

## The Artistic Accomplishment of Coaches in Youth Sports

Xiaohui Di<sup>a,\*</sup>, Chengcheng Xu<sup>b</sup>

Physical Sociology; Beijing Sport University, 48 Information Road, Beijing, China

<sup>a</sup>Email:18101122535@163.com, <sup>b</sup>Email:1350913780@qq.com

\*Corresponding Author

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**Abstract:** With the development of economy and the progress of times, people pay more attention to the development of sports, and the influence of coaches in people's life is more important, especially the youth sports. In China, coaches play an important role in youth sports. The development and progress of coaches has a direct impact on youth sports. General Secretary Xi pointed out that "A strong youth makes China strong, and sport makes China strong. Promoting the continuous development of China's sports is an important part of the great rejuvenation of the Chinese nation". By strengthening the implementation of the "Healthy China 2030", we will comprehensively improve the governance capacity of China's youth sports, and lead the development of youth sports by "Strong youth means strong China, strong sport means strong China"<sup>[1]</sup>. This study will be in the policy background of health of Chinese strategy, in order to "people-oriented" concept of sports development, using the literature material method, interview method, from the developed countries the development status of coaches and training requirements, coaches should be put forward from three dimensions, physical dimension, psychological dimension and spiritual dimension, to care for athletes, to help athletes to understand the meaning of life, to put forward to build and improve the professional quality and ability of the coaches in youth sports system to provide the reference.

### 1. Background

#### 1.1 Chinese policy

The Outline of the "Healthy China 2030" Plan includes young people as key groups for health promotion, and establishes a health promotion system for young people. By 2030, we will focus on hobbies, sports skills, sports venues, school sports, and physical fitness standards. Health Promotion Pathways Derived from Health Behavior, Health Services, Health Security and Health Industry<sup>[2]</sup>. On September 5, 2016, the State Sports General Administration issued the "Thirteenth Five-Year Plan for Youth Sports"<sup>[3]</sup> (hereinafter referred to as the "Plan") aims to strengthen youth sports, improve the public service system for youth sports, and strengthen the training of reserve talents for competitive sports. It is necessary to strive to improve youth sports literacy, carry out extensive and in-depth sports activities for young people, and improve the network of youth sports organizations. Actively we should improve the conditions of youth sports venues, strive to improve the level of public services for youth sports, improve the youth training competition system, and implement the medium-and long-term plan for the training of reserve talents for competitive sports for Olympic events(2014-2024)<sup>[4]</sup>. We will actively promote the integration of science and training and scientific selection of materials, further strengthen athletes cultural education, promote the coordinated development of youth sports, and improve the system of youth sports policies as the main task.

#### 1.2 Current situation of Chinese coaches

Research shows that half of Chinese coaches have had training experience in the provincial and municipal professional teams and even the national team. They have rich practical experience and even a large number of coaches who teach overseas have returned. Although half of the table tennis coaches have a bachelor's degree or above, the knowledge structure of the coaches is not reasonable

enough<sup>[5]</sup>. In addition, most of Chinese coaches only pay attention to the training of sports skills in youth sports training. Coaches only play the role of imparting special skills, and do not pay more attention to the psychological and spiritual aspects of young athletes.

## **2. Research Method**

### **2.1 Documentation**

The literature research method is a method that obtains data by investigating literature based on a certain research purpose or topic, so as to fully and correctly understand the problem to be studied. The literature research method is widely used in various disciplines. Its role includes: being able to understand the history and current situation of the relevant issues and helping to determine research topics; It can form a general impression of the research subject and facilitate observations and visits; (a) Comparative information on the availability of realistic information; Helps to understand the whole picture. This study is based on the websites of CNKI, national center of philosophical and social science, sociology, physical education and other materials at home and abroad, to understand the importance of coaches in youth sports and their status for development, and to provide a certain basis for this research topic and research purpose.

### **2.2 Interview**

Interviewing, refers to the basic psychological research method of understanding the psychology and behavior of the interviewee through face-to-face conversations between the interviewer and the interviewee. According to the nature, purpose or object of the research problem, the interview method has different forms. According to the degree of standardization of the interview process, it can be divided into structured interviews and non-structured interviews. The interview method is widely used and can collect many kinds of work analysis data in a simple and descriptive way, so it is deeply favored by people. This study uses semi-open interview method to interview young coaches and young athletes to get first-hand information on the current development of coaches. It provides a real and reliable basis for the content and conclusion of this study.

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## **3. Study Purpose**

On the basis of the development status of coaches, this study aims to promote the development of youth sports through the development of coaches. Through the research methods such as reference materials and interviews, it found that coaches should not only pay attention to the training of young athletes in special skills. More attention should be paid to the psychological and spiritual development of young athletes. Through comprehensive care of the three dimensions of athletes' skills, psychology and spirit, young athletes can grow more healthily, thus providing a certain reference for youth sports in China.

## **4. Study Content**

During the half year of working in the Holistic Sports Club, this study found that many of the same basketball training content, the teaching effect of each coach is not the same, and some coaches are particularly liked by young people. The children and training taught by these coaches are positive and cheerful. Even after school hours, they are willing to take the initiative to train, but some coaches are not so popular. The students taught are not active in training, playing games are not active, and even have a lack of love for basketball. Based on the previous research, this study learned that coaches have a great influence on young athletes. At present, in the process of training, young sports coaches in our country aim to improve the performance of dedicated line training and neglect the psychological and spiritual development of young athletes. This study divides the

attention level of coaches into three dimensions, the first dimension is the physical dimension; The second dimension is the psychological dimension; The third dimension is the spiritual dimension.

