

Cross-lagged analyses of a longitudinal quantitative case study exploring the perspectives of Masters alpine skiers and their coach on adult-oriented coaching practices

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Adult-Oriented Coaching Practices

- Adult-oriented coaching practices are beneficial for Masters athletes, both cross-sectionally and over time (e.g., enhanced coach-athlete relationship, satisfaction of basic psychological needs) (Motz et al., 2021; Motz et al., 2022)
- Research has measured *how often* adult-oriented coaching practices are used, but has not considered athletes' *preferences*, nor alignment with coaches' perceptions

Procedure and Measures

- Participants completed three online surveys across a skiing season with demographics and the Adult-Oriented Sport Coaching Survey (Rathwell et al., 2020)
- Preferences and perceptions of coaching were measured on a 7-point Likert scale ranging from *never* (1) to *always* (7), with the middle anchor as *sometimes* (4)
- Preferences = how often skiers want their coaches to use certain practices
- Perceptions = how often participants think certain practices were used

Participants

MASTERS APLINE SKIERS ($n = 10$)



- 33 – 68 yrs. old
- 6 male, 4 female
- Participation:
 - 2.4 months/year
 - 8.4 hours/week
 - 5.3 races/season

APLINE SKI COACH ($n = 1$)



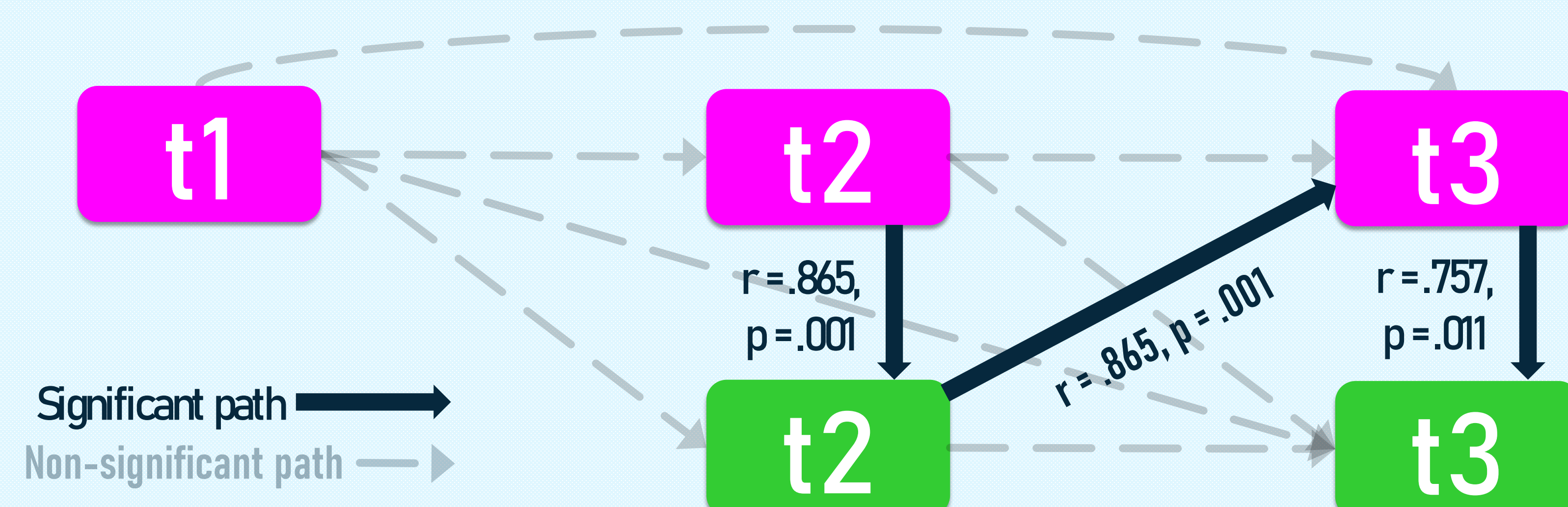
- Male, 47 yrs. old
- Coaching:
 - 2 months/year
 - 2 hours/week
 - Trains/competes with athletes

FIGURE 1. Masters skiers' preferences for and perceptions of (and coaches' perceptions of) adult-oriented coaching practices at three times during an alpine ski season.

● = MAS' PREFERENCES ● = MAS' PERCEPTIONS ● = COACH'S PERCEPTIONS | ① = PRE-SEASON ② = DURING SEASON ③ = END OF SEASON

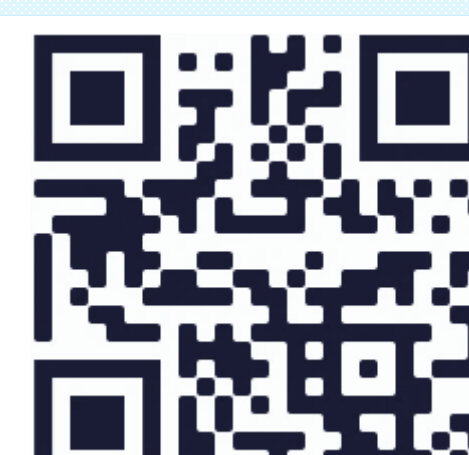


Cross-Lagged Correlations^{*}



^{*} This cross-lagged model is representative of the Framing Learning Situations (FLS) theme of adult-oriented coaching

^{*} Scan the QR code to see all cross-lagged panel models



Discussion

- Skiers' preferences and frequencies, as well as their coaches' perceptions, were often aligned
- t2 perceptions converged with t3 preferences for FLS, ICK, RPE suggesting previous exposure may shift preferences for coaching later in the season
- Coach's and athletes' scores showed convergence over time for overall AOSCS, CIA, FLS, & CPP, though ICK curiously diverged over time

Motz, D., Rathwell, S., Callary, B., & Young, B.W. (2021). A longitudinal analysis of adult-oriented coaching practices in Masters sport. *Journal of Exercise, Movement, and Sport (Psychomotor Learning Abstracts; SCAPPS)*, 52 (1).
 Motz, D., Rathwell, S., Young, B. W., & Callary, B. (2022). Adult-oriented coaching practices are positively associated with quality sport experience criteria. *International Journal of Sport and Exercise Psychology*, ahead-of-print, 1–20.
 Rathwell, S., Young, B. W., Callary, B., Motz, D., Hoffmann, M. D., & Currie, C. (2020). The Adult-Oriented Sport Coaching Survey: An instrument designed to assess coaching behaviors tailored to adult athletes. *Journal of Sport & Exercise Psychology*, 42(5), 368–385.