

Best practice summary

Stream 10: Other (general) Coaching Practice

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The Think Aloud Program: Considerations for developing reflection in coach education.

The Think Aloud Program aims to provide a novel tool to facilitate a coach's ability to reflect-in-action and on action (Whitehead et al., 2016; Whitehead, 2019). Based on some of the heavily cited criticisms of reflection within coach education. For example, the notion that reflection and reflective practice may be seen as a tick box exercise within coach education, where reflections go unchallenged, and are conducted outside of practice through methods such as logbooks as part of formal coach education (Hall & Gray, 2016). This best practice summary aims to provide an outline of what the Think Aloud program is, and present considerations from both a theoretical and practical perspective. Taking a Deweyan perspective, this summary will discuss how the Think Aloud program considers the complexities of coach education and takes into account the concept of 'education as growth' in a similar form to Armour et al., (2017). Furthermore, the summary will share first-hand accounts from coaches and coach educators following their engagement in the Think Aloud program. This summary aims to highlight how these experiences and the Think Aloud Program could be identified as 'good practice' within coach education, given that it promotes individualized learning, it provides a novel method to reflect-in-action and it promotes a community of practice, where coaches may feel safe to explore their reflections further with other coaches within their club and environment.

References:

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Author Biography: Dr Amy Whitehead is a programme manager and lecturer in Sports Coaching at Liverpool John Moores University. Amy specialises in research using Think Aloud protocol, specifically how 1) Think Aloud protocol can be used to understand athlete cognition, and 2) how Think Aloud can be used to facilitate reflection in action with coaching practitioners. Amy has developed the Think Aloud Program, where she works with coaches and coach developers to improve their ability and understanding of reflection.