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**Dr. Gopal Singh Dasta**

Associate Professor, Govt.  
Degree College, Sanjauli, Shimla,  
Himachal Pradesh, India

**Dr. Sushil Kumar Rajput**

Chairman, Noida Collage of  
Physical Education, G.B Nagar,  
Uttar Pradesh, India

**Niranjan Singh**

Assistant Professor, Noida  
Collage of Physical Education,  
G.B Nagar, Uttar Pradesh, India

## A study of attitude of players towards the university coaching camps of NCPE Dadri

**Dr. Gopal Singh Dasta, Dr Sushil Kumar Rajput and Niranjan Singh**

### Abstract

The technique of coaching someone to develop or bring out a latent talent in them via their own initiative is known as coaching. Every team member and team owner wants to win when playing games or participating in sports. Enhