



Leal Anderson

Short-Term and Long-Term effects of Coach Leadership Behaviors

Changing the World through Sport



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**Short-Term and Long-Term effects of Coach Leadership
Behaviors**

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Author

Leal Jaurice Anderson B. B. A.

Presented to the Faculty of the Graduate School of
The University of Texas at Austin
in Partial Fulfillment
of the Requirements
for the Degree of

**Master of Arts
Sport Management**

**The University of Texas at Austin
May 2010**

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Short-Term and Long-Term Effects of Coach Leadership Behaviors

**APPROVED BY
SUPERVISING COMMITTEE:**

Supervisor:

B. Christine Green

Marlene Dixon

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Dedication

I dedicate this thesis report to my mother Mildred L. Anderson who believes so strongly in the Lord and in Education. Her initial inspiration and continued encouragement allowed me to attempt and complete this academic endeavor. She has been there supporting me, praying for me, and encouraging me in everything that I have ever attempted in my life. Her belief in the value of education has been deeply instilled in my life. Without her, I truly would not be here today. Thank You Mom!

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May 7, 2010

Abstract

Short-Term and Long-Term Effects of Coach Leadership Behaviors

Leal Jaurice Anderson M. A.

The University of Texas at Austin, 2010

Supervisor: B. Christine Green

Sport is a medium through which the leader can greatly influence the consequences. The purpose of this research was to examine the ways in which perceived coach leadership behaviors impact perceptions of coaching performance, individual athlete performance, team performance, and lifelong outcomes. In this study, two hundred seventy nine former student-athletes were asked to recall and report on the experiences they had as an athlete during high school along with specific lifelong outcomes (e.g., confidence, control etc.). Student judgment of their coaches' types of behavior, (e.g., Democratic vs. Autocratic) was compared with perceptions of their coach's performance, their individual performance, their team's performance and various lifelong outcomes. Results revealed that Training and Instruction, Social Support, and Positive Feedback were related to Coach Performance. Training and Instruction and Democratic Behaviors were related to Individual Athlete Performance. Training and Instruction and Positive Feedback were related to Team Performance. Social Support structures were related to Athlete Challenge. Training and Instruction was related to Athlete Confidence in Abilities and overall Lifelong Outcomes. Autocratic Behaviors were related to Athlete Control of Emotions. Training and Instruction was found to be related to every short-term performance component. Coaches seeking to impact performance of their teams can do so by utilizing these leadership behaviors. Many of these behaviors also have a long-term positive effect on the individual. Sport managers seeking to satisfy the goals of the organization may employ these leadership behaviors to select, train, and evaluate staff members to increase the overall effectiveness of the organization.



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