



Coaching philosophy and its impact on hockey performance

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INTRODUCTION

Now-a-days sport has become a part and essential of life. Millions of fans follow different sports events all over the world with an enthusiasm bordering on devotion. Many people participate in sports and games for fun, happiness, pleasure for health and fitness. Increased participation in sports has resulted in competition which has become an important element of modern life. Competition provides the means by which one can show one's worth by competing successfully'.

All countries try to show their supremacy over each other for a defeat or success in the international sport competitions. Each and every country develops its own innovations in techniques, tactics and strategies for exhibiting top level performance so as to emerge winners and champions of sports. Hockey is not just a game for exercise and fun it is a deep meaningful experience in the lives of the young men who approach the game seriously. There is not a single country in the world where hockey is not played in some form or other and it is popular particularly among the youth of the world. Even in countries, which have developed national games, other than hockey, it is interesting to note the rapid strides hockey has made in recent years. The game is suitable especially for tropical countries where open-air play is possible almost throughout the year. There is definitely something very inherent in the game, which has an unabated appeal, both to the player and to the spectator. Hockey is a contact sport. Man is pitted against man, brawn against brawn, and brain against

brain. For a person to become an effective team member he should be smart, aggressive and above all coachable

Statement of the problem

The purpose of the study was to survey the coaching philosophy and its impact on hockey performance.

Delimitations

The study was delimited to the hockey coaches who accompanied the hockey teams for participating in the all India level hockey Championship.

Limitations

The present study involves collection of relevant information through administration of Questionnaire and conduct of Interview with the respondents selected for the study. Hiding of information or furnishing incorrect responses may yield distorted facts, which was recognized as a limitation of the study.

Hypothesis

It was hypothesized that coaching philosophy of different coaches accompanying the hockey teams will be different and it will have direct on the performance of their teams.

Definition and Explanation of the Terms

Coaching-

"Coaching can be simply defined as the preparedness of an athlete to excel maximal performance in competitive phase."

"Coaching also hinges on the ability to modify instructional approaches according to the player's responses as a practice session progresses"

The etymological meaning of the word 'philosophy' is the 'love of learning'. It signifies a natural and a necessary urge in human beings to know themselves and the world in which they 'live and move and have their being'

Hockey Performance

For the purpose of this study the term hockey performance refers to performance put up by the teams participating in the intervarsity competition during their matches. The concept of performance will include general improvement in performance of the team and not only winning or loosing in the competition.

Significance of the Study

- 1 The study will highlight various philosophical coaching concepts.
- 2 The present study shall facilitate in understanding the various aspects of coaching
- 3 The study will reveal the effectiveness of various philosophical concepts in enhancing hockey performance
- 4 The study may further reveal the weaknesses and strengths of coaches with regard to their coaching philosophy and may help the coaches in changing their concepts and approaches.

Construction of questionnaire

The following procedure was followed for the development of questionnaire.

Initial writing

The questionnaire was prepared with great care in consultation with the guide and other experts. The questionnaire were arranged in an order and each question was worded clearly to enable the respondents to answer the question

without much difficulty. Every care was taken frame question in such a manner that it was precise and without and ambiguity.

PROCEDURE

The selection of respondents, the tools used for collection of data, the construction of Questionnaire and planning of Interview, Administration of Questionnaire and conduct of Interview and Statistical Model adopted for analysing the data are described in this chapter.

Selection of Respondents

Forty Coaches, who accompanied their respective district and regional level hockey teams in the recently concluded all India level hockey Championship held at Jhansi U.P. in the year 2010 were selected as respondents for the study.

Tools Used for Collection of Data

The survey method was used for conducting the study. The necessary information was collected through a Questionnaire. The research scholar also conducted interview with selected coaches personally. The scholar developed an interview schedule for the interview

Administration of Questionnaire

The Questionnaire was administered individually to al the coaches of hockey teams participating in all India level championship

The respondents were requested to answer the Questionnaire without any body's help and were further requested to express their personal opinion. At the same time the researcher assured the respondent that the information given by them would be kept completely confidential.

