

The Relationship Between Hockey Coaches And Performance Of National Athletes Of Pakistan

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Abstract

The existing paper deals with a primary objective; to examine the relationship between hockey coaches and performance of field hockey players in socio-interaction approach. The secondary objective was to measure the field performance of hockey players on practical measures. The research methodology is based on both descriptive and inferential statistical approaches. The descriptive data was collected in the form of field performance tests (technical skills and fitness capabilities) while the inferential data perceived by players was collected using survey questionnaire. Adopted field performance test measures and survey questionnaire were employed. 296 national field hockey players of Pakistan were selected from national departments of field hockey as samples. The field performance tests and the relationship were analyzed using descriptive statistics and Pearson's correlation analysis respectively. The results of the field performance tests were found below than average (weaker) in technical skills and fitness capabilities. However, the findings of the inferential analysis revealed that all constructs of hockey coaches have significant positive relationship with all variables of performance of field hockey players. The significance level was found at the 0.01 (2-tailed).

Keywords: Socio-Interaction; Performance; National Athlete; Pakistan

Introduction

Field hockey is one of the popular well known sports not only in Asia but also played in all continents of the world. Asghar (2011) described that field hockey is a game where players contest face to face the rivals having similar act on the turf. Elferink-Gemser, Visscher, Lemmink, and Mulder (2007) explained that the physical demands of the field hockey have

enlarged greater than before due both to amendments in the rules and playing surface. The sport has become superb and fastest sport of the world due to the latest changes in its academic and practical structure. Asghar (2011) added that to attain a great concert in field hockey, players should be outshine in entirely these four areas; tactically, technically, mentally, and physically.

According to the first constitution, field hockey is known as Pakistan's national sport. The Pakistan team has performed terrifically and had been healthy challengers in the final of any international hockey event till 1994. Since the winning of world cup 1994, Pakistani field hockey could not stand at podium even passing two decades yet. The performance not only brought about the bad name but put the national sport under severe criticism. The current scenario of the sport is not worth mentioning.

Pakistan dominated World field hockey during the 1980s, when they were the Asian, Olympic, and World Champions. However, there has been a sharp decline in the performance of team Pakistan since the time of mid 1990s and the Pakistani team has not won any significant event at an international level. Meulmana, Berger, Zande, Kok, Ottevanger, and Crucq (2012) pointed out that particularly young field hockey players have troubled during training the technique, and therefore, they have not the victory experience required to raise the value of the training. Thiel, Tremaynea, and James (2012) describe that the sport demands the expertise of ball control, stick rapidity, striking power, and dribbling quickness. Davis (2012) highlights that field hockey has been constantly raised as a sign of the nations. The countries such as Holland, Australia, Netherlands, and Germany are considered as World leaders of this sport from the last two and half decades. Asian countries (Pakistan and India) have also been dominated the scene of World hockey.

This is worst bad time with Pakistani hockey that, even, the four (4) times world cup winner team could not qualify for the 13th world cup held in Netherlands 2014 (Bhatti, 2013; Yaqoob, 2013; Zaman, 2013). Even though, the three (3) times Olympics champion Pakistan since its existence for first time in the history of Olympic Games could not qualify for the RIO Olympics 2016 (Zuberi, 2015). Therefore, players have been playing under severe criticism due to not winning any significant title for the last two decades.

The poor performance of the team players not only brought about the bad name but put also the national sport under severe criticism. The emerging scenario of the present has made it an obligation for the research students to explore the realities on ground about the national sport. The study will investigate with the objective to find out the causes of decline in

players' performance of Pakistani national sport through these socio-interactive and psycho-sociological factors.

Objective of the Study

The key objectives of the present study are:

- i.** To investigate to what extent are Pakistani sport institutions emerging in Pakistani field hockey players and measurement of players' performance needed to be successful in field hockey profession.
- ii.** To examine the relationship between hockey coaches and the performance of national field hockey players of Pakistan.

Literature Review

The global world and modern technology both alteration the current scenario of field hockey game and now hockey federations need to produce such hockey players capable to deal with these affected changes. Elferink-Gemser et al. (2006) described that the physical requirements of the field hockey are enlarged because of amendments in rules and converting the playing surface into AstroTurf. In team sport such field hockey, nevertheless, the estimation of success for prolong period of time in hockey players is now multifaceted due to multiple game potentials that are required (Elferink-Gemser et al., 2004).

