gives?

3%

Not sure - I tend to ask a friend or watch what everyone else does

48%

Excellent - makes perfect sense to me
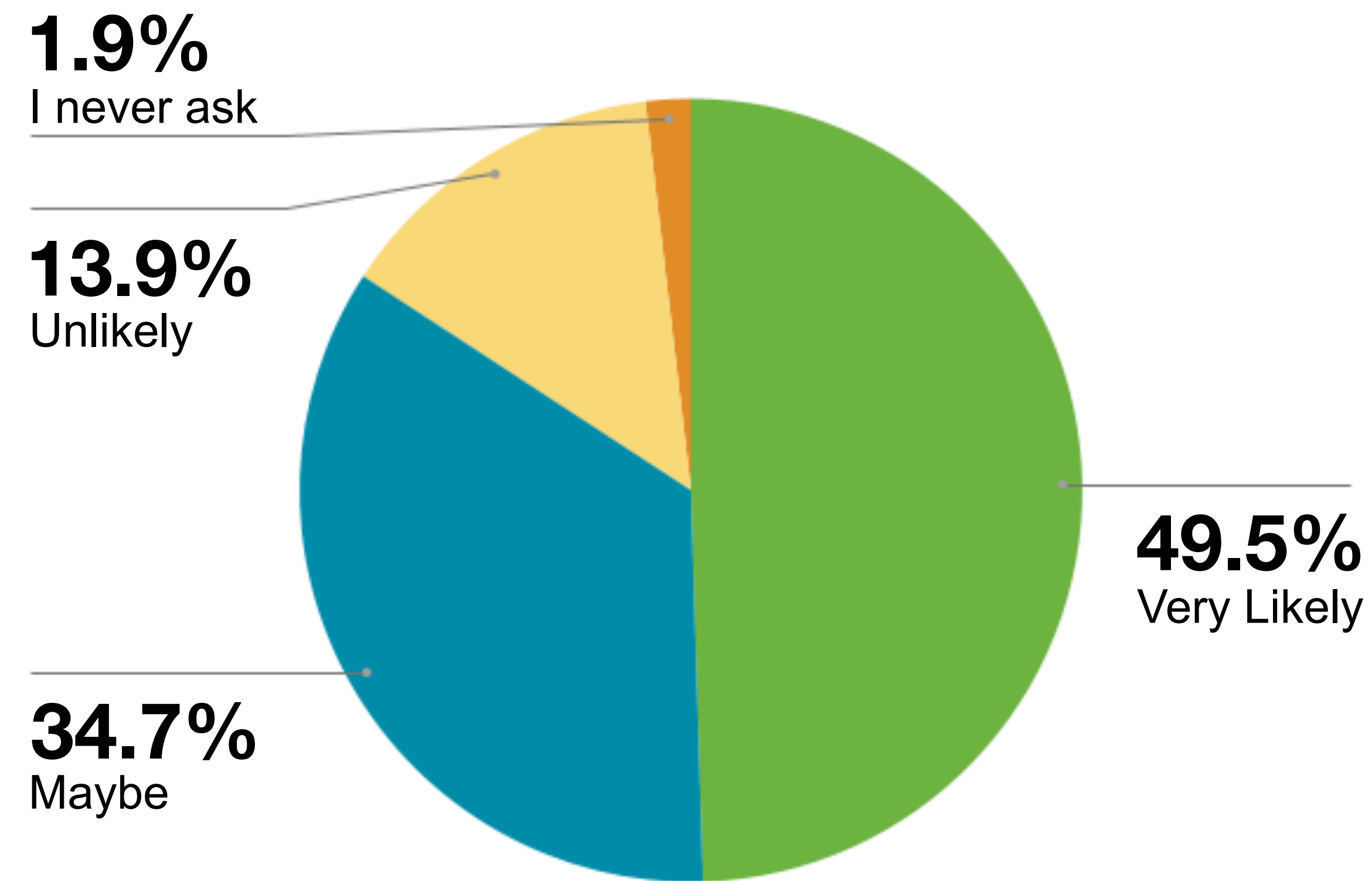
49%

Good - I know what to do

When, do you feel your coach is most likely to give feedback?

