

COACHING STYLE INVENTORY

***A SELF DIAGNOSTIC TOOL FOR COACHES TO
ASSESS THEIR PREFERRED COACHING BEHAVIORS***

PURPOSE

The S.T.A.R.* Coaching Style Inventory is a self-descriptive instrument designed to help you identify your own coaching style and profile . it is based on your preferences for particular behaviors which fall into four basic coaching styles:

Searcher
Technician
Analyzer
Relator

The Styles are analyzed according to the following categories:

Coaching Values, Coaching Strategies, Coaching Behavior, Preferred Quality of Athletes, Stress and Pressure, Communications, Attitude Toward Change, Satisfaction, How to Win, Motivation, Decision -Making, Working Environment, Problem Solving, and What Makes a Good Coach.

As you read through the behaviors in each category, you might find it difficult to choose the behavior that best characterizes your coaching. This is understandable since every coach operates in a variety of ways in different situations, yet each of us does have preferences for some behaviors over others. Keep in mind that there are no right or wrong answers. All of the choices are equally acceptable. The aim of the Inventory is to describe how you coach, not to evaluate your coaching ability.

Sports Psychology & Counseling, LLC, P.O. Box 335, Oakhurst, New Jersey 07755-0335.
Participant's scores will be entered into Sports Psychology & Counseling's database.

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For scoring and interpretation, complete and return to:
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