

Original Article

Research of football coach's professionally important qualities in football player's perception

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Abstract:

Problem Statement. Professionally important qualities of a sports coach are one of the factors and a prerequisite for the effectiveness of the athlete's competitive activity. The research problem of the influence of personal qualities on the professional effectiveness of players and coaches in sports in general, and in football in particular, remains relevant. *The purpose of the research* is to determine the characteristics and qualities of the trainer that are effective for the coaching activities. *Materials and Methods:* an expert survey was conducted among leading football coaches and football players of various training levels. *Participants:* 22 football coaches and 119 football players of Ukrainian leading clubs and National team. SPSS software was used to mathematicay processing of the results. *Results:* In the process of analysis, the structural components that characterize the professionally important qualities of a football coach were identified: individual-psychological qualities and characteristics; behavior and interaction; social status and education; look; special knowledge and skills. In turn, each of the selected structural components of the coach's image is divided into meaningful characteristics, which is a model of professionally important qualities of a football coach as a whole. Each of the selected structural components of the image is determined in turn by the personal qualities and characteristics of the coach's personality, which have been recognized as important for the effective coaching and competitive activity of the team. *Conclusions:* The composition of individual-psychological characteristics include the following components: motivational; behavioral; cognitive; the atential; moral; emotional; psychomotor; stress resistance. The revealed results suggested that purposeful correction of personal qualities that determine the professional image can positively affect the process of coach's professional improvement.

Keywords: football coach, football player, important professionally qualities, personal qualities, model of a coach's qualities

Introduction

The effectiveness of a joint activity depends on how the partners evaluate each other's personal and professional qualities (Andreeva, 2006; Anokhin, 1975; Leont'ev, 1975; Lomov, Shvyrkov, Shevchenko, 1978; Petrovsky, 1996). Professionally important qualities of a sports coach are one of the factors and a prerequisite for the effectiveness of the athlete's competitive activity (Babushkin, 1985; Bushuyeva, 2007; Malinovsky, Petrovska, 2017; Martens, 2014). Scientific studies are devoted to the peculiarities of the interaction between the coach and the athlete in the process of sports activities (Molokanov, 1995; Moskalenko, 2007) and to the problems of psychological support of the coach's professional activity more and more (Vorobiev, Petrovska, Kravchenko, 2007; Bushuyeva, 2007). The research problem of the influence of personal qualities on the professional effectiveness of players and coaches in sports in general, and in football in particular, remains relevant. The purpose is the experimental research and theoretical substantiation of the structure of a football coach's important professionally qualities; determination of important personal qualities of the coach in the qualified football player's perception.

Materials and methods

Methods of questioning and expert survey were applied among leading football coaches and football players of different training level. Participants: the survey was attended by 20 football coaches and 119 football players of Ukrainian leading clubs and Ukrainian National football team, including: 23 FC Shakhtar footballers (Donetsk city) and 48 footballers of Ukrainian junior team (U-17 and U-19) and youth team (U-21). SPSS (Statistical Package for the Social Sciences) software was used for mathematical processing of the results.

Results

In our study, respondents were asked to answer an open-ended questionnaire: “What is He – A successful football coach?” The important characteristics and qualities of a successful football coach were obtained according to the results of the respondent’s answers. Those were generalized and systematized according to certain indicators into a structural model of a football coach’s qualities important professionally (Fig. 1.):

- individual-psychological qualities;
- behavior and interaction;
- social status and education;
- look;
- special knowledge and skills.