Vella, Oades, and Crowe (2010) stressed that coaching is a purely social and interrelation procedure, that is why, leadership efficiency is raise extremely connected to interpersonal skills compare to particular rare amount of recommended behaviors. In addition to, performance is associated to achievement and learning. Ronglan (2011) postulated that social interaction obviously indicates resources and power relationships. Interaction and power are absolutely social belongings connecting to very close with each other because coach's capabilities affecting players through verbal communication are reproduced in the interaction among them (p.151). Furthermore, how power relations inside the coaching setting are formed through how coaches interrelate with the culture, because the coaches are those artists who are connected to the socialization of power within specific game environment (Ronglan, 2011, p.148).

Vella et al. (2010) described coach leadership as it is not only a behavioral procedure, but also a procedure of social stimulus connecting to the coach-player relationship. Similarly, Sagar and Jowett (2012) stated that sport coaches coach the players how to develop skills and attain best performance, and in the long run success. The coach' role in the team is like a bridge between team building and performance of players. Bloom, Stevens, and Wickwire (2003) explained that team players have an equal part in team building procedure within sport but the coach's role is a vital individually in

the development of the team. The coach has numerous characteristics in which he interacts with the players in a social environment such as coach's characteristics, coach's expertise, and coach leadership. Bloom et al. (2003) uttered that if team building is productive, then, it is expected that team interaction is going to be greater that conveys the direction in which the team moves to enhance performance.

Methodology

Participants

Two hundred and ninety six (296) field hockey players belonging to 14 national field hockey departments of Pakistan participated in current study. Two sampling methods as purposive and convenient sampling were used. The reason for purposive sampling was that the active field hockey players who had participated in National Games and they had a healthier sense of the problems about the sport as well. Secondly, convenient sampling was due to available and willing to participate in the study. The age of players was between 21 to 28 years with the mean age of 24.65 years and the standard deviation 1.850.

Procedure of Data Collection

A meeting was organized with the Pakistan Hockey Federation (PHF) management to brief them about this research and its future outcomes. With the permission of PHF management, the data was collected from the active National field hockey players at their respective departments. Most of field hockey players were busy in their training camps on their sport departments' fields of play. The data was collected in two ways as survey questionnaire and field performance tests. First, the data was distributed through survey questionnaires personally. Secondly, field performance tests were measured in the fields of play by field hockey experts (former Olympians). Seven cities of Pakistan were selected as Lahore, Faisalabad, Gojra, Rawalpindi, Islamabad, Karachi, and Peshawar for data collection with altered dates and timings.

However, the survey questionnaires were distributed among the field hockey players at the time scheduled. The respondents were told that they may go to their homes with the survey questionnaires and come back on next day with filled questionnaires. Before one day of field performance tests, the survey questionnaires were distributed to field hockey players and they were said to report with filled questionnaires on next day at their fields of play for field performance tests. Because it was the demand of the research that survey questionnaires will only be considered valid if the players appear in the field performance tests.

Therefore, 296 field hockey players returned back filled survey

questionnaires while 510 were distributed and also appeared in field performance tests. Field performance tests were comprised of two sub-constructs; technical skills and fitness capabilities. Three former Olympians were hired who were agreed voluntarily to participate in to measure the technical skills and fitness capabilities throughout the data collection procedure. These experts measured the technical skills and fitness capabilities of national field hockey players of 14 departments on specific dates on their own fields of play venues.

Instrument

Two instruments were employed in collecting the data. The survey questionnaire consists of three sections; demographic information, performance of field hockey players, and hockey coaches. The demographic questions comprised of players' age, field hockey departments, education level, playing experience, National Games participation experience, and playing position. The questionnaire was built up to find answers of research questions. The different scales for survey questionnaire were adapted of different researchers (Chelladurai & Saleh, 1980; DeWeese, 2012) and used after modification with the original authors' permission. Every possible effort is utilized to uphold the questionnaire understandable, informal, and concise to increase response rate and keeping in view of the mentality of the respondents. While, the scale for the measurement of technical skills and fitness capabilities of players was adopted from Pakistan Hockey Federation (PHF, 2013) using in field performance tests.

