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## Coaches' and Recreational Leaders' Opinions on the Feasibility and Helpfulness of Online Coaching Resources

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### ABSTRACT

Within youth sport, there is a clear need for improved coaching education and coaching resources. Most youth sport coaches recreational leaders are generally recruited from the community based on their availability and volunteerism (McCallister, Blinde, & Kolenbrander, 2000). While these individuals often have the best interests of participants in mind, it is difficult to ask/require a volunteer to pursue specific sport training, when they are often already pressed for time. However, with the continued growth of online resources, and the convenience the internet affords, it may be a viable option to offer online coaching resources to assist volunteer coaches and recreational leaders. Therefore, the purpose of this poster presentation is to discuss and explore volunteer youth sport coaches' and recreational leaders' opinions of website resources. One hundred and sixteen volunteer coaches and recreational leaders completed an 11 item survey assessing their opinions on website resources. Coaches were from a large Southwestern city and represented multiple sports including football, soccer, volleyball, cheerleading, and basketball. Results indicated that overall, participants held positive opinions regarding websites as a resource and a means for providing needed and novel information to coaches. However, they only marginally agreed that a website was the most effective method of teaching coaches and recreation leaders. Participants suggested a preference for learning material through seminars and workshops. Future research should continue to address the feasibility and limitations of online resources for coaches. As well, as technology continues to evolve, researchers should begin to address the helpfulness of social media and smartphone apps as instructional aids and resources for coaches.



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## Reference

McCallister, S.G., Blinde, E.M., and Kolenbrander, B. (2000). Problematic aspects of the role of youth sport coach. *International Sports Journal*, 4, 9-26.

### Authors' note

Session presenters utilize backgrounds in special education, sports psychology, and adapted physical education, to provide a collaborative perspective for merging teaching strategies with quality athletic instruction. Dr. Vargas' research interests are coaching education, coach- and athlete- efficacy, and verbal persuasion. To date, her research has focused on assessing the continuing education needs of coaches as well as methods for improving efficacy beliefs for coaches and athletes. She specializes in working with coaches and athletes on aspects of improving performance.

Dr. Robbi Beyer has been teaching for over 25 years and currently directs a Motor Development Clinic for training pre service teachers at her university. Research interests include pedagogy for special populations, changing attitudes of pre service teachers and coaches working with individuals who have disabilities, and the effects of early perceptual motor training on academic readiness.

Dr. Flores was a special education teacher within the public schools serving students with ADHD, learning disabilities, behavior disorders, and mental retardation. Her research interests include effective instructional strategies for students with high incidence disabilities. Her research projects have included assessing the efficacy of instructional strategies in the areas of reading and math on achievement at elementary, middle, and high school levels for students with disabilities from culturally diverse backgrounds. In addition, Dr. Flores has recently completed research focused on increasing academic motivation in student athletes and has begun exploration into athletes with disabilities.

