

## Coaching Practices of First and Second League Women-Men Volleyball Coaches in Turkey

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**Abstract:** The purpose of this research was to investigate the approaches of the coaches in the First and Second Leagues in Turkey in their coaching methods and, to state the differences in their applications. A questionnaire consisted of 10 sections and 61 questions were applied to the coaches that took part in the study. The research is limited to first and second league trainers, which is set of 120 trainers. The sampling of the research is 80 coaches (2 female, 78 male) in the First and Second Leagues in Turkey. In order to collect the data, the book of Rainer Martens named "Successful Coaching" and its sample questions and expertise opinions were referred and 5 scale Likert type questionnaire questions for coaches was determined as  $\alpha : .86$ . The arithmetic medium of the research results was investigated by using T-test for  $p < 0, 05$  between independent variables. Besides, in order to determine if there are significant changes between the groups, Variance Analysis (ANOVA) was applied, and the difference between the two groups was determined by using Post Hoc-Tukey test. Consequently, there were seen significant changes in the coaching approaches of the coaches in the First and Second Leagues in Turkey.

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**Key words:** volleyball, coach, coaching practices

### Introduction

In achieving the desired level in sports, knowledgeable, skillful, well-trained coaches are needed; namely, they are the first requirements. Coaches to be trained in a variety of sports branches should be shaped and developed within a model considering the characteristics of these branches (7). It does not matter how hard working and skillful the sportsmen are, to get successful they need qualified coaches. The role of the coach is not only training the sportsmen, modeling the sportsmen but also interpreting the information gathered from the sports scientist, sports medical psychologist and sociologist of sportsmen and guiding them accordingly (3). The coaching qualities expressed through coaching approach is defined in terms of game management, communication, motivational skills, teaching approaches, training knowledge, knowledge on healthy nutrition and empathy with the sportsmen. The most important factor directing children and youngsters to volleyball is their physical education teachers and the trainers. Therefore, keeping this influence power in mind, the effectiveness and the practices of trainers need to be given particular attention (9). The purpose of this study was to evaluate the coaching approaches of coaches from man-woman teams of first and second volleyball leagues in Turkey. For that reason, ages, professional occupations, organizations where certificates received, years of experience are examined to see the differences in practices of man and woman coaches. The statement "A good coach should be liberal." turned out with different results

between physical education teachers and coaches from other occupations favoring the latter.

### Method

#### Scope and sampling

The scope of the study was 120 man and woman coaches from first and second volleyball leagues; and the sampling was composed of 80 coaches the study being limited to man and woman coaches from first and second volleyball leagues in Turkey.

#### Participant Teams

**First League Men's Teams:** Çankaya Municipality, Halk Bank, Tokat Plevne Municipality, SSK, Fenerbahçe, Arkas Saint Joseph, Bursa Security, Erdemir, TKİ Gelispor, Hatay Police Force, Ziraat Bank, Manavgat Sport, Police Academy and College, İstanbul Metropolitan Municipality.

**Second League Men's Teams:** Tokat Niksar, Melik Gazi Municipality, Jandarmagücü (Gendarmerie Force), Aselsan, Finance Youth, Erciyes University, Marmaris Municipality, Meran Municipality, Çukurova University.

**First League Women's Teams:** Eczacıbaşı, Emlak TOKİ, Göztepe, TED College, İller Bank, Şişli Sport, Numune Sport, Telekom, İstanbul Emlak, Fenerbahçe, SSK, Gaziantep Şahinbey Municipality, Yeşilyurt, Dicle University, Vakıfbank Güneş Insurance, Karşıyaka.

**Second League Women's Teams:** Ataşehir, Karayolları, DSİ (State Water Works), Marmaris Municipality, Galatasaray, Yalova Sport, ODTÜ

(METU), Samsun DSİ, İzmir Alternative, İzmir Karşıyaka Municipality.

### Research Methodology

The questions from the study of Martens (1990) were used as samples, the opinions of experts were asked while forming the 5-scale Likert type questionnaire of 61 questions. The reliability of the questions was found as  $\alpha$ : .85, 7. The questionnaire is composed of 10 parts: first part is on personal information, second on coaching specifications, and respectively on reasons for choosing coaching as an occupation, coach's characteristics, his communication skills, motivational skills, and control of teaching approach, scientific dimension of trainings, nutrition and its practices, and the last part

is about empathy. This questionnaire was applied based on the voluntary condition of the coaches.

