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Winning or not winning: the influence on coach- athlete relationships and goal achievement

*Rui Trocado Mata, Antonio Rui da
Silva Gomes*

Abstract

This study analyzes the relation between sports success and athletes' perception of coaches' leadership, athletes' satisfaction with coaches' leadership, coach-athlete compatibility, and goal achievement. Sixty-six athletes who qualified for the final Division I play-offs of a professional volleyball championship were grouped into winning ($n = 21$) and non-winning teams ($n = 45$).

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Leadership styles, satisfaction with leadership, coach-athlete compatibility, and goal achievement were evaluated. Analysis of variance with repeated-measures revealed that the winning teams evaluated their coaches' vision, inspiration, technical coaching, positive feedback, and active management more positively than non-winning teams and that their satisfaction with coaches' strategies increased over time. A multivariate analysis of variance (MANOVA) indicated that the winning teams' perceived achievement of personal and team goals was greater than that of the non-winning teams. Sports success was associated with athletes' positive evaluation of coaches' leadership, satisfaction with coaches' strategy, and higher perceived

goal attainment.

Key words: LEADERSHIP;
COACHING; SATISFACTION;
COMPATIBILITY; SPORTS
PERFORMANCE.

doi: 10.4100/jhse.2013.84.09

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