Results

Reliability Analysis

Reliability in quantitative research is basically a replacement for trustworthiness, uniformity, and constancy within time, within instruments, and within groups of respondents (Cohen, Manion, & Morrison, 2007). Cronbach's Alpha was operated for the reliability analysis. According to Sekaran (2003), the tool shall be considered acceptable for further research if the alpha value range is higher than 0.7. All constructs were tested on 5-point Likert scale ranging from strong disagree (1) to strong agree (5). The Cronbach's Alpha reliability statistics of all variables is displayed in Table 1 below.

Table: 1 Reliability Analysis of All Variables (n-296)

Construct	Items	Alpha Score (α)	Overall Alpha (α)
Coach Characteristics	10	0.92	.94
Coach Expertise	10	0.91	
Coach Leadership	10	0.93	
Tactical Skills	4	0.70	.92
Interpersonal Skills	4	0.87	
Communicational Skills	4	0.85	
Technical Skills	5	0.80	.70
Fitness Capabilities	4	0.77	

As results exposed in the table 1 mentioned above, the Cronbach’s alpha of coach characteristics is 0.92, coach expertise 0.91, coach leadership 0.93 while, the overall hockey coaches variable has .94. The reliability test findings of tactical skills, interpersonal skills, communicational skills of the survey questionnaire have 0.70, 0.87, 0.85 values respectively and three sub-variables have .92 collectively, whereas technical skills and fitness capabilities variables of field performance tests have Cronbach’s alpha values 0.80, 0.77 collectively and .70 collectively. Therefore, Sekaran (2003) described that if the alpha range is greater than 0.7, then a tool is considered reliable and can be continue for further analysis. However, the Cronbach’s Alpha of all the variables with 296 subjects satisfied the described criteria with ‘Good’ reliability and therefore, continues for further analysis.

Descriptive Statistics

A number of 296 respondents between 21 to 28 years of age level participated in the current study. The mean age of the respondents was measured 24.65 years whereas, standard deviation noted 1.850.

Field Performance Tests

Two major skill categories (technical skills and fitness capabilities) were measured through field performance tests.

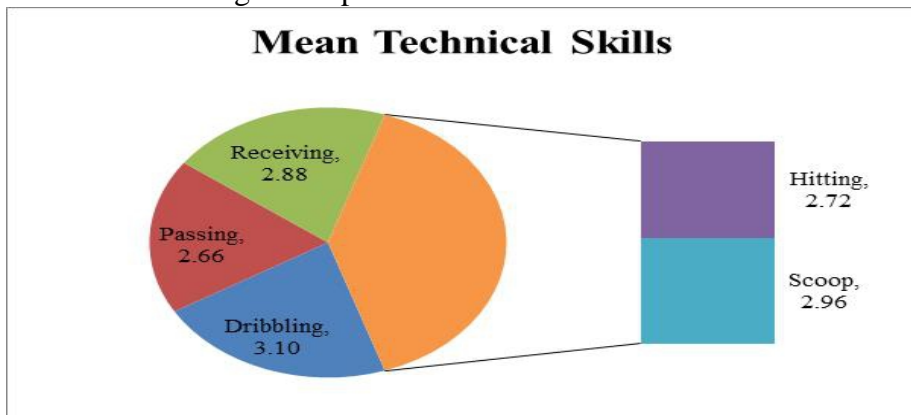


Figure 1. Illustrates the Mean Scores of Technical Skills of Field Hockey Players

Technical skills comprised of dribbling, passing, receiving, hitting, and scoop the ball, were tested in fields of play practically by the experts. Of the 296 field hockey players, the mean score was calculated with SD for technical skills of players in dribbling the ball (M=3.10; SD=.635), passing the ball (M=2.66; SD=.607), receiving the ball (M=2.88; SD=.749), hitting the ball (M=2.72; SD=.633), and scoop the ball (M=2.96; SD=.675) shown in Figure 1.

Fitness capabilities with four sub-skills as interval shuttle run test, linear speed test, agility test, and endurance capacity test were also tested in fields of play practically by the experts.

