

EXPLORING THE EFFECTS OF DIFFERENT COACHING STYLES ON ATHLETES

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Coaching is a vital component of an athlete's growth and success. Different coaching techniques can have varying effects on players, altering their motivation, confidence, and overall athletic achievement (Marcone M. 2017). The authoritarian coaching approach, which is defined by rigorous rules, discipline, and high expectations, can lead to improved performance by pushing athletes beyond their comfort zones, but it can also create a stressful environment, reduce enjoyment, and limit creativity and individuality.

Democratic coaching fosters collaboration, communication, and decision-making between coaches and athletes. Athletes feel appreciated, motivated, and more involved in the training process. This technique fosters autonomy, critical thinking, and problem-solving, leading to improved performance and long-term success.

Furthermore, the transformational coaching style encourages and empowers athletes to reach their full potential. Coaches who employ this technique coach, motivate, and improve athletes' confidence, self-esteem, and leadership abilities. They promote growth, resilience, and a growth mentality, all of which are necessary for overcoming obstacles and performing at peak levels.

On the other hand, laissez-faire coaching, which is distinguished by a hands-off approach and minimum intervention, can have conflicting results. While it encourages athletes to be autonomous and independent, it may also result in a lack of structure,

accountability, and direction. Athletes who lack proper direction and support may struggle with motivation, consistency, and reaching their best potential.

Different coaching techniques impact athletes' motivation, confidence, and performance. Authoritarian, democratic, transformational, and laissez-faire styles influence athletes differently. Coaches must tailor their teaching style to their players' needs for optimal development and success.

References:

Marcone, M. (2017). The impact of coaching styles on the motivation and performance of athletes. *Kinesiology, Sport Studies, and Physical Education Synthesis Projects*, 21.
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