### Data analysis

Data gathered were analyzed frequency (f) and percentage (%) distributions were found for participation rates of first and second league volleyball coaches in each part. In addition, One Way ANOVA and t-test were used to determine the coaching practice differences according to the age, occupation, years of experience, and the organization certificate received. To find which groups cause the differentiation, Post-Hoc Tukey test was applied.

### 3. Results

Table 1. Personal Information of Coaches

Personal Information		N	%			N	%	
Age	20-30	13	16,3	Organization certificate received	PES College	19	23,8	
	31-40	32	40,0		Sport Academy	5	6,3	
	41-50	27	33,8		Coaching course	56	70,0	
	51-above	8	10,0		Total	80	100,0	
	Total	80	100,0					
Gender	Female	2	2,5	Level of the team trained	League 1 men	21	26,3	
	Male	78	97,5		League 2 men	16	20,0	
	Total	80	100,0		League 1 women	26	32,5	
Occupation	Physical Education teacher	24	30,0		Years of experience	League 2 women	17	21,3
	Coach	39	48,8			Total	80	100,0
	Other	17	21,3	1-5 years		33	41,3	
	Total	80	100,0	6-10 years		31	38,8	
				11-20 years		13	16,3	
Educational background	Primary school	-	-	Degree of coaching	21 and above	3	3,8	
	Secondary school	-	-		Total	80	100,0	
	High school	18	22,5		1. degree	4	5,0	
	College	60	75,0		2. degree	15	18,8	
	Graduate school	2	2,5		3. degree	45	56,3	
	Total	80	100,0		4. degree	14	17,5	
			5. degree	2	2,5			
			Total	80	100,0			

PES College; Physical Education and Sports College

Table 2. Comparison of participant coaches' ages and communicative skills

The messages should always be positive	Inter groups	5,364	3	1,788	2,942	,038*
	In groups	46,186	76	,608		
	Total	51,550	79			

\*p<0, 05

When ages and communicative skills of the coaches are compared, for the statement "The messages should always be positive", the

difference is observed between 20-31 aged coaches and 51 years and above coaches where the latter is favored.

Table 3. Comparison of coaches' ages and scientific dimension of the trainings

Each training should begin with warming up according to the content of the whole training	Inter groups	4,830	3	1,610	3,932	,012*
	In groups	31,120	76	,409		
	Total	35,950	79			
General tests should be conducted periodically to evaluate the performance of the sportsmen	Inter groups	4,465	3	1,488	4,108	,009*
	In groups	27,535	76	,362		
	Total	32,000	79			

\*p&lt;0, 05

When compared, it is seen that the questions number 43 and 48 are different significantly. "Each training should begin with warming up according to the content of the whole training." differed between ages of 31-40 and 41-50 where the former was favored. "General tests should be conducted

periodically to evaluate the performance of the sportsmen." also gave different results between 21-30 years old coaches and 31-40 & 51 and above year olds. This difference is in favor of 30 years old and above coaches.

Table 4. Comparison of coaches' occupations and their specifications

A good coach should be liberal	Inter groups	4,185	2	2,092	4,047	,021*
	In groups	39,815	77	,517		
	Total	44,000	79			

\*p&lt;0, 05

The statement "A good coach should be liberal." turned out with different results between physical

education teachers and coaches from other occupations favoring the latter.

Table 5. Comparison of coaches' occupations and scientific dimension of the trainings

When energy is required more, the way it is used and the amount change	Inter groups	2,710	2	1,355	3,340	,041*
	In groups	31,240	77	,406		
	Total	33,950	79			

\*p&lt;0, 05

The difference found between physical education teachers and ones from other occupations for the statement "When energy is required more, the

way it is used and the amount change" is in favor of physical education teachers.

Table 6. Comparison of coaches' occupations and their nutrition knowledge- practice

Sportsmen should have water, drinks including electrolytes and carbohydrate immediately after the match	Inter groups	6,100	2	3,050	4,366	,016*
	In groups	53,788	77	,699		
	Total	59,888	79			
Sportsmen's need for drink should be met during the hot weather conditions	Inter groups	3,267	2	1,634	10,294	,000*
	In groups	12,220	77	,159		
	Total	15,488	79			

\*p&lt;0, 05

The statements 52 and 53 came out with significant differences. "Sportsmen should have water, drinks including electrolytes and carbohydrate immediately after the match." and "Sportsmen's need for drink

should be met during the hot weather conditions." answered differently by coaches and by ones from other occupations and the ones having coaching as an occupation are in favor.