#### **4.1 In the physical dimension**

Research shows that<sup>[6]</sup> more than half of the coaches in China have had training experience in provincial and municipal professional teams and even national teams. They have rich practical experience and even the return of a large number of coaches who teach overseas. Coaches should not only pay attention to the skill progress of athletes, but also keep pace with the times, actively participate in coaching training, and cultivate their own ability and cultivation for lifelong learning. The owner of one sports club said, "most of the coaches in our club are basketball majors from Beijing Sport University and have high professional qualifications and basketball skills. "

#### **4.2 In the psychological dimension**

Coaches should not only pay attention to the physical training of athletes, but also pay attention to the psychological aspects of young athletes. Jeff, a professor at Florida State University, said, "I dare say every coach has said to the athletes very sincerely: If there are any problems you can talk to me directly, my house will always be open to you. However, athletes rarely take the initiative to open their hearts to coaches, there is any psychological level of talk, why? In real life, most athletes have hardly ever visited the coach's home. That is because coaches have never taken initiative to visit the athlete's home and have never entered their lives. <sup>[7]</sup>

##### **4.2.1 Modelling with youth**

Whether on the training ground or in life, the coach has the responsibility to guide the athlete to do the right thing. Educating young people is not only the task and responsibility of school teachers and parents. Coaches are more obliged and responsible to lead by example and be role models for young athletes. When the coach enters the athlete's life, they can motivate the athlete to actively train and taste the fun from the training, the best way is to lead by being example! As a coach, you need to make your own rules in the training field, develop training methods, and choose training tools. Research shows that in today's culture, building prestige and leading by example is the best way to convince athletes to follow you with conviction and willingness to train.

##### **4.2.2 Restore confidence**

It is well known that self-confidence is considered to be an important factor in determining the success or failure of an athlete in the game. This is a necessary quality for an athlete to achieve good results. If the athlete's confidence is shaken or destroyed, he will always give himself a hint: "I can't! I can't do it! "There is no doubt that continuous training and improved athletic performance can increase people's self-confidence, but they also need to pay attention to athletes from the second dimension(psychological aspect). Coaches have a great influence on athletes. Keep encouraging athletes. "You can do it! You can do it! One coach said: "I usually use vedio to record wonderful scenes of athletes' training and games. Whenever they lack confidence, I will give them a replay to show them their glorious moments to help them regain their confidence! " Another coach said that he will use verbal encouragement:" When they do not do well, I will encourage them to use their husbands to strengthen themselves; When they do a good job, I praise them for doing a good job. "The coach encourages the athletes in any way. The words are full of truth and sincerity. For the athletes, it is a great comfort to the soul!

##### **4.2.3 Open your heart**

However, some coaches still said that they had taken an effective approach: "I bought the same T-shirt for each player on the team with the words build a faster, stronger and happier team. Let them know that we are not one person, but a team! "There are also coaches who have taken the initiative to enter the athletes' dormitories regularly, to care about their lives, write letters to each of them, and actively to invite them to come to the coaches' home for dinner. They care about them in their lives. The coaches actively invite athletes to enter their own lives. In this way, the athlete will

open his heart to the coach!

### **4.3 In the spirit dimension**

#### **4.3.1 Team Cohesion**

A very interesting phenomenon: The best team is not made up of the best players! The team often composed of the best players can not achieve its maximum potential.<sup>[8]</sup> The basketball team at the University of Michigan in 1991-1993 is the best proof! At the time, the team recruited the best players. Each player was almost an All-Star player, but he could not achieve the best results. On the contrary, the team that defeated the team at that time was not so brilliant. A team is not the sum of every individual! The success of a team is not the sum of each body<sup>[9]</sup>. As a coach, how to enhance team cohesion? Firstly, the coach can establish a good relationship with each athlete, thinking them in different places, understand his current situation and achievements, and try to affirm his efforts; Secondly, coaches can regularly assign tasks so that the entire team works together for the same goal!

#### **4.3.2 Attribution Theory**

Research shows that as a coach, when you constantly practice these virtues and qualities in your life and training field, slowly you will find the changes in your team. Athletes are also slowly becoming more confident, more united, and more active in training. From the second dimension, that is, the psychological aspect of caring for athletes, training teams, that is, what we often call "Attribution Theory."

Attribution Theory<sup>[10]</sup>, a social cognitive theory about individuals explaining the causes of others or their own behavior. The purpose is to control people's environment and their behavior under their influence by analyzing and speculating the causal relationship of behavior. How the perceive judges and explains the reasons for others and their own behavior is the basic problem to be solved by attribution theory. It attempts to explain the principles of attribution based on different attribution processes and their roles, and is used to understand, predict and control their environment, as well as actions that accompany the environment. As a coach, helping athletes improve their confidence is only to improve their performance. This is only in the first dimension.<sup>[11]</sup> As a good coach, the ultimate goal should be to help athletes return to the overall attribution state, to achieve a positive life mentality, but also to bring this positive state to the friends and family around! This requires coaches in the first dimension, the second dimension and the third dimension to give athletes comprehensive care!

## **5. Summary**

The influence of coaches on athletes is huge.<sup>[12]</sup> Nowadays, many coaches do not understand the meaning of the phrase "catching the heart of an athlete." As coaches, in addition to helping athletes to formulate training plans, improving their performance and helping them to achieve their maximum potential on the sports field, achieving excellent sports performance will not only focus on their performance in the competition, but also pay more attention to the development of the athletes' lives. Helping exercise to deal with "heart" issues, such as feelings, confidence, motivation and team cohesion, and even the meaning of life, these are the necessary artistic qualities for a good coach! I believe that if Chinese coaches turn their attention from the skill level of young people to the overall development, and pay attention to the growth of young people at the first level, the second level and the third level respectively, China's youth sports industry will usher in another major development. "Strong Youth, Strong China" is no longer just an empty talk!

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