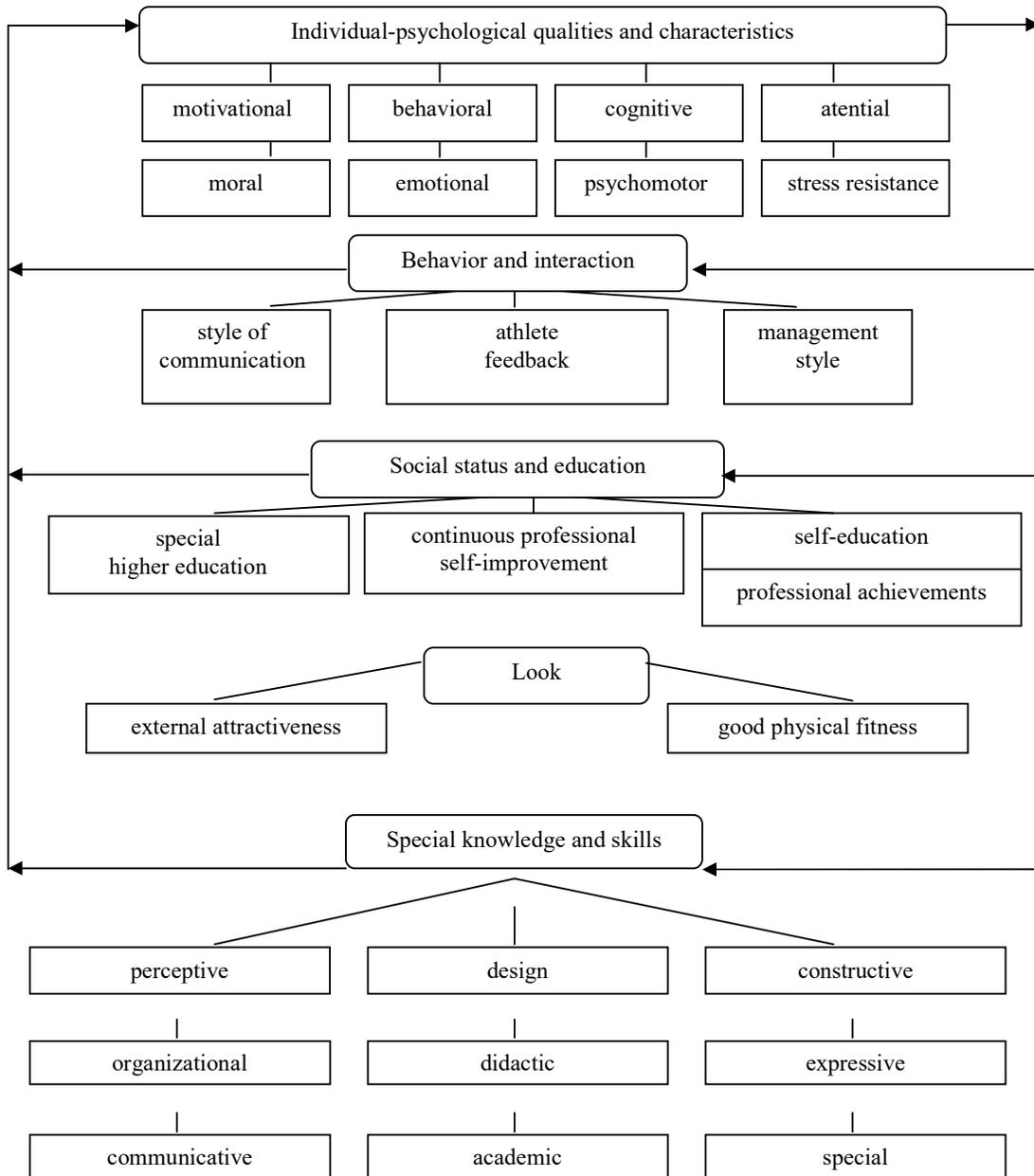


Fig. 1. Structural model of a football coach’s professional qualities based on the own research results

The individual-psychological professionally important qualities include: motivational; behavioral; cognitive; atential; moral; emotional; psychomotor ones and stress resistance.

Professionally important characteristics of a coach's behavior include: features of individual communication style, athlete feedback, and team management style. They give important role to the coach's look in creating a professional image, namely: attractive seeming and good physical fitness.

Social status in the model of professional characteristics depends on the level of special higher education, continuous professional self-improvement through professional development, self-education and achievements in professional activity.

The following special knowledge and skills: perceptive, organizational, communicative, design, didactic, academic, constructive, expressive and special abilities are also included in the structure of professionally important qualities.

We considered the coach's professionally important qualities and characteristics as a percentage ratio by the results of the expert survey (Fig. 2). *Authority in the sporting environment* (4.16%); *professionalism and education* (10.48%) are determined by expert evaluation according to the following indicators: a reputable and respected in sports and football environment, a promising and successful coach, a professional in their field, with appropriate education, qualifications and experience.

