

KEY READINGS

Ongoing Learning for Elite Sport Leaders

THE READING

Turman, P. (2003). Coaches and Cohesion: The impact of coaching techniques on team cohesion in the small group sport setting. *Journal of Sport Behavior*, 26 (1), 86 – 101.

WHAT IS THE POINT?

Identifying techniques and behaviors that motivate and de-motivate athletes in their sport and determining the impact these various strategies and behaviors have on team cohesion.

HOW WAS THE INFORMATION OBTAINED?

This study was done in two phases. The first phase consisted of 15 male athletes (track & field, football, basketball, wrestling, baseball, and swimming) and 15 female athletes (soccer, basketball, track & field, swimming, gymnastics, and volleyball) who completed an open-ended survey. The athletes were asked to identify coaching behavior and if those behaviors. The second phase included 12 male athletes from a division I football team. The participants had in-depth interviews and were asked to describe their coaches' behaviors and the impact those behaviors had in developing team cohesion or unity.

WHY IS IT RELEVANT?

- Sarcasm and teasing, motivational speeches, quality of opponent, athlete directed techniques, team prayer, and dedication were expressed by the athletes as having a positive effect on team cohesion.
- A team's success or performance can have a dramatic effect on team cohesion.