A Novel Approach to the Methods for Fostering the Champions in Sport: A New Study and Investigation

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Abstract— Each athlete can become a champion if he/she try but, certainly, each champion cannot become a coach. Coaching is a very complicated work. In addition to dominating the technical skills of the considered sport, a coach should be known about how is the teaching method of those skills. Further, a coach should be a psychologist, mentor, and a moral standard for athletes. As it is clearly demonstrated that the behavioral influence of coaches on social character of athletes is inevitable, the personal beliefs of coach and his/her character, behavior and act are played a basic role in this issue. Since the role of coach is not, only, upbringing of champion and a coach is responsible for developing the public sport and character of athletes; he/she needs to a comprehensive program. Usually, coaches have not been a program, firstly, to follow coaching. Coaching is an inherent issue. An educated person will not be necessarily a paramount coach.

Index Terms— Fostering, Champions, Sport, Athlete, Coach, Coaching, Physical Education, Psychology

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1 INTRODUCTION

Although education about sport sciences and various courses may lead to improving the level of a coach (it is necessary but isn't enough), the main characteristic of a coach is having natural ingenuity, namely an inherent issue which relates to individual ingenuities [1-18]. There are numerous examples among the well-known coaches of the world in various sports where they have not been a champion or athletic star but they are successfully worked as a coach [19, 20].

There are various differences and joints between teaching and coaching [21]. Usually, most of coaches are not employed in a special company and their work with sport teams and trains in clubs is not considered as their job (it is not intended to well-known coaches of big sport teams) [22, 23, 25, 27]. Most of coaches in various sports are trained adolescent and young people, physically and mentally, with no or low income, in various parts of the country [22-25].

A good coach has been a good student, for some time past, and he/she still reverences his/her mentors. He/she is perfectly familiar with anatomy of body, various training systems, suitable athletic nutrition, correct practices, and methods for building up the stamina. In addition to instructing the athletic techniques (depends on the various sports), a coach is responsible for improving the moral aspects of athletes [26]. Basically, trainings for most of sports are so that if coaches instructing classic and traditional methods and using the old codes and rules, they will not be successful (it depends on various sports) [27, 28].

Coach should be behaved with students so that everybody

can attract to him/her, easily and safely; he/she should be unselfish and very respectful to students and other people so that they, in turn, publicizes his/her good behaviors. Although a coach should be rigid and decisive, he/she should never be angry and impolite. Coach should be controlled his/her nervous reactions and be able to choose the best solutions [29-37].

Patience should be one of the praiseful moral characteristic of a coach [38]. Who is trained hardly for long times knows, better than other people, that it is possible to overcome every problem with patience [39]. A clear and better future can be obtained by indefatigable try and effort [40].

In spite of above mentioned statements, coach should not neglects athletic trains, should not permits deforming of his/her body, should controls the fat in body and prevents to store fat in body [41-43]. Coach should have a strong, attractive and muscular body and he/she can be able to absorb reliance of the student [44, 45]. Anyway, he/she is a perfect model for his/her team and others. Coach should be informed about the new athletic achievements and in addition, he/she should be updated in sport news, competitions and events and should dispose that information to his/her students [46-51].

Coaches are, in fact, norm-makers which resist against social malformations without any financial support, and bring the potential for moral correcting in sport from depth to surface and make it active [52].

The duty of a coach is not only managing classes and technical and cultural upbringing of student and assisting the student in competitions; he/she is sensitive to moral and cultural issues of students and follows their behavior and tries to solve their moral deficiencies and morally edify their behaviors [53]. In fact, coach tries to represent itself as a paramount, valuable and robust human and social person [54]. Unfortunately, a large number of coaches are not able to exceed from technical skill stage [55].

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Coach and mentor have a fundamental, determinant and crucial role in sport. Developing the sport and method for representing the sport to public is the responsibility of coach [56-59]. The sense, understanding and intuition of coach are of important role in growing and instructing various sports [60, 61]. Morality and intellect are fitted into various sports as two main and necessary elements for development [62]. Three important points:

(1) Safekeeping the body: joints, reinforcing the muscles and improving the flexibility of tendons, enhancing cardiac output (Biofeedback), muscular stamina, various athletic systems, aerobic, lactic acid, phosphates and ...

