

Coaching Feedback Questionnaire

As you might already know, coaches vary in the type of feedback they give to their athletes.

This questionnaire determines the type of feedback your coach gives you in practices and games.

Coach's Responses to Successes

Following are six examples of feedback your coach might give you after you have a good performance in a game or practice. Please rate each statement in terms of how typical the type of coaching feedback is after you have a good performance.

| | Not typical at all | | | Very typical | |
|--|--------------------|---|---|--------------|---|
| 1. "Good play!" | 1 | 2 | 3 | 4 | 5 |
| 2. Coach ignores your good performance. | 1 | 2 | 3 | 4 | 5 |
| 3. "Way to go! You really extended your elbow that time." | 1 | 2 | 3 | 4 | 5 |
| 4. "Great play. Now you're keeping your eyes on the ball." | 1 | 2 | 3 | 4 | 5 |
| 5. "Excellent work in practice today." | 1 | 2 | 3 | 4 | 5 |
| 6. Coach doesn't say anything to you about your good performance. | 1 | 2 | 3 | 4 | 5 |

Coach's Responses to Errors

Following are 10 examples of feedback your coach might give you after you make a mistake or commit an error in a game or practice. Please rate each statement in terms of how typical the type of coaching feedback is after you have a performance error or poor play.

| | Not typical at all | | | Very typical | |
|---|--------------------|---|---|--------------|---|
| 1. "That's OK. Keep working at it!" | 1 | 2 | 3 | 4 | 5 |
| 2. Coach ignores your error or poor performance. | 1 | 2 | 3 | 4 | 5 |
| 3. "That was a really stupid play!" | 1 | 2 | 3 | 4 | 5 |
| 4. "You dropped your elbow. Next time keep it up." | 1 | 2 | 3 | 4 | 5 |
| 5. "How many times have I told you to extend your elbow?" | 1 | 2 | 3 | 4 | 5 |
| 6. "Hang in there! You will do better next time." | 1 | 2 | 3 | 4 | 5 |
| 7. Coach doesn't say anything to you about your error or poor performance. | 1 | 2 | 3 | 4 | 5 |
| 8. "Your technique looks lousy! Keep your head up." | 1 | 2 | 3 | 4 | 5 |
| 9. "That play sucked!" | 1 | 2 | 3 | 4 | 5 |
| 10. "No, that's not right. You need to work on a faster release." | 1 | 2 | 3 | 4 | 5 |

(continued)

Coaching Feedback Questionnaire *(continued)*

Preferred Coaching Feedback Questionnaire

This questionnaire determines what type of coaching feedback you would **prefer** your coach give you in practices and games.

Coach's Responses to Successes

Following are 6 examples of feedback your coach might give you after you have a good performance in a game or practice. Please rate each statement to indicate how typical the type of coaching feedback is after you have a good performance.

| | Do not prefer at all | | | Prefer very much | |
|---|----------------------|---|---|------------------|---|
| 1. "Good play!" | 1 | 2 | 3 | 4 | 5 |
| 2. Coach ignores your good performance. | 1 | 2 | 3 | 4 | 5 |
| 3. "Way to go! You really extended your elbow that time." | 1 | 2 | 3 | 4 | 5 |
| 4. "Great play. Now you're keeping your eyes on the ball." | 1 | 2 | 3 | 4 | 5 |
| 5. "Excellent work in practice today." | 1 | 2 | 3 | 4 | 5 |
| 6. Coach doesn't say anything to you about your good performance. | 1 | 2 | 3 | 4 | 5 |

Coach's Responses to Errors

Following are 10 examples of feedback your coach might give you after you make a mistake or commit an error in a game or practice. Please rate each statement to indicate your preference of coaching feedback after you have a performance error or a poor play.

| | Do not prefer at all | | | Prefer very much | |
|--|----------------------|---|---|------------------|---|
| 1. "That's OK. Keep working at it!" | 1 | 2 | 3 | 4 | 5 |
| 2. Coach ignores your error or poor performance. | 1 | 2 | 3 | 4 | 5 |
| 3. "That was a really stupid play!" | 1 | 2 | 3 | 4 | 5 |
| 4. "You dropped your elbow. Next time keep it up." | 1 | 2 | 3 | 4 | 5 |
| 5. "How many times have I told you to extend your elbow?" | 1 | 2 | 3 | 4 | 5 |
| 6. "Hang in there! You will do better next time." | 1 | 2 | 3 | 4 | 5 |
| 7. Coach doesn't say anything to you about your error or poor performance. | 1 | 2 | 3 | 4 | 5 |
| 8. "Your technique looks lousy! Keep your head up." | 1 | 2 | 3 | 4 | 5 |
| 9. "That play sucked!" | 1 | 2 | 3 | 4 | 5 |
| 10. "No, that's not right. You need to work on a faster release." | 1 | 2 | 3 | 4 | 5 |