

Coaching Masters Athletes

Advancing Research & Practice in Adult Sport

Derrik Motz – 3rd year PhD student at the **University of Ottawa**, Ontario, Canada 🇨🇦



Pan-Canadian Research Group

Lead Investigators _____

Research Assistant _____



Dr. Callary

Dr. Young

Dr. Rathwell



D. Motz (MSc, BSc Kinesiology)



uOttawa



uOttawa

University of
Lethbridge



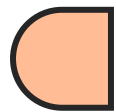
Our early findings...

- **Masters athletes want:**
 - to be **coached and treated like mature adults** (not youth)
 - their coaches to **personalize** coaching practices – **consider their experiences, knowledge, preferences, motivations, personal characteristics, use bidirectional communication, share leadership, and create unique goal-based programming**
- Coaches may not **naturally know how to coach adult athletes**
- There are few resources for **coaching masters athletes**
- There is **little to no value placed on coach education tools** for coaches of Masters athletes

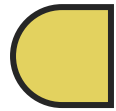
Adult-Oriented Sport Coaching Survey (AOSCS)



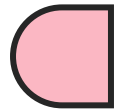
- Measures *how often* **adult-oriented coaching practices** are used
- Matching Coach and Athlete versions that look at:



Considering the Individuality of Athletes



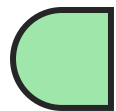
Framing Learning Situations



Imparting Coaching Knowledge



Respecting Preferences for Effort, Accountability, & Feedback



Creating Personalized Programming

(Rathwell et al., 2020)

Considering the Individuality of Athletes

The coach considers and tailors their approach to each adult athlete's experiences and motives in the planning, organization, and delivery of practice.



Framing Learning Situations



The coach frames learning situations for their adult athletes through self-discovery, problem-based scenarios, modeling, and assessments.

Imparting Coaching Knowledge

The coach enriches the learning environment by sharing their own relevant athletic experience, coaching knowledge, and professional coaching development.



Respecting Preferences



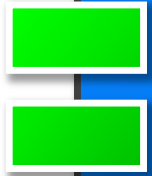
The coach adapts their approach by considering how each adult athlete wishes to be held accountable for working hard and giving effort, and how they wish to receive feedback at practice.

Creating Personalized Programming

The coach considers and tailors aspects of scheduling (practices & competitions), season-long programming, and coaching support at competitions, to an adult athlete's needs and abilities.



What do Masters athletes think?



Equally interpret and understand

Across age, gender, competitive level, and sport type



Better relationships with their coaches

More trust, respect, commitment, and co-operation



Increased autonomy and relatedness

Autonomy & relatedness satisfaction; reduced competence thwarting



Sport investment; Practice-liking

Athletes like practices more and invest more in sport because of coach

What are people saying?

Directors



- **AOSCS was a novel, rare tool**
- Expressed they wanted their coaches to use **the AOSCS for coach learning, and to support Masters athletes' experiences**
- **Scarcity** of Masters sport tools
- Locked in **narratives on high performance sport** development

(Callary et al., submitted)

Coaches



- AOSCS is **relevant for coaching adults; competitively-oriented**
- AOSCS **provokes meaningful self-reflection** on how they coach
- AOSCS is a **coaching toolbox**
- **Masters athletes' AOSCS scores...**
- Want **more** from their **Masters athletes' perspectives**

(Callary et al., 2023; Motz, et al., 2023c)

Alpine Ski Case Study



At each time point (3), the Masters skiers reported:

- **how often their coach used** adult-oriented coaching practices
- **how often they preferred** adult-oriented coaching practices



The coach met with a coach developer three times in the season to discuss his Masters skier's adult-oriented coaching scores.

