

# **Commitment to Coaching: Using the Sport Commitment Model as a Theoretical Framework with Soccer Coaches**

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# Purposes of Study

- To examine the Sport Commitment Model (SCM; Scanlan et al., 1993a; Scanlan et al., 2009) to see if it provides a viable model to assess coaches' commitment to coaching.
- To assess enjoyment as a potential mediator to sport (coaches') commitment.
- To determine the factors that contribute to soccer coaches' commitment to coaching.

# In the Literature

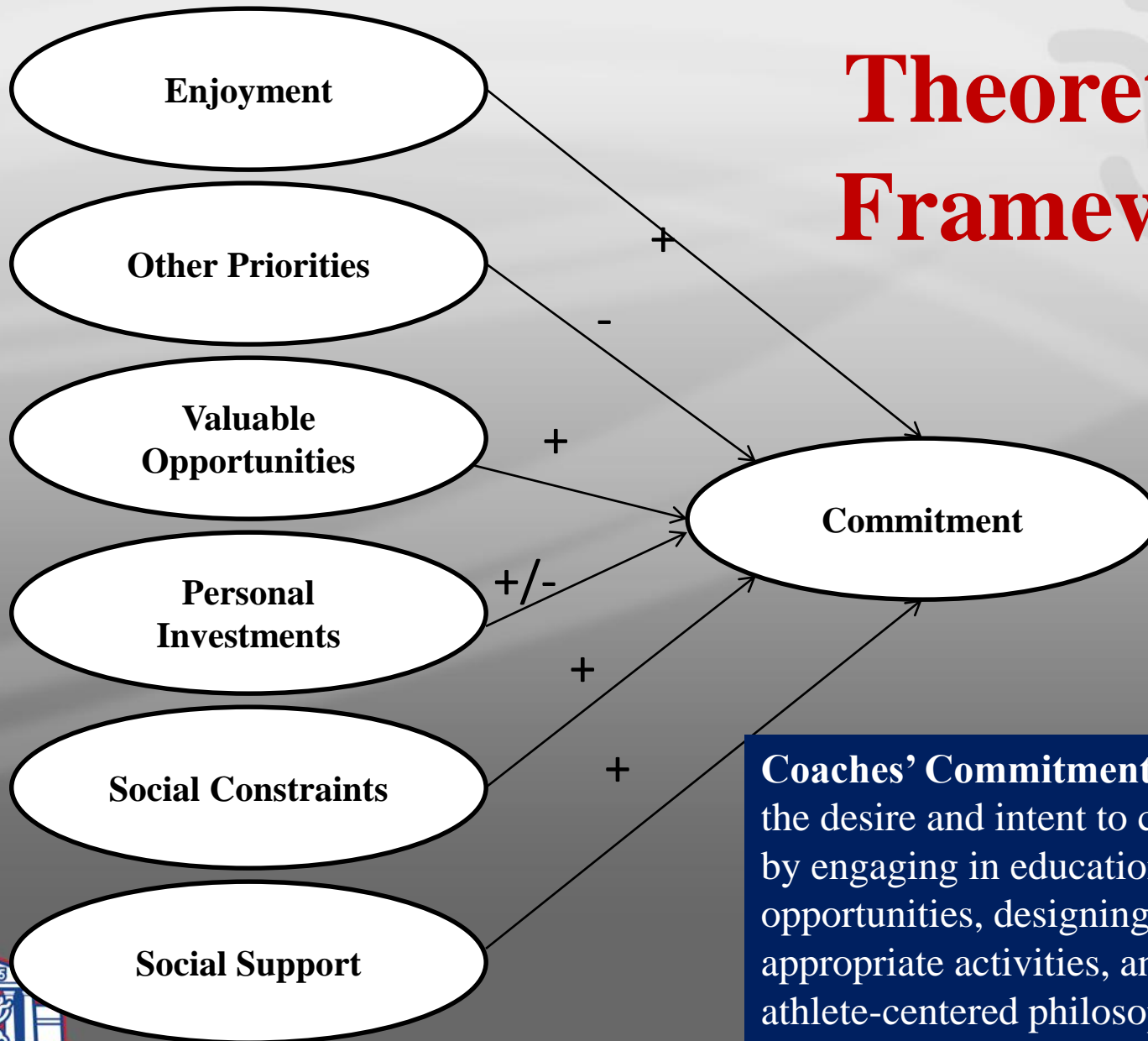
## 1. Youth Sports

- a) Athletes
- b) Coaches

## 2. Sport Psychology

- a) Coming to the surface in 70's
- b) Social Exchange Theory/Investment Theory
- c) Sport Commitment with athletes
- d) Sport Commitment with coaches

# Theoretical Framework



**Coaches' Commitment -**  
the desire and intent to continue coaching by engaging in educational learning opportunities, designing developmentally appropriate activities, and embracing an athlete-centered philosophy.

Scanlan et al., 1993a; Scanlan et al., 2009

# Methods

- 1) Theory Driven, non-experimental
- 2) Hypothesized Models
- 3) Pilot Study
- 4) Data Collection Procedures
- 5) Data Analysis Procedures – SEM, Regression