Table 7. Comparison of coaches' educational level and empathy

	GROUP	N	X	SS	t	sd	P
The coach should see the events during the match through the sportsmen's point of view	High school	18	3,94	,72	-2,47	78	0,015*
	College	62	4,41	,71			

\*p&lt;0, 05

Regarding this statement, the difference between high school and college graduates' answers is in favor of college graduates.

Table 8. Coaching practices of coaches depending on the organizations they received their certificates

	GROUP	N	X	SS	t	sd	P
A good coach should be democratic	PES College	24	4,58	,50	2,06	63,93	0,043*
	Federation	56	4,28	,75			
To have fun	PES College	24	1,10	,22	2,06	78	0,001*
	Federation	56	,96	,12			
The coach should have knowledge on sports sciences (Sport psychology, anatomy, physiology etc.)	PES College	24	5,00	,00	3,24	55	0,002*
	Federation	56	4,83	,37			
How the move will be done should be modeled.	PES College	24	4,83	,38	2,56	74,11	0,012*
	Federation	56	4,51	,71			
When energy is required more, the way it is used and the amount change	PES College	24	4,75	,44	2,45	67,44	0,017*
	Federation	56	4,42	,70			
Statistical data should be referred to evaluate the performance of the sportsmen	PES College	24	4,87	,33	2,13	68,02	0,037*
	Federation	56	4,66	,54			

\*p<0, 05

For the statements of 3, 13, 19, 37, 44, and 50 a clear difference between ones who received their certificate from PES College and coaching courses

offered by GDYS (General Directorate Youth and Sports) where PES College certified ones are in favor.

Table 9.a. Findings on coaching practices of first and second league men volleyball coaches

	GROUP	N	X	SS	t	sd	P
A good coach should help personal development of young sportsmen	League 1 men	21	4,61	,49	-2,54	30,92	0,016*
	League 2 men	16	4,93	,25			
A good coach should be flexible (open to anything and be trustable)	League 1 men	21	2,71	1,10	2,56	35	0,015*
	League 2 men	16	1,87	,80			

\*p<0, 05

When first and second league coaches' statements for the first and seventh statements on coaching specifications are compared, the difference

found for the first statement is in favor of second league men coaches, whereas the seventh statement is in favor of second league men coaches.

Table 9.b. Findings on coaching practices of first and second league men volleyball coaches

	GROUP	N	X	SS	t	sd	P
To train sportsmen and then to put them into the market	1. league men	21	1,66	1,06	-2,41	35	0,022*
	2. league men	16	2,62	1,36			

\*p<0, 05

The reasons for choosing to be a coach for men are compared and it is seen that "To train sportsmen and then to put them into the market."

answered differently by first and second league men volleyball coaches where second league coaches are in favor.

Table 9.c. Findings on coaching practices of first and second league men volleyball coaches

	GROUP	N	X	SS	t	sd	P
Yearly training targets of sportsmen should be determined according to their age, experience and the development	1. league men	21	4,90	,30	2,92	17,83	0,009*
	2. league men	16	4,25	,85			

\*p<0, 05

First and second league men coaches answered “Yearly training targets of sportsmen should be determined according to their age, experience and the development” statement differently; in favor of first league ones. Between the first and second league women coaches, when coaching specifications are compared the answers are found not the same. “Coaching motivation should be

high” statement is found to be in favor of first league women coaches.

For the communication skills of coaches (The coach should have good non-verbal communication skills), different statements by women coaches from different leagues found to be in favor of second league women coaches.

Table 10. Findings on coaching practices of first and second league women coaches

	GROUP	N	X	SS	t	sd	P
The coach should have good non-verbal communication skills	1. league women	26	4,34	,68	-2,03	40,89	0,048*
	2. league women	17	4,70	,46			

\*p<0, 05

## RESULTS AND DISCUSSION

It is evident that to improve sports in our country, first thing to do is to improve sports education (7). Number of qualified coaches should be increased and more and more people should be encouraged to the occupation of coaching at the same time the quality of coaches trained should be enhanced, all these guaranteeing the success at sports. Sports scientists and the research done in this field support the fact that the success of a coach depends on the qualified coaching education (1, 2). Sports scientist and the studies conducted in this field state that a good coach need to go through a highly qualified, comprehensive education (1). Within this context, sports community, the society and sports scientists have some expectations as following:

- 1- Competing and winning,
- 2- Motivating the sportsmen,
- 3- Acting consistently in winning and losing,
- 4- Approach to the sportsmen,
- 5- Organizational skills,
- 6- Education,
- 7- Professional expertise,
- 8- Creativity (9).

