A CHILD’S PERSPECTIVE IN FOOTBALL COACH EDUCATION

AN ACTION RESEARCH PROJECT

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Our perspective on coaching

Coach effectiveness and expertise
"the consistent application of integrated professional, interpersonal and intrapersonal knowledge to improve athletes competence, confidence, connection and character in a specific coaching context”


Collaboration and project development

20 hours on understanding each other and the problem at hand

How to do football from a child’s perspective

but they shall become footballers over time

Action 1: Research review vs Educational Content

• International and National research, and national reports
• Focus on “How to” with kids in sports
• Invited speaker session at the annual meeting of coaches
Discovery: the culture of football coaches

**Athletes in becoming**

**NOT**

**Human beings**

"More What than How"


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Reflection on discovery of action:
The thought of education as a tool of cultural change

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**Action 2: Experience the Coach Education**

- Coach Education organized from Swedish Football Federation
- Coach Education delivered by regional coach developers

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**Discoveries: from Coach Education**

- No "HOW to" in childs perspective
  - more "athletes in becoming" rather than "human being"
- Film focus on "what football should look like"
  - "athletes in becoming" not "human beings"
- Adults doing exercises as kids
  - Focus on WHAT not on HOW to coach children
- No reflection on "how to" coach
  - Lack of developing intrapersonal knowledge and competence

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**Action 3 – Analysis of course evaluations**

qualitative content analysis

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Course evaluations results

**Expectations**

• Good training
  - Content: better understanding of contents - understanding
  - Delivery: good delivery, engaging
  - Assessment: good assessment methods
  - Application: good application, understanding and experience, constructive feedback

• More of
  - Content: better understanding of contents - understanding
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  - Content: better understanding of contents - understanding
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  - Application: good application, understanding and experience, constructive feedback
Reflections on interpretation: Disconnected

Actions in progress → Future Outcomes

- Complimentary films
  - Showing how children react and act in practice
  - Showing interaction of coach and children
- Source for discussions of problems and solutions based on experiencing education
- Children in education
  - Include children as a group for CDs to work with during education
  - Exposes "How to" in coaching kids
- Reflective questions post education
  - Prior – during – post (Questions connecting to aspects of training)
  - Tested for understanding – how to implement?
- Stimulating coaches to develop intrapersonal knowledge and competence

Actions in progress → Future Outcomes

- Coach developer for clubs
  - "How to" based Coach Developer Education – "What to" is in place
  - Sharpen course evaluations
    - Continue to analyze coaches experience of CDs delivery of education
    - Use analysis as a tool for coach developers HOW
    - Use analysis to improve delivery of education
- Tracking of players in clubs and age-groups
  - Identifying clubs (improvement needed and improvements gained)
  - Collect data on overall outcome "How do we maintain more players over a longer period of time?"

Thanks for being here
Lars Lagergren & Torsten Buhre