

Chapter 11

Coaching Psychology

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Chapter Objectives

After reading this chapter, you should be able to do the following:

- 1 Describe the coach education structure and process in Canada and abroad.
- 2 Identify the steps to become an elite coach.
- 3 Describe the common characteristics and coaching principles of youth-sport coaches.
- 4 Describe the components of Chelladurai's sport leadership model and its relationship to coaching.
- 5 Define the different components of the coaching model.
- 6 Describe the coaching model and its relationship to effective coaching.
- 7 Explain the athlete-centred approach adopted by many non-professional Canadian coaches.
- 8 Explain the model of coaching efficacy.