(2) Moralities: such as reverence, politeness, remission, obeisance, kindness, honesty, volition, self-reliance, pluckiness, perseverance, industriousness, and ... avoiding violence, fear, scare, enmity, duplicity, presentiment, indolence and...

(3) Mental abilities: such as concentration, mind clearing, caution, sagacity, understanding, sense, concentration training and...

It is frequently seen that coaches are of many problems, even in technical instructing of sport, which are mainly due to their misunderstanding of wide concepts of sport and sport psychology [63-69].

Obtaining technical knowledge consists of three sections in the first step of sport as: physical, moral, and mental [70]. Evaluate it; who are sufficiently familiar with these three sections among the coaches of various sports [71]. For many coaches, moral and cultural issues are weird [71-79].

The problem is originated from this issue that coaches only focused on champion fostering based athletic educations, with any cost, without or with less considering the moral and human concepts [80-85]. However, all those sections are sufficiently under consideration by principal frameworks of sport.

2 KNOWLEDGE OF COACH

In sport, despite the ingenuities of players and their knowledge in techniques and tactics of the game, the major target of team's leader is to grow up the mental and physical skills of athletes so that each of them could be able to continuously obtain success as a team (in team sports). How could coach to ease interactions between players of a team so that improve their group identity, to maintain the sufficiency of every player and to support their correlations? Be patient, if it really differs, if the satisfying of correlation needs of players is a strong relationship with success of the team. How satisfaction feeling on becoming a member of the team or having close friends can affect the performance of a player? If the only goal of coach is wining the games, how much should the coach be worried about social and emotional needs of athlete? However, if all sport experts are known about this important issue? In fact, coaches can learn a lot by seeing and listening to other coaches (by following coaches with more work experience). Unfortunately, most of personal requirements of athlete, before, during and after the competition have not considered by coaches.

There are evidences shows that coaches repeatedly support criticizing in sport, in front of others, but they are not happy to be under criticizing. It is presumed by some people that most

of coaches have resisted against who that try to change them by criticizing about their methods of coaching.

Some popular acts among the coaches have not confirmed by researches in sport psychology. Some of these acts can possibly be harmful as listed below:

2.1 Provoking Speeches before the Competition

Most of coaches, especially in martial arts, talk to athlete, emotionally and enthusiastically, before the competition. The sport psychologists and some of most successful coaches are not supported emotional talking to athlete. They believed that such talking is not only invaluable, but also it may be harmful. Researchers said that: ((Player, itself, is stressful before the match (martial arts) and hence, any talking at that time would be increased his/her stress level and stimulated him/her exceedingly)). Representing a moderate solution which involved evaluation of data could be better. Stimulating for competition should be considered during training periods.

2.2 Winning as the Only Considered Target

Before each match, there is stress and fear in the player. The task of coach is that to help him/her to control such negative feelings (complete removing of these feelings is not reasonable and even is harmful). Pre-competition recommendations with emphasize on winning lead to intensification of the stress. If let the players be free to enjoy the match and or to do everything they want, the result would be better than inappropriate focus and emphasis on winning.

2.3 Slashing Criticism

Criticism can positively affect the performance of athlete but its effect depends on method of speaking: ((Focus on the ball, Dear Boy)). But attack to charcter or characteristics of athlete are wrong: ((What a silly play, Boy)). This is true about anger. Anger is a natural behavior and its emergence is acceptable. However, when anger is accompanied by destructive and insulting messages, so that lead to ruining of self-reliance of athlete and enhancing the feeling of sin into him/her, its potential advantage become lose.

2.4 Punishment

It is usually observed that a volleyball coach yelling that: ((your punishment is one thousand stairs)). Or in karate class: ((do one hundred Seiken push up)). It is because of infracting or overdue of player and ... There are a lot of evidences to show that punishing the trespasser athlete using training decreases his/her tendency to training and exercising.

Use of training as an improper punishment is one of the wrong and immoral coaching acts which some of them lead to emotionally destroying of athlete. It is expected that coaches act against various mental issues and play very different roles such as:

(1) Provoking athletes, individually and gregariously, before, during and after the season of competitions.