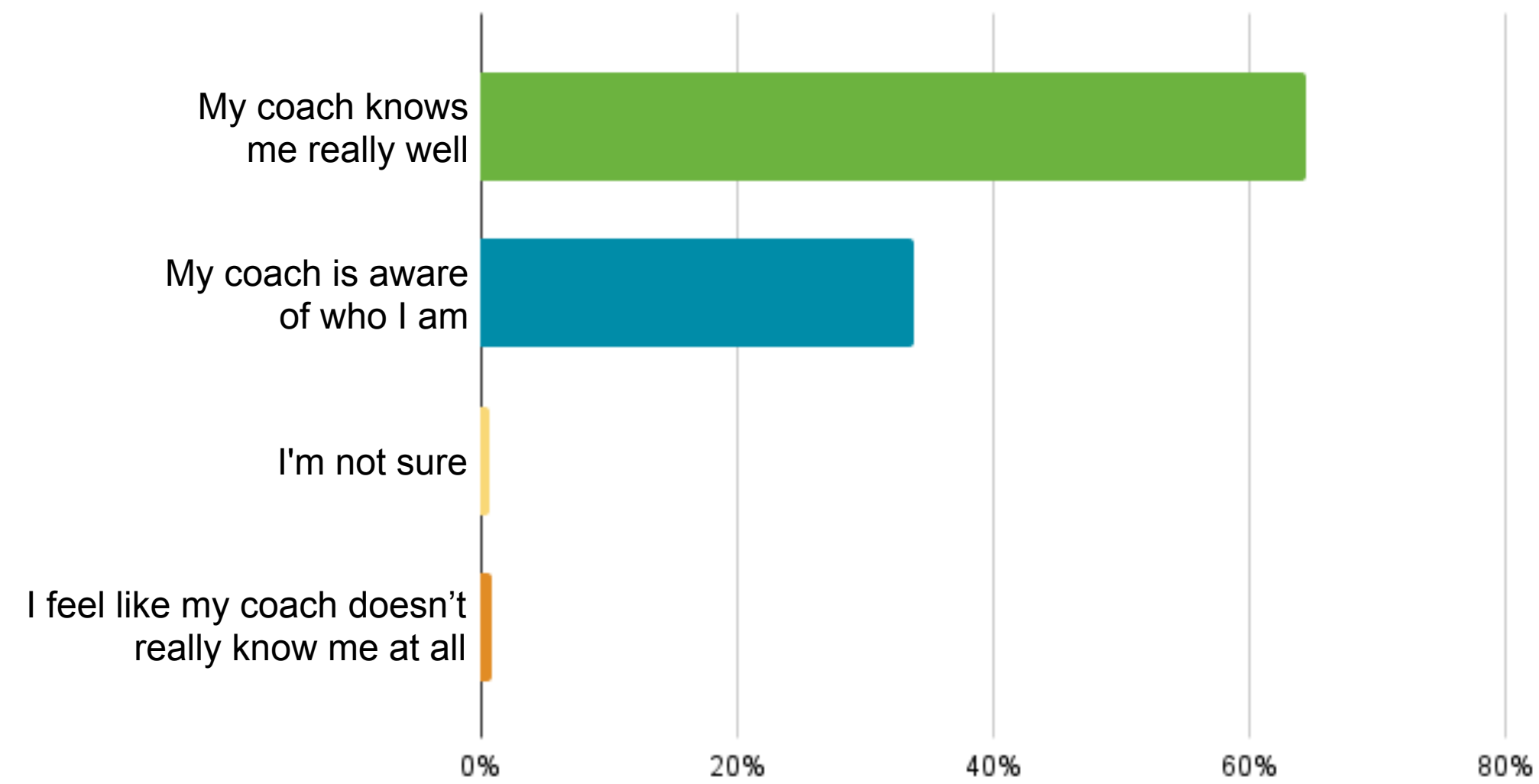# What type of feedback works best for you?

How likely are you to ask a question, if you are unsure about an aspect of training?

1.9%
I never ask

13.9%
Unlikely

49.5%
Very Likely

34.7%
Maybe

How well do you feel your coach knows you?

Category	Percentage
My coach knows me really well	~64%
My coach is aware of who I am	~34%
I'm not sure	~1%
I feel like my coach doesn't really know me at all	~1%

What do you enjoy most about training?

Category	Percentage
Learning a new skill	~16%
Understanding game play	~15%
Having fun	~42%
Staying fit & healthy	~20%
Other	~7%
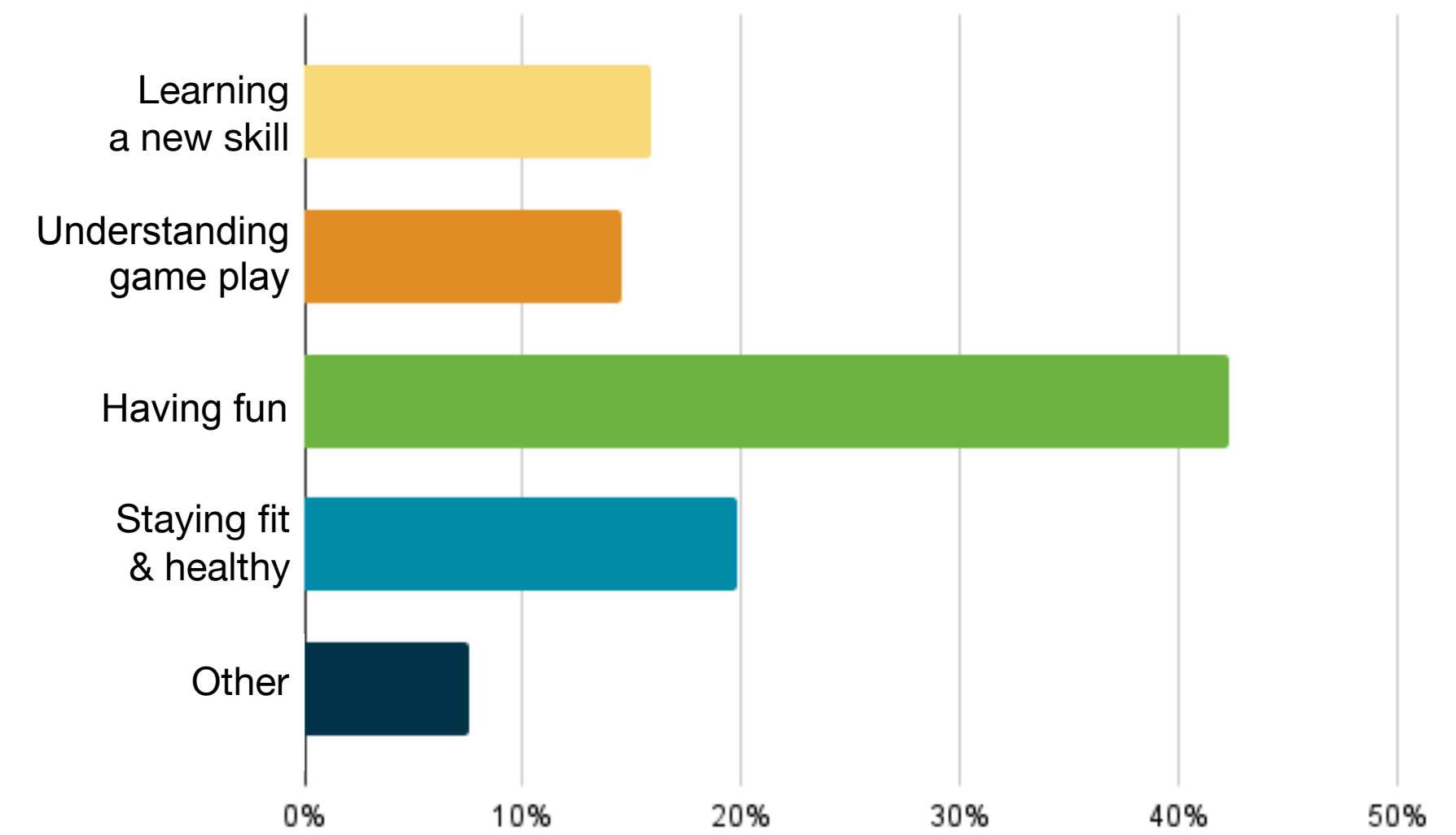
If your coach was a superhero, who would they be? (Top 3 responses)

Superwoman/Superman

28%

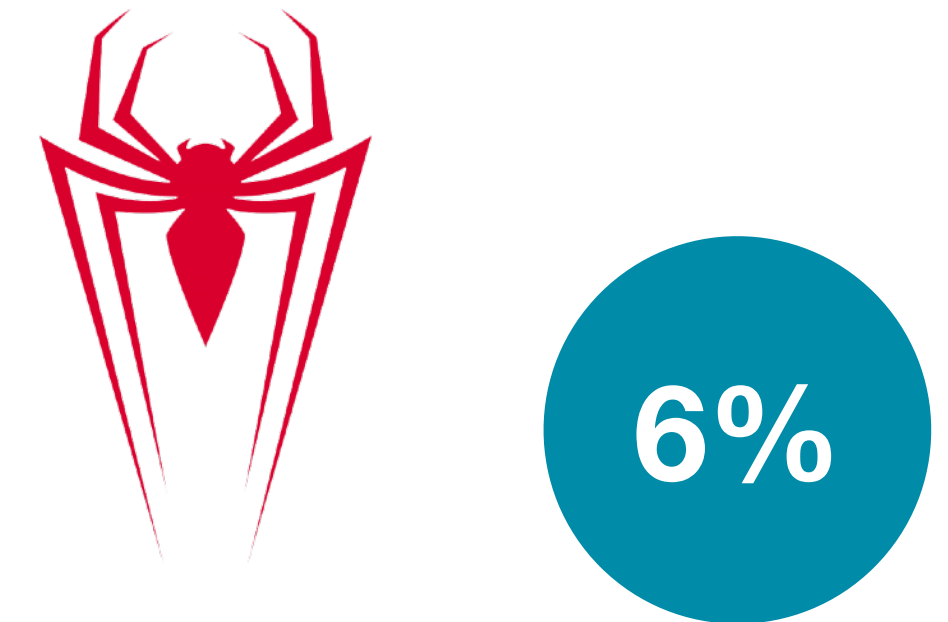**Associated Values**
Superhuman

Selflessness, Loyalty, Kindhearted, Protector

Wonder Woman

28%

Associated Values
Superhuman

Wisdom, Courage, Strength, Team-Player

Spiderman

6%

Associated Values
Superhuman

Determination, Agility, Kindness, Intelligence

joe@performasports.com
Mobile. +44 (0)771 943 6178
Office. +44 (0)28 3048 4950

www.performasports.com