Coach used his Masters skiers' preference scores to:

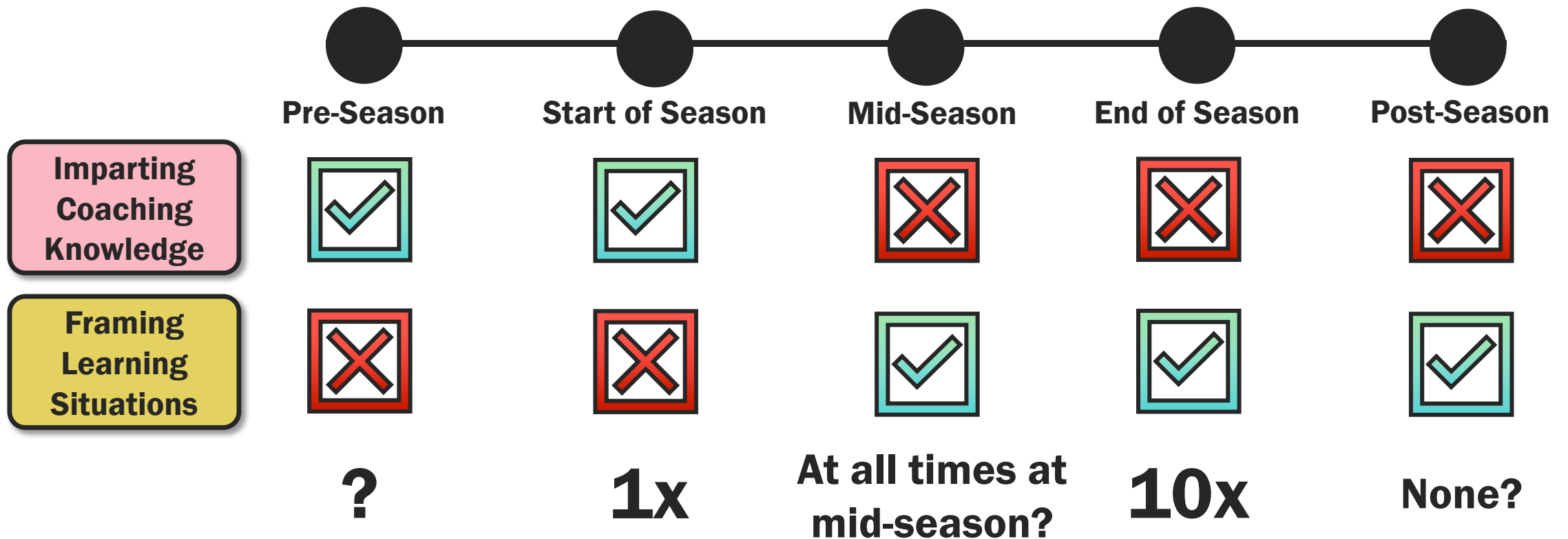
- **Coach learning** via reflections and discussions
- **Create actionable and adaptable coaching strategies**



Current Study



What are Masters athletes' *preferences* for adult-oriented coaching practices across a sporting season?



Please indicate **HOW OFTEN** you **WANT/PREFER** your coach to use the following coaching practice.

I want/prefer my coach to:

Consider how I wish to be pushed during practice

Consider your responses for the above coaching practice.

Why do your preferences change at different times of the season?

--

N/A

CC

○

○

C

○

○

○

CC

○

○

CC

○

○

CC

○

○





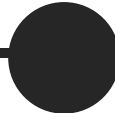

























CC

○

○

CC

What we think we will find:

					
	Pre-Season	Start of Season	Mid-Season	End of Season	Post-Season
Considering Individuality					
Framing Learning Situations					
Imparting Coaching Knowledge					
Respecting Preferences					
Personalized Programming					



Derrik Motz, PhD(s)
derrik.motz@uottawa.ca

  [@derrikmotz](https://twitter.com/derrikmotz)

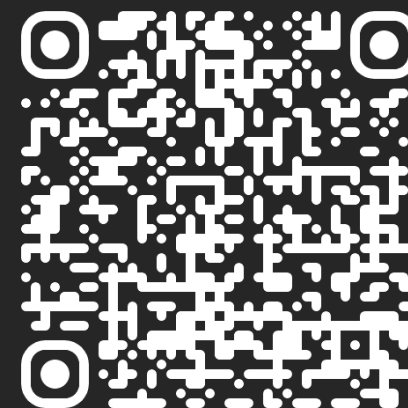


COACHING MASTERS ATHLETES

  [@coachadultsport](https://twitter.com/coachadultsport)
coachingmastersathletes.com

Research, videos, and more!

SCAN ME



Have a coach?

*We want to learn about
your preferences for
coaching practices.*