

Coaching Feedback Questionnaire

As you perhaps already know, coaches really differ from each other in the type of feedback they give in response to their athletes' performances.

This questionnaire is designed to find out what type of coaching feedback your coach gives you in practices and games.

Coaching Responses to Player's Successes

Listed below are six examples of feedback your coach might give you after you have had a successful performance in a game or practice. PLEASE RATE EACH STATEMENT IN TERMS OF HOW TYPICAL YOUR COACH GIVES YOU THIS KIND OF FEEDBACK AFTER YOU HAVE HAD A SUCCESSFUL PERFORMANCE.

	<i>Not Typical At All</i>				<i>Very Typical</i>
1. "Good play!"	1	2	3	4	5
2. Coach ignores your good performance.	1	2	3	4	5
3. "Way to go! You really extended your elbow that time."	1	2	3	4	5
4. "Great play. Now you're keeping you eyes on the ball."	1	2	3	4	5
5. "Excellent work in practice today."	1	2	3	4	5
6. Coach doesn't say anything to you about your good performance.	1	2	3	4	5

Coaching Responses to Player's Errors

Listed below are ten examples of feedback your coach might give you after you have had made a mistake or committed an error in a game or practice. PLEASE RATE EACH STATEMENT IN TERMS OF HOW TYPICAL YOUR COACH GIVES YOU THIS KIND OF FEEDBACK AFTER YOU HAVE HAD A PERFORMANCE ERROR OR POOR PLAY.

	<i>Not Typical At All</i>				<i>Very Typical</i>
1. "That's O.K. Keep working at it!"	1	2	3	4	5
2. Coach ignores your error or poor performance.	1	2	3	4	5
3. "That was a really stupid play!"	1	2	3	4	5
4. "You dropped your elbow. Next time keep it up."	1	2	3	4	5
5. "How many times have I told you to extend your elbow?"	1	2	3	4	5
6. "Hang in there! You will do better next time."	1	2	3	4	5
7. Coach doesn't say anything to you about your error or poor performance.	1	2	3	4	5
8. "Your technique looks lousy! Keep you head up."	1	2	3	4	5
9. "That play sucked!"	1	2	3	4	5
10. "No, that's not right. You need to work on a faster release."	1	2	3	4	5

Preferred Coaching Feedback Questionnaire

This questionnaire is designed to find out what type of coaching feedback you would PREFER your coach to give you in practices and games.

Coaching Responses to Player's Successes

Listed below are six examples of feedback your coach might give you after you have had a successful performance in a game or practice. PLEASE RATE EACH STATEMENT IN TERMS OF HOW MUCH YOU PREFER THIS KIND OF FEEDBACK FROM YOUR COACH AFTER YOU HAVE HAD A SUCCESSFUL PERFORMANCE.

	<i>Do Not Prefer At All</i>				<i>Prefer Very Much</i>
1. "Good play!"	1	2	3	4	5
2. Coach ignores your good performance.	1	2	3	4	5
3. "Way to go! You really extended your elbow that time."	1	2	3	4	5
4. "Great play. Now you're keeping you eyes on the ball."	1	2	3	4	5
5. "Excellent work in practice today."	1	2	3	4	5
6. Coach doesn't say anything to you about your good performance.	1	2	3	4	5

Coaching Responses to Player's Errors

Listed below are ten examples of feedback your coach might give you after you have had made a mistake or committed an error in a game or practice. PLEASE RATE EACH STATEMENT IN TERMS OF HOW MUCH YOU PREFER THIS KIND OF FEEDBACK FROM YOUR COACH AFTER YOU HAVE HAD A PERFORMANCE ERROR OR POOR PLAY.

	<i>Do Not Prefer At All</i>				<i>Prefer Very Much</i>
1. "That's O.K. Keep working at it!"	1	2	3	4	5
2. Coach ignores your error or poor performance.	1	2	3	4	5
3. "That was a really stupid play!"	1	2	3	4	5
4. "You dropped your elbow. Next time keep it up."	1	2	3	4	5
5. "How many times have I told you to extend your elbow?"	1	2	3	4	5
6. "Hang in there! You will do better next time."	1	2	3	4	5
7. Coach doesn't say anything to you about your error or poor performance.	1	2	3	4	5
8. "Your technique looks lousy! Keep you head up."	1	2	3	4	5
9. "That play sucked!"	1	2	3	4	5
10. "No, that's not right. You need to work on a faster release."	1	2	3	4	5