Conduct of Interview

The researchers conducted interview individually with selected coaches during the all India level Championships. They were assured that the information given by them would keep confidential with the researcher. For recording the information, audiotape was used.

Statistical Analysis

The data obtained after administering the Questionnaire and conduct of interview was analysed using descriptive analysis.

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

Summary

The purpose of the study was to help the coaches by way of highlighting the influence of coaching philosophy and its impact on hockey performance. The data were collected from 40 respondents with the help of Questionnaire prepared by the researcher with the help of his guide, and interview method.

There were four main philosophies

- 1 Philosophy towards physical fitness
- 2 Philosophy towards technical ability
- 3 Philosophy towards tactical ability
- 4 Philosophy towards psychic ability

The responses given by the subjects were analysed by using percentage

However, the result shows that a soccer coach is totally dependent on the strength of his philosophy This philosophy is his plan, guide and ways to achievement A soccer team needs a leader with a strong and realistic concept of direction After all, no sport places more physical and psychological demands on players than hockey Some call it a long, high speed game of chess Certainly the experiences the coach had as a player and the methods used by those who coached him will carry over into his coaching methodology.

For instance, if is hockey-playing days were loaded with fun he probably will make sure that his players also have a lot of fun. If, on the other hand, his former coaches were sticklers for skill development, he probably might emphasize that aspect of training Also, if his former coaches were observed by winning records, winning might be his foremost consideration Regardless, his experiences as a player will carry over into his methods of coaching

Clinics are a must for every coach. He can benefit by talking with and learning from other coaches who are attending the clinics other coaches are the greatest source of knowledge. A clinic does not have to be soccer specific to help the coach be a better coach A clinic that deals with sports injuries, sport psychology, nutrition drug abuse sports law, motivation, management skills will add knowledge to the coach

Films and videos are another great source for learning. Principles like depth, balance, and support in the defensive third are much easier to understand when it is shown through-audio- visual aids. The willingness to give one's best and play to win are important. Every team should want to succeed every coach should encourage his team to go for the win. That doesn't mean that the tears must won every match it does that the must try to win every match

The coaches spend the times first to develop the player's physical condition followed by the player's technical abates Only after doing that he should worry about the team's tactical development. While doing all that he should also realize that the development of any player is not complete without building the player's confidence and self esteem. This is particularly important for soccer players. The coach may make some tactical adjustments, such as substitutions for players who are having a bad day Or the coach might revise the game plan at half time Its said that the coach may be seen but not heard during a match Thus, in a soccer match, the performance of the players determines the failure and success of the coach and the team Therefore, it is essential that for coach works on the player's psychological strengths

To help the players reach their objectives the coach must be willing to spend time to get to know them and to let them know who is the coach and where he stands If the coach wants his players to overcome their weaknesses, he should not be afraid to expose personal shortcomings. This study will add new knowledge to the coaches for improving the performance and for better results of their teams

Conclusions

Based on the results, the following conclusions are drawn-

- 1 Coaching philosophy has a great impact on soccer performance
- 2 Motor components are the most important criteria for the improvement of hockey performance
- 3 Selection of players should be done form competition and selection trial.
- 4 A coach should have full control of his players in all aspects of life and training.
- 5 A coach should attend seminars/clinics/workshops/ refresher courses for improving his knowledge.

Recommendations

- 1 The coaching philosophy of Inter-university second coaches seems to be very practical and centric as demanded by most of the coaches the duration of coaching camps for Inter-university hockey competition should be increased so that philosophy materialize into action in a big way.
- 2 In order to deny the coaching philosophy of Inter university hockey coaches, their training and matches should be analysed thoroughly with the results of current study.
- 3 Further a study can be under taken with the national and international coaches on similar lines