

Building a Successful University Program: Key and Common Elements of Expert Coaches

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The purpose of the present study was to determine how expert university coaches of team sports built their successful programs. In particular, key and common elements that enabled these coaches to achieve success were identified. Five expert Canadian female university coaches were interviewed individually. The results of the analysis revealed four elements for developing successful programs. First, coaches possessed a variety of personal attributes that enabled them to display appropriate leadership behaviors depending on the situation they faced. Second, coaches had a personal desire to foster their players' individual growth. Third, coaches pos-