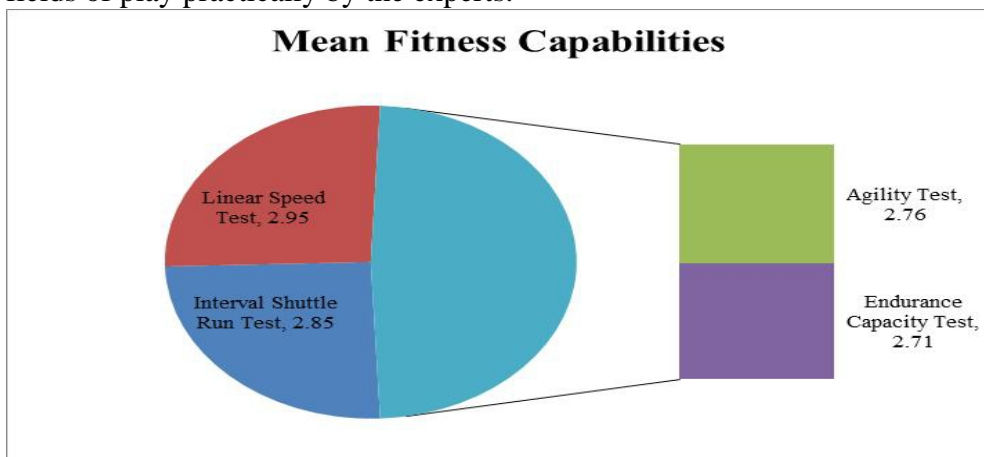


Figure 2. Depicts the Mean Scores of Fitness Capabilities of Field Hockey Players

Of the 296 players of field hockey, the mean and SD scores were presented for fitness capabilities in form of interval shuttle run test (M=2.85; SD=.702), linear speed test (M=2.95; SD=.753), agility test (M=2.76; SD=.674), and endurance capacity test (M=2.71; SD=.721) in Figure 2.

Relationship between Hockey Coaches and the Performance of Field Hockey Players

The overall correlation among the coach characteristics, coach expertise, and coach leadership with tactical skills, interpersonal skills, and communicational skills variables investigated the range from .55 to .72 ($p < .01$) that is positively considered highly significant through Pearson’s correlation coefficient.

Results shown in Table 2 highlighted that coach characteristics was significantly correlated with tactical skills ($r = .55, p < .01$), interpersonal skills ($r = .62, p < .01$), and communicational skills ($r = .61, p < .01$). Result of the correlation analysis exposed that coach characteristics had a resilient, significant positive relationship with tactical skills, interpersonal skills, and

communicational skills of field hockey players. The relationship of coach characteristics with interpersonal skills and communicational skills found higher than tactical skills. The result reported in Table 2 that coach expertise was also significantly correlated with tactical skills, ($r = .63, p < .01$), interpersonal skills ($r = .72, p < .01$), and communicational skills ($r = .69, p < .01$). Result of the correlation analysis indicated that coach expertise had a strong, significant positive relationship with tactical skills, interpersonal skills and communicational skills of national hockey players. The result of coach leadership was also significantly correlated with tactical skills ($r = .58, p < .01$), interpersonal skills ($r = .65, p < .01$), and communicational skills ($r = .64, p < .01$) as shown in Table 2. The correlation analysis specified that coach leadership had a significant and positive relationship with tactical skills, interpersonal skills and communicational skills of hockey players.

Thus, alternative hypothesis (H1) is accepted because the empirical finding of correlation between hockey coaches and the performance of Pakistani national field hockey players proved the positive and highly significant relationship ($p < 0.01$).

Table: 2 Correlations among all Sub-Variables (n-296)

Variables	HC-C	HC-E	HC-L	PP-TS	PP-IS	PP-CS
HC Characteristics (HC-C) Sig. (2-tailed)	—					
HC Expertise (HC-C) Sig. (2-tailed)	.480** .000	—				
HC Leadership (HC-L) Sig. (2-tailed)	.412** .000	.587** .000	—			
PP Tactical Skills (PP-TS) Sig. (2-tailed)	.546** .000	.633** .000	.582** .000	—		
PP Interpersonal Skills (PP-IS) Sig. (2-tailed)	.617** .000	.716** .000	.646** .000	.733** .000	—	
PP Communicational Skills (PP-CS) Sig. (2-tailed)	.613** .000	.692** .000	.636** .000	.718** .000	.943** .000	—

** Correlation is significant at the 0.01 level (2-tailed).

The overall two variables correlated significantly among each other. The result indicated that hockey coaches had a positive, strong, and significant correlation ($r = .86, p < .01$) with the performance of field hockey players.

