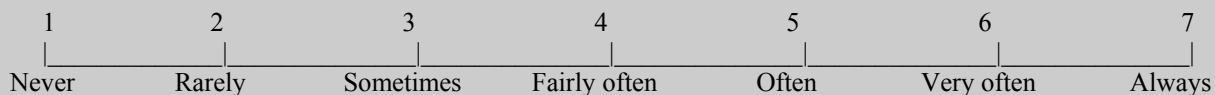


COACHING BEHAVIOUR SCALE for SPORT (CBS-S©)

HOW FREQUENTLY DO YOU EXPERIENCE THE FOLLOWING COACHING BEHAVIOURS

Some athletes have a single coach and others work with a coaching team. If you have more than one coach, think of the coach, or coaches, most responsible for that area.

Please use the scale below to answer all the sections.



The coach(es) most responsible for my physical training and conditioning.....

	Never						Fairly often	Always
1. provides me with a physical conditioning program in which I am confident.	1	2	3	4	5	6	7	
2. provides me with a physically challenging conditioning program.	1	2	3	4	5	6	7	
3. provides me with a detailed physical conditioning program.	1	2	3	4	5	6	7	
4. provides me with a plan for my physical preparation.	1	2	3	4	5	6	7	
5. ensures that training facilities and equipment are organized.	1	2	3	4	5	6	7	
6. provides me with structured training sessions.	1	2	3	4	5	6	7	
7. provides me with an annual training program.	1	2	3	4	5	6	7	

The coach(es) most responsible for my technical skills.....

	Never						Fairly often	Always
8. provides me with advice while I'm performing a skill.	1	2	3	4	5	6	7	
9. gives me specific feedback for correcting technical errors.	1	2	3	4	5	6	7	
10. gives me reinforcement about correct technique.	1	2	3	4	5	6	7	
11. provides me with feedback that helps me improve my technique.	1	2	3	4	5	6	7	
12. provides visual examples to show how a skill should be done.	1	2	3	4	5	6	7	
13. uses verbal examples that describe how a skill should be done.	1	2	3	4	5	6	7	
14. makes sure I understand the techniques and strategies I'm being taught.	1	2	3	4	5	6	7	
15. provides me with immediate feedback.	1	2	3	4	5	6	7	

The coach(es) most responsible for my mental preparation.....

	Never						Fairly often	Always
16. provides advice on how to perform under pressure.	1	2	3	4	5	6	7	
17. provides advice on how to be mentally tough.	1	2	3	4	5	6	7	
18. provides advice on how to stay confident about my abilities.	1	2	3	4	5	6	7	
19. provides advice on how to stay positive about myself.	1	2	3	4	5	6	7	
20. provides advice on how to stay focused.	1	2	3	4	5	6	7	

The coach(es) most responsible for my goal setting.....

	Never						Fairly often	Always
21. helps me identify strategies to achieve my goals.	1	2	3	4	5	6	7	
22. monitors my progress toward my goals.	1	2	3	4	5	6	7	
23. helps me set-short term goals.	1	2	3	4	5	6	7	
24. helps me identify target dates for attaining my goals.	1	2	3	4	5	6	7	
25. helps me set long-term goals.	1	2	3	4	5	6	7	
26. provides support to attain my goals.	1	2	3	4	5	6	7	

The coach(es) most responsible for my competition strategies.....

	Never			Fairly often		Always	
27. helps me focus on the process of performing well	1	2	3	4	5	6	7
28. prepares me to face a variety of situations in competition.	1	2	3	4	5	6	7
29. keeps me focused in competitions.	1	2	3	4	5	6	7
30. has a consistent routine at competition.	1	2	3	4	5	6	7
31. deals with problems I may experience at competitions.	1	2	3	4	5	6	7
32. shows confidence in my ability during competitions.	1	2	3	4	5	6	7
33. ensures that facilities and equipment are organized for competition.	1	2	3	4	5	6	7

My head coach.....

	Never			Fairly often		Always	
34. shows understanding for me as a person.	1	2	3	4	5	6	7
35. is a good listener.	1	2	3	4	5	6	7
36. is easily approachable about personal problems I might have.	1	2	3	4	5	6	7
37. demonstrates concern for my whole self (i.e., other parts of my life than sport).	1	2	3	4	5	6	7
38. is trustworthy with my personal problems.	1	2	3	4	5	6	7
39. maintains confidentiality regarding my personal life.	1	2	3	4	5	6	7
40. uses fear in his/her coaching methods.	1	2	3	4	5	6	7
41. yells at me when angry.	1	2	3	4	5	6	7
42. disregards my opinion.	1	2	3	4	5	6	7
43. shows favoritism towards others.	1	2	3	4	5	6	7
44. intimidates me physically.	1	2	3	4	5	6	7
45. uses power to manipulate me.	1	2	3	4	5	6	7
46. makes personal comments to me that I find upsetting.	1	2	3	4	5	6	7
47. spends more time coaching the best athletes	1	2	3	4	5	6	7

Note for Researchers

- The CBS-S has 47 items divided into 7 different constructs

1. Physical training and planning - Items 1-7
2. Technical skills - Items 8-15
3. Mental preparation - Items 21-26
4. Competition strategies - Items 27-33
5. Personal rapport - Items 34-39
6. Negative personal rapport - Items 40-47

- References

Côté, J., Yardley, J., Hay, J., Sedgwick, W., & Baker, J. (1999). An exploratory examination of the Coaching Behavior Scale for Sport, *AVANTE*, 5, 82-92.

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