

Learning to Coach Through Experience: Reflection in Model Youth Sport Coaches

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The present study examined how model youth sport coaches learn to coach through experience. Yin's multiple-case study approach was used with six youth team sport coaches. Data were collected over an entire sport season through a series of semi-structured interviews, observations, and documents. All six case study coaches developed and refined coaching strategies through a process of reflection. Six components characterized reflection: coaching issues, role frame, issue setting, strategy generation, experimentation, and evaluation. A reflective conversation comprising the latter four components, triggered by coaching issues and bound by the coach's role frame, was central to reflection. The selection of options at each stage in a reflective conversation was influenced by access to peers, a coach's stage of learning, issue characteristics, and the environment. Furthermore, three types of reflection were evident: reflection-in-action, reflection-on-action, and retrospective reflection-on-action.

Key Words: coaching, learning process

Youth sport coaches are expected to develop and use knowledge from a wide array of disciplines including anatomy, pedagogy, physiology, nutrition, and sport psychology (Campbell, 1993; Martens, 1997). As a result, comprehensive coach education programs that attempt to train many coaches in different sports have been implemented worldwide (Campbell, 1993; De Knop, Engström, & Skirstad, 1996). However, there is no agreed upon format for coach education programs between countries, or within countries in some cases (Sawyer, 1992), and large-scale coach education programs have been criticized for their low ecological validity (Abraham & Collins, 1998; Douge & Hastie, 1993; Gilbert & Trudel, 1999a).

Most youth sport coaches are volunteers and are not required to obtain coaching certification (Campbell, 1993; De Knop et al., 1996; Ewing, Seefeldt, & Brown, 1996). As a result, virtually anyone can assume the role of a youth sport coach. The gap between expected competencies and the typical youth sport coach profile (i.e., volunteers with sparse formal training) has long been considered a major challenge for youth sports (Ewing et al., 1996).

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