

Submission of abstract to 12th ICCE Global Coach Conference

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Title: Creating a task-oriented training climate in high school sports: The untapped potential of team managers

A training environment that focuses solely on sport achievement has been criticized to be suboptimal for youth athlete development. On the other hand, a task-oriented training climate that emphasizes effort, improvement and cooperative learning, has been found to develop youth athletes holistically above and beyond their sport potential. Unfortunately, youth sport coaches often struggle to promote holistic development of youth athletes due to their pursuit of athletes' sport performance, coupled with competing coaching demands. While team managers are influential adult leaders in youth sport teams, research on their role in youth athlete development is scarce. This study aimed to leveraged on the largely untapped potential of team managers to impact holistic youth athlete development in high school sport. The purpose of this study was to test the effectiveness of a 10-week intervention programme that facilitated managers of high school sport teams in developing strategies to create a task-oriented sport training environment. This study recruited team managers (n = 8), coaches (n = 8) and athletes (n = 237) from eight high school sport teams. The teams were divided into intervention groups (n = 4) and control groups (n = 4). Each team manager from the intervention groups participated in workshops where they worked with a research to co-created strategies that promote a task-oriented training environment for their team. Each team manager then proceeded to apply these strategies over seven weeks during which they had weekly discussions with the researcher on their progress. A mixed-method approach was adopted for intervention evaluation where quantitative data on athlete development was collected and qualitative interviews were conducted with participants. Data was collected before the intervention programme, immediately after, and six months after the programme terminated to test for the sustainability of the intervention effects. Results of the study and implications on youth sport coaching were discussed. The findings of this study provide a novel lens into how youth sport teams can tap on the role of team managers to optimize the holistic development of youth athletes.

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Si Hui Regina, Lim is a doctoral student at the Physical Education and Sports Science department at the National Institute of Education, Nanyang Technological University, Singapore. Her research focuses on coaching and pedagogical methods in Physical Education and Sport (PES) that contribute to positive holistic development among students and athletes. She has co-authored research papers in *European Physical Education Review*, *International Journal of Sports Science & Coaching*, and *Physical Education & Sport Pedagogy*.