The departments of Physical Education and Sports at colleges have great role in training coaches, they also contribute to the professional development of coaches. 97,5% of the coaches participated were men and 2,5% women; the number of women volleyball coaches in the first and second league are quite low. The increase in the number of women coaches are beneficial in that women sportsmen can be better understood and helped. The proportion of coaches according to their occupations is as follows: 30% of the participant coaches are physical education teachers and 48, 8% are just coaches, 21, 3% are working in different jobs at the same time. Consequently, most of the volleyball coaches do coaching as their

professional occupation. The participant coaches' educational background show that, 22, 5% of the coaches are high school graduates, 75% college graduates and 2, 5% completed their graduate studies. It is extremely important that most of the volleyball coaches are college graduates (75, 0 +2, 5) 77, 5%. Participant coaches' years of experience is as follows: 41, 32% (33 coaches) have been working for 1-5 years, 38, 8% (31 coaches) for 6-10 years, 16, 3% (13 coaches) for 11-20 year, 3, 8% (3 coaches) for 21 years or over. Therefore, most of the volleyball coaches in Turkey are quite young.

The study showed that coaching practices of 80 participant coaches vary quite a lot. When ages and communicative skills of the coaches are compared, for the statement “The messages should always be positive”, the difference is observed between 20-31 aged coaches and 51 years and above coaches where the latter is favored. Coaches aged 51 or above may have experienced high efficiency from sportsmen considering their long experiences. The studies show that the coach should talk to the sportsmen after winning as well as after losing the match (6). “General tests should be conducted periodically to evaluate the performance of the sportsmen.” also gave different results between 21-30 years old coaches and 31-40 & 51 and above year olds. This difference is in favor of 30 years old and above coaches as they are more experienced. The difference found between physical education teachers and ones from other occupations for the statement “When energy is required more, the way it is used and the amount change” is in favor of physical education teachers. This may be due to the different educational backgrounds of the coaches as college graduates have had four years of education, whereas others have had 15-30 days of training.



The statements 52 and 53 came out with significant differences. "Sportsmen should have water, drinks including electrolytes and carbohydrate immediately after the match." and "Sportsmen's need for drink should be met during the hot weather conditions." answered differently by coaches and by ones from other occupations and the ones having coaching as an occupation are in favor. The reason for that can be that coaching when considered as the main occupation, the coaches consider all the factors to maximize the performance and to be successful. When educational background and the empathy are compared, the difference found between high school and college graduates' answers which is in favor of college graduates as at college - for four years- these coaches have taken courses like sports psychology and related ones. When first and second league coaches' statements for the first and seventh statements on coaching specifications are compared, the difference found for the first statement is in favor of second league men coaches, whereas the seventh statement is in favor of second league men coaches. This difference in the first statement may be because second league coaches train their sportsmen beginning from the early ages of the young sportsmen. On the other hand, the reason for the difference in the seventh statement (A good coach should be flexible -open to anything and be trustable) can be that first league men coaches main aim is to earn money and prevent the problems. The reasons for choosing to be a coach for men are compared and it is seen that "To train sportsmen and then to put them into the market." answered differently by first and second league men volleyball coaches where second league coaches are in favor as they give more importance to training of sportsmen from the beginning. Between the first and second league women coaches, when coaching specifications are compared the answers are found not the same. "Coaching motivation should be high" statement is found to be in favor of first league women coaches as first league women coaches have higher expectations and targets than second league coaches do. For the communication skills of coaches (The coach should have good non-verbal communication skills), different statements by women coaches from different leagues found to be in favor of second league women. It is probable that second league women coaches have known their sportsmen very well as they had been working together from the beginning.

### Recommendations

- 1- Women should be encouraged to work at the women's teams.
- 2- National and international seminars- courses offered by Turkish Volleyball Federation should be made longer.
- 3- It is found that the coaches working at the infrastructure level are not very well qualified. Therefore, experienced coaches should work at this level that is very crucial at the beginning of sportsmen's lives.
- 4- Each coach has to attend at least two courses in a year. The information given at these courses will help the coaches update their knowledge and be more effective.
- 5- Studies on volleyball should be increased and they need to be made accessible.
- 6- Legal modifications need to take place for the social insurance of the coaches.

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