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Assessing the Impact of Personality Types and Learning Styles on Athletic Coaching

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Assessing the Impact of Personality Types and Learning Styles on Athletic Coaching

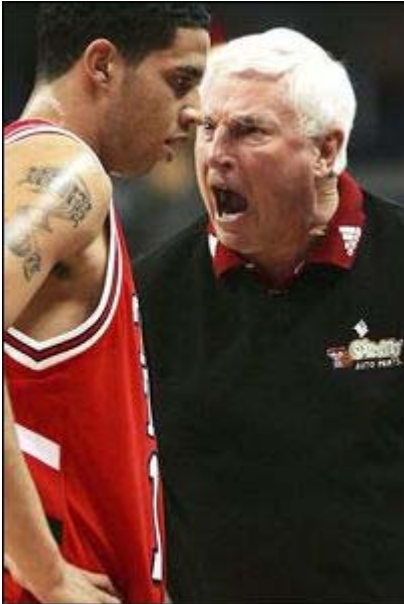
John Gaudet

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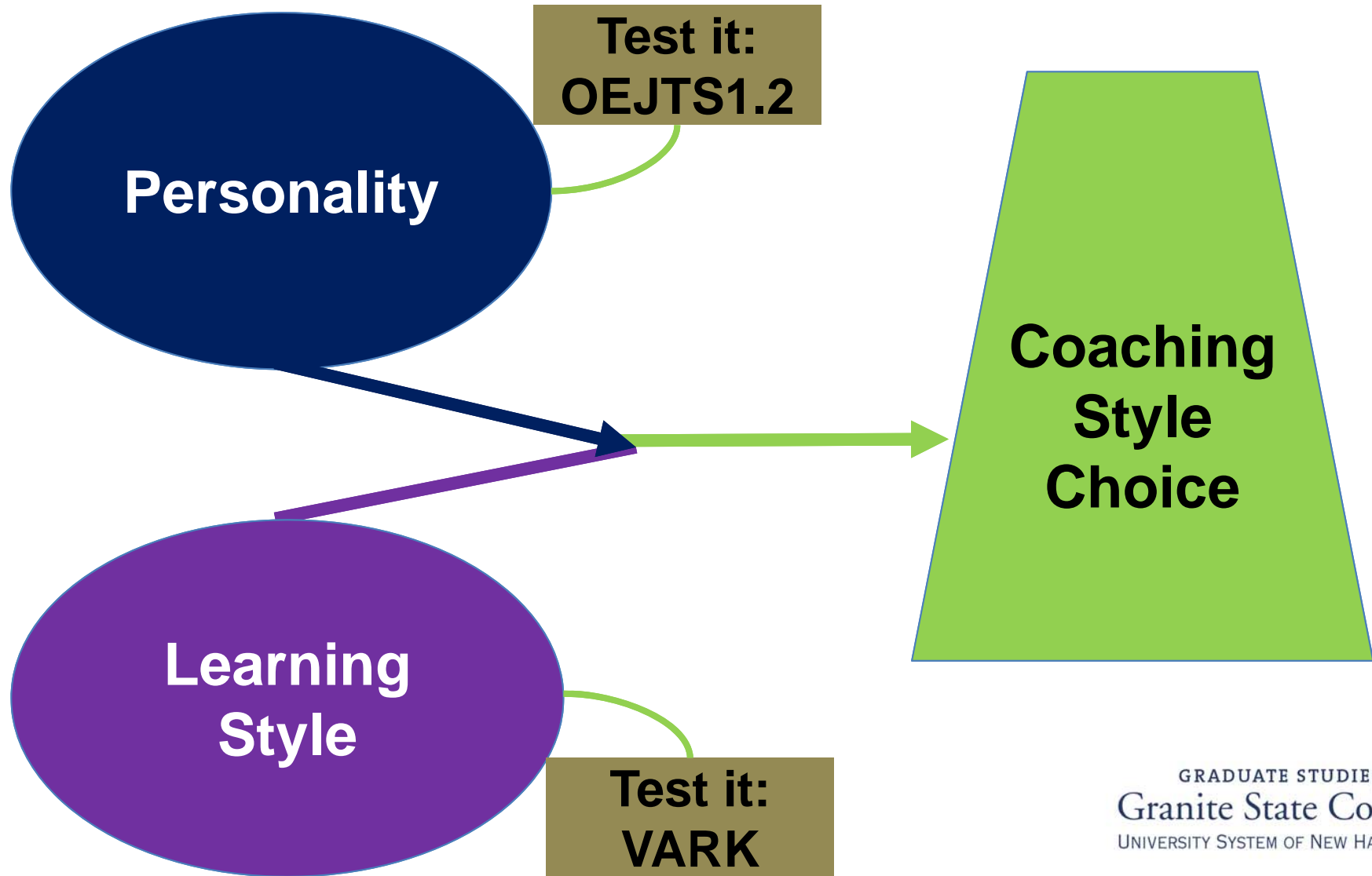
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Does Coaching Style Matter?



- Wooden was mild mannered.
 - Knight screamed.
 - Each won ...a lot.
 - Who was right?
- *Both, of course!*

How Do We Coach Them?



Research and Results: The Impact is Real!



Investigation:

- ✓ Learning Style Testing
- ✓ Personality Testing
- ✓ Satisfaction Surveys
- ✓ Team Stat Analysis
- ✓ Literary Review

Year over year results:

- Player satisfaction: + 3.1
- Wins + 1.0
- Points scored/game: + 11.5
- Point margin reduced by: 5.9
- Senior participation: + 5

Recommendations:

- Increase verbal repetition
- Increase walkthroughs
- Actively confirm understanding
- Increase visuals

References

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