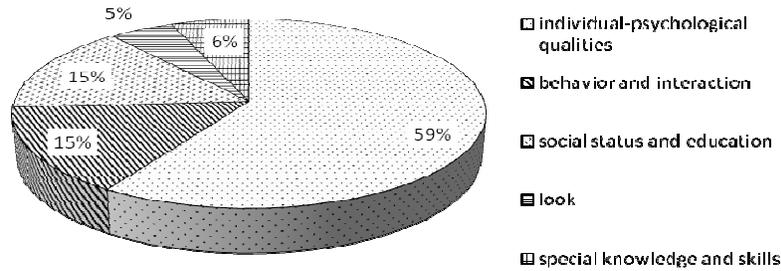


Fig. 2. Percentage ratio of structural components of a football coach's professionally important qualities according to the results of athletes' and coaches' survey

External attractiveness, demonstration of success (3%); *demonstration of good health and fitness* (2%) are determined by the following expert indicators: stylish, neat, charismatic, healthy, no bad habits, healthy lifestyle, physically preparedness, athletic.

The individually psychological coach's qualities are included the following components: motivational (5.81%); organizational (17.97%); cognitive, intellectual, attentive (9.98%); emotional (3.32%); stress resistance (5.16%); moral (12.15%); strong-willed (3.16%); psychomotor qualities (1.33%) according to expert evaluation and as a result analysis and generalization.

The motivational component is determined by the following characteristics: purposeful, result-motivated, ambitious, eager for victory, focused on the profession, fanatically loving his job, highly interested in activity, patriotic, able to motivate the athlete and the team.

The organizational component is determined by the following characteristics: good manager, able to organize and inspire, straightforward and responsible, organized and disciplined, independent in decision-making, punctual and meticulous, accurate, able to take into account every detail, hardworking, persistent, able to solve any task.

Cognitive, intellectual and attentional components are determined by the following coach's characteristics: talented, gifted, intelligent, analyst, observant, focused and attentive in the process of training and competitions, prudent, has tactical thinking, demonstrates competitiveness, intuitive decision-making, creative, able to take into account the individual athlete's characteristics, modern, opened to new information with desires of study.

The emotional component is determined by the following indicators: positive-minded, cheerful optimist, emotional and humorous.

Stress resistance is determined by psychological and emotional stability and control of emotions and behavior, restraint, tolerance, calmness and coolness in stressful situations.

Moral qualities are determined by characteristics: human and understands the problems and conditions of the athlete, respects colleagues and athletes, decent, adheres to corporate ethics and solidarity, fair and objective, tolerant and tactful, educated, cultural, honest, unselfish, generous, dedicated.

Volitional qualities are manifested in defending their own point of view, perseverance, strength of spirit, courage, riskiness, determination.

Psychomotor qualities are determined by lability and rapid response in different situations, vigor and activity.

The behavior and interaction of the coach are determined by the following characteristics of communication and attitude to the athlete (14.98%): open, frank, kind, friendly, trustworthy, sociable, patient, caring, supportive during the difficult time, attentive to the athlete, strict and demanding.

Experts estimate that the coach's *special knowledge and skills* (6.49%) are: didactic, educational, humanistic and pedagogical, that are determined by the coach's skills and abilities: able to communicate information to athletes, well delivered imaginative language, monitors his or her pronunciation, knows human anatomy and physiology, knows the history and theory of football, reads up-to-date literature on sports topics, has a teaching and training process, has general knowledge of psychology, is a skilled psychologist, helps in the development of athlete's personality, participates in a football player's life, gives advice, motivates, competent teacher, loves children and works with young people. The expert evaluation not only allowed to form a structural model of the professionally important qualities of a football coach, but also to identify the most important structural components (Table 1).

Table 1

Professionally important qualities of a football coach by rating

Percentage of experts who preferred this characteristic in the structure of professionally important characteristics	Professionally important characteristics of a football coach according to the results of experts' evaluation
17,97%	Organizational
15,15%	Moral
14,98%	Communicative qualities and attitude to the athlete
10,48%	Professionalism and level of education
9,98%	Intelligence, cognitive, atentional
6,49%	Special knowledge and skills
5,82%	Motivation
5,16%	Stress resistance
4,16%	Recognition and authority in the sporting environment
3,33%	Physical fitness, health and psychomotor quality
3,32%	Emotional
3,16%	Willful
2,99%	Look

We conducted the second stage of the study after determining the structure of professionally important qualities of a football coach with the help of expert evaluation. Athletes evaluated the coach's professionally important characteristics using a semantic differential method. 96 football players of Ukrainian leading clubs and National teams, including: FC Shakhtar 23 players (Donetsk city) of A league, whose players have 15 years of playing experience on average and are 28 years old on average, and 48 football players of Ukrainian junior team (U-17 and U-19) and youth team (U-21), whose age is 18.5 years on average.

