

# TOP COACH

## Fine-tune your coaching behavior for peak performance

As you observe the coaching that occurs around you, you will likely notice a constant—coaches who yell instructions, yell to motivate athletes, and yell to punish athletes for performing below the coach's expectations. Sadly, this is acceptable behavior in the sports world. But we are not interested in whether a particular coaching behavior is socially acceptable or not, whether it might hurt an athlete's feelings or not, or even if it might be considered offensive or not. We are concerned with only one thing—does the coaching style lead to increased performance or not? To achieve that goal, most coaches seem to focus on what they deem to be the appropriate coaching style without much concern for the athletes' needs from a psychological perspective. What we are suggesting is that two athletes of differing psychological makeup require different coaching styles even if they face the exact same performance challenges. And a research team from Miami University and the University of Wisconsin were able to add specifics to this concept.

**Power Key:** coaching behavior, athlete's needs, feedback



**Your coaching behavior should be tailored to match your athlete's psychological characteristics.**

### Original Research

Full citation available to subscribers.