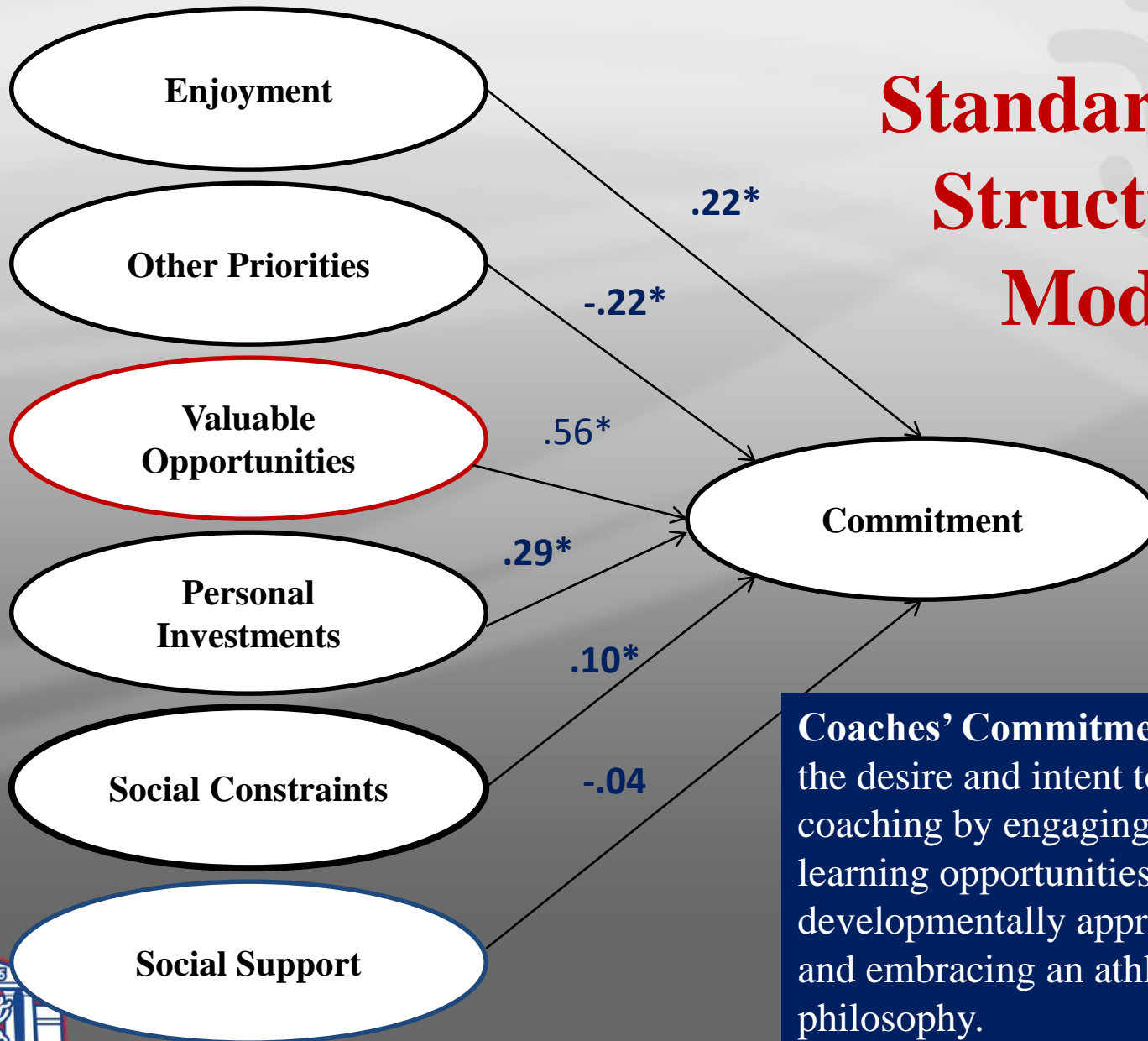
# Results

- 1) Descriptive Data Analysis
- 2) Standardized Measurement Model
- 3) Regression Analysis

# Descriptive Data Analysis

- N = 1654, 72% NSCAA, 26% USYSA, 2% SAY Soccer
- 89% Caucasian
- 91% Male
- < 95% had athletic playing experience
- 90% had coached more than 5 years
- 11% novice, 46% experts
- 70% considered themselves part-time
- 37% reported being paid-professional
- 96% fall, 68% winter, 85% spring, 71% summer

# Standardized Structural Model



**Coaches' Commitment** - the desire and intent to continue coaching by engaging in educational learning opportunities, designing developmentally appropriate activities, and embracing an athlete-centered philosophy.



# Regression Analysis

- Using Sport Commitment Constructs
  - $F(6,1647)=348, \rho < .001, R^2 = .56$
  - **56%** coaches commitment was predicted
  - **Valuable Opportunities** #1 predictor
  - Social support was not statistically significant
- Adding Coaching Efficacy, Age & Experience
  - $F(8,1645) = 269, \rho < .001, R^2 = .57$
  - **57%** coaches commitment was predicted
  - Coaching Efficacy, Age and Experience are statistically significant, but do not trump commitment constructs

# What does this mean?

- 1) Coaches in this study **greatly value** the opportunities to work with their athletes, and **dedicate** much time and effort to their coaching.
- 2) Coaches in this study with high commitment who value their continued involvement have **more fun** and **less alternatives** than those with less commitment.
- 3) Although significant, coaches in this study may not feel **obligated** to coach.
- 4) Committed coaches in this study are **not influenced significantly** by their social support structure.

# What does this mean?

- 5) Coaching efficacy, age and coaching experience were significant predictors of coaches' commitment.
- 6) Coaching commitment and sport commitment could possibly **mean different things**. Athletes participate for the fun while coaches are investing in the athlete.

# Future Research

- 1) Modification to Coaches Commitment Instrument
- 2) Studies with a more heterogeneous population
- 4) Group Analysis
- 5) Longitudinal studies – Commitment over time
- 6) New Models

# Future Research

- Maybe an interactive piece

# Thank you!

“My classroom was the basketball court. It was there that I taught everything from correct hand and foot movement to values and attitudes, including enthusiasm, loyalty, self-control, and more.”

(Wooden & Jamison, 2007, p.58)

# References

- Raedeke
- Scanlan