We have identified the coach's personal qualities in the athlete's perception that are important for the training activities as a result of the questionnaire mathematical processing, by the following criteria: low weight of quality or characteristic; moderate weight; middle weight; high weight. Professionally important qualities of high importance in the perception of all interviewed athletes included: enjoys respect in sports and football environment; professional; educated; goal-oriented, result-driven; ambitious; desires victory; knows how to organize a team; is able to inspire; is able to communicate information to athletes; knows the methods of teaching and training; loves children, works with young people; focused and attentive in training and competition; organized, demanding.

However, some minor differences were found among the teams: U-17, U-19, U-21 and FC Shakhtar in the athlete's perception of the coach's important qualities. For FC Shakhtar footballers, the characteristics of communication are not important. The characteristics of communication for them: benevolence, patience, rigor and demand are in the range of medium importance. Other qualities are moderate and low importance. Instead, qualities of stress resistance and emotional adjustment are of great importance for them: positively-tuned, cheerful optimist, sense of humor, stress-resistant in the competition process, psychologically stable, controlling emotions and behavior. Meanwhile, the coach's characteristics of communication: openness and frankness, kindness, sociability and caring, trust and patience, attentiveness to the athlete – become more important for the U-17, U-19, U-21 footballers. For athletes of junior age, the role of a coach related to the support of the athlete's personality, the role of the mentor, the orientation of the coach to the interaction and the individual approach to the athlete take more place.

Discussion

On the basis of theoretical analysis of scientific sources devoted to sports, the experience of scientists studying the influence of different characteristics and characteristics of a coach's personality on the formation of

effective interaction with an athlete is generalized, namely: professional qualities are purposefully and effectively formed and improved (Volyanyuk, 2006; Lozhkin 2004); the personal qualities of the coach should not differ from the athlete's ideas about the ideal (desirable) ones, which is important for the psychological and pedagogical influence on the sports team (Lozhkin, Semin, et al., 1997; Protsenko, 2010; Rogaleva, 2004); the personal qualities of the coach should be promptly displayed in accordance with the requirements of a specific competitive or training situation (Martens, 2014; Petrovsky, 1978; Tajfel, 1978).

The coach as a subject of sports activity and interaction is the bearer of certain personal characteristics and professional image (Malinovsky, Petrovska, 2017, 2018). One of the main characteristics is the ability to influence the athlete's motives, actions, consciousness, emotional state, self-confidence (Pereligina, 2002; Bushuyeva, 2007).

Comparison of professionally important characteristics of coaches of different professional categories, in particular B and PRO in the player's perception, made it possible to conclude that there are no significant differences, which testifies to the versatility of the structural model of coach's professionally important qualities that we have selected. The individual psychological qualities of a football coach that determines professionally important characteristics are universal for coaches of different categories when working with teams of different levels and ages.

Conclusions

The structural model of a coach's professionally important qualities is defined. Defined professionally important characteristics are universal for coaches of different categories when working with teams of different levels and ages

The structure of coach's professionally important qualities which is based on the rating can include: organizational; moral; communicative; professionalism; cognitive characteristics; pedagogical skills; motivation and stress resistance; recognition and authority in the sporting environment; emotional and volitional qualities; physical form and psychomotor quality.

The most significant qualities of a coach in the perception of football players of all ages and experience include: educated; goal-oriented, result-driven; ambitious; desires victory; knows how to organize a team; is able to inspire; is able to communicate information to athletes; knows the methods of teaching and training; loves children; works with young people; focused and attentive in training and competition; organized, demanding.

For junior athletes, communicative qualities of a coach, which are related to the support of the athlete's personality, the role of the mentor, the coach's orientation to the interaction and the individual approach to the athlete, are of great importance.

Conflicts of interest

The authors declared no potential conflicts of interest with respect to the research, authorship, and publication of this article.

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