Discussion

The result of field performance tests of players exposed weaker in technical skills (dribbling, passing, receiving, hitting, and scoop) and fitness capabilities (interval shuttle run, linear speed, agility, and endurance capacity). Dribbling was only the skill in which players performed average

(mean 3.10 and standard deviation .635). The overall skills of field hockey players were found low and did not meet the national standards and afterward international. This may be one of the reasons that field hockey players had been provided least opportunities of sport coaching to skills development from their departments that could not motivate them properly.

The finding of current study revealed that all hockey coaches variables are medium related to the performance of national field hockey players. Naylor (2006) posited the coach characteristics altogether as coach should be tolerant, respectable instructors, thoughtful and thorough coaching approach. In addition, the character of a coach is to train, encourage, and authorize players making them available opportunities for their particular development and improvement as well. Vella et al. (2010) confirmed in their study that social setting, the administrative actions, and the coach's individual features as coach behaviors effect the player performance.

The findings reported that coaches recognize field hockey as an effective tool of the performance of players in field hockey game. Kannekens, Elferink-Gemser, and Visscher (2009) suggested in their study on field hockey that a good understanding of the sport is needed for a player to carry out the accurate move at the accurate moment to achieve fruitful performance or result. However, the results showed that coach characteristics revealed low positive significant relationship with tactical skills in the current study than the coach expertise and coach leadership. One of the causes, as revealed in the findings, is that the coaches perhaps are putting less consideration on tactical skills during the training sessions of players. This may be the fact that coaches take tactically approaches easy to during coaching these skills. Keeping in mind the tactical skills development, several researchers have been considered the belongings of various coaching approaches grounded on tactical understanding (Leite, Vicente, & Sampaio, 2009; Holt, Streat, & Bengoechea, 2002). Another essential feature of enhancing performance is also fundamental with the improvement of coaching expertise in field hockey players. Hockey coaches should be keener in their expertise to utilize them on their players in practical field. Successful performance in sport is one where players with coaches authenticate their determinations and understand themselves in an optimistic way. The quest for needed sporting results enhances anticipation to coaching behaviors and decision making abilities (Naylor, 2006). Though, the current study reported a significant relationship of coach expertise with all performance of field hockey players' variables however it is more needed to develop this part especially in performance viewpoint. Coach leadership is an interactive procedure which is employed to improve player performance and gratification (Chelladurai & Riemer, 1998). The finding of the current study revealed the significant association of coach leadership with the performance

of field hockey players. As coaching is a behavioral and interactive procedure, that is the reason, coach leadership efficiency is strongly associated to interpersonal skills of players (Vella et al., 2010). Though, the level of hockey coaches and the performance of field hockey players reported moderate level in current study and the relationship found significant however the correlation of hockey coaches with tactical skills is reported low. From the findings it may be inferred that both the variables are given due consideration however need of improvement is still required.

Conclusion

Sport coaching is an important phenomenon and considered an essential tool of team success. Communicating knowledge and increasing the expertise of hockey coaches needed in today's energetic field hockey setting to expand relationship between hockey coaches and players. In the current study, hockey coaches was taken as independent variable with three sub-variables while, the performance of field hockey players was taken as dependent variable with five sub-variables in which three were examined through survey questionnaire and two were tested practically in field. The results revealed that weaker and medium relationship existed between hockey coaches and the performance of Pakistani field hockey players constructs. On the other hand, the results of field performance tests were found weaker, it might be the cause that the field hockey players were weaker in their skills and their fitness level might be not up to the mark as well. In conclusion, the professional coaching clinics/courses are needed to develop field hockey coaching knowledge of departmental hockey coaches to improve the practicing and competency development of field hockey players to uplift the past glories of the game in Pakistan.

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