(2) Positively affecting the approaches of athlete so that lead to

decrease in his/her stress, and increase enthusiasms and loyalty to coach and team and club.

(3) Enhancing self-reliance and self-esteem in each athlete.

(4) Fostering the group leadership and spirit among athletes.

(5) Recognizing and meeting the needs of young athletes.

(6) Increasing the stability of athletic performance.

(7) Helping the players to resist against pressure of worst times and other issues into and out of playground.

(8) Training and preparing for competitions so that lead to learning and overruling the skills and strategies.

Each of these issues is of critical importance in athletic success and all of these are directly related to meeting the mentally needs of each player and improving his/her mental skills. Coach has an important responsibility for helping athletes to meet their requirements, in addition to direct supervision on each of them.

By helping athletes to find desirable field of force by increasing mental power to a desired point, the procedure will be developed. Three mistakes of coaches:

(1) They assumed that athletes are not in positive situation of mental force.

(2) They thought that all of team-members are needed to a same ratio of increasing the level of mental force.

(3) They intended to increase motivation or positive mental force.

3 COMMITMENT OF ATHLETE

This is the difference between elite and good athletes. If the coach wants to measure the commitment of athlete, ask from athletes to share big and important issues with their teammates. Slighter commitments can be represented every week and as the athlete becomes closer to his/her targets, larger views should be considered.

Ask from athletes to record their commitments on a card and review it every day. Point out to athletes that described their commitments, positively and reasonably. Summarily, coaching methods can be categorized in four groups:

(1) Imperious method

(2) Leadership method

(3) Partnership-supporting method

(4) Authority devolving method

Imperious method: This method is suitable for athletes with limited skills who should be addresses by coaches about what they shall be doing. Representing a continuous feedback to athlete for assessment is necessary.

Leadership method: This is suitable for athletes with specified level of skills who have required level of cleverness to perform their exercises and are able to progress in some types of exercises in absence of their coach. When the athletes progressed and reached to higher levels, the role of coach also should be changed.

Partnership-supporting method: This is suitable for athletes who have the work idea but need to help for performing the idea. These athletes may be not deserved as they believed, so they need to be guided in this case.

Authority devolving method: This is suitable for athletes with a good level of sport skills who have a clear idea about what they wish to obtain. They need, occasionally, to feedback

and they tend to recognized as associate not as inferior person. The goals of coach associated with students can be categorized as three main sections:

(1) Fostering the champion

(2) Entertainment and amusement

(3) Physical, mental and social

Generally, coaches are of three basic components, each of those are divided to various sub-sets.

4 IDENTIFYING THE MOTIVES OF ATHLETES

According to performed studies, it is identified that people exercise for various reasons which the most important ones are as following:

(1) Gaining championship, participating in competitions

(2) Health, elegance and fitness

(3) Feeling of identity from membership in a social group

Use their potential and internal capacities as better as possible. Three characteristics of successful coaches are as following:

(1) Knowledge and experience

(2) Ability for education

(3) Required motive

4.1 Knowledge and Experience

Coaches who have more knowledge and experience in basic skills of their sport and inform well about correct coaching methods are of more chance to gain championship for their teams and moreover, they better coach non-champion athletes and attract more people to sport, which this issue has a positive effect on social normalization and public training.

Coaches should improve their technical information gathered during long times of experience, by participating in competitions (national – international) as player, coach-assistant, head-coach, referee and … by studying and searching, education, and participating in re-educating classes. He/she should enhance his/her level of knowledge by following other successful teams and coaches.

4.2 Ability for Education

Athletic knowledge and experience is not enough for coaching since a coach without ability to transfer athletic experiences and educating power is not certainly able to absorb people, coaching athletes and obtaining athletic successes even though his/her knowledge and experience are high.

A capable coach should have good public relations and further, his/her individual (character) attraction is of high factor. In addition, he/she should have a good verbal skill so that improve the motives of athletes by kindness and affect athletes. It should be pointed out that coach should have reasonable and acceptable physical condition (according to his/her age). He/she should be able to manage athletes, effectively.

4.3 Required Motive

Knowledge and experience of a coach in addition to his/her ability for education are not enough to reach to level of a successful coach without the third component (required motive). Coach should be interested in manage training, educating and involving in athletes. He/she should be interested in exercise,

generally, and in his/her sport, specifically. A coach should have enthusiasm to work with athletes and young people and play and competition. The morale and mental model of a successful coach is founded on an optimistic framework since the required energy for educating the athletes is obtained by aid of this positive mental motive and the triangle of knowledge, education and motive will be completed.

5 RESULTS AND DISCUSSION

A wise coach tries to identify the real motive of players and athletes of a team or club using his/her knowledge and experience and skills. This recognition helps him/her to place athletes firstly in suitable posts, secondly in the individual interesting area and thirdly to consider a suitable place for him/her in programs and designs of trainings according to his/her mental ability so that use from his/her potential and internal capacities as best as possible.

In order to reach this purpose, coaches should have a regular programming from his/her athletic targets and consider the level of progression of each athlete. They should set friendly, inter-club matches and have regular meetings for evaluation and discussion about above mentioned issues. And, also, recording of all events – records – and feedbacks of every single athlete is postulated.

A coach should be able to identify the individual differences of athletes in this field and considered them based on his/her experiences and knowledge. In lack of regarding of coach to demand (motive) of athlete, it may be possible that the program is conflicted to internal targets of athletes which in turn, led to disappointment, losing of motive and finally, leaving of sport field.

It is possible that some athletes have not followed the training and exercises programmed by coaches, even professional ones. It would be the best to identify their motive to support and progress the coaching job. (In this regard, some information about the reasons of absence in trainings or total leaving of training can be obtained by preparing questionnaires and distributing those between athletes). A wise coach should use from the followings to enhance motive of athletes as best as possible:
(1) Use from award methods
(2) Be unprejudiced in disciplinary works
(3) Encourage athletes as much as possible even for little issues
(4) Be honest in their word and behavior
(5) Be careful about what is emphasized since athletes adduced to it and responded
(6) Never set punitive disciplinary rules (since resulted conversely)
(7) Use disciplinary rules just for educating methods
(8) Set specified time for each athlete (player) and talk to him/her, privately, to motivate them
(9) Use enthusiastic and inspirational words for encouraging athletes
(10) Never write and acclaim the rules for rule breaking
(11) Do not exclude the players from training or match for any fault

Characteristics of distinctive coaches (from athletes' points of view):

(1) Interesting to work (having high motive)
(2) Understanding about the required and necessary standards in trainings and matches
(3) Not being indulger and waster
(4) Having the power for absorbing and convincing the athletes to follow him/her
(5) Having the ability for finding solution for all of problems, scientifically and reasonably
(6) They are surely a professional sport expert
(7) They are able to control him/her-self
(8) They are of complete self-reliance for doing his/her works
(9) They have a lot of experience in performing and identifying and analyzing the techniques and tactics

6 CONCLUSION

A coach should be able, by his/her coaching philosophy, to help players and athletes in obtaining and using the maximum capacity of practical abilities. Coach should be able to set equality, justice, reverence, competence, rationality and mutual understanding and … in athletes. As defined by the president of the International Olympic Committee: ((Sport can be a class of braveness, courage, generosity, purity, chastity, virtue, stamina and positive energy)). (Dr. Filaretos, President of the International Olympic Committee). Champion is the point for consistency of all feelings and pride and prestige of people of a society. People imagine their ruined pride, broken self-reliance, pains and exhaustion from life that are overcame by champion. As previously mentioned, coaches improve, willy-nilly, various human characteristics in athletes such as patience – correlation – reverence – friendly game, equality, indiscrimination, friendship, growing of super moral and behavioral characteristics. Even in higher levels, coaches foster behaviors such as high endeavor, no fearing, patriotism, benevolence, chivalry, humbleness and modesty in athletes. Particularly, athlete will gain a power during a long time which named as circle of power; during time and gain of experience, circle power is confined by triangle of polite and reverence and forgiveness. In more clear words, he/she (athlete) will have the athletic ideology which is named, today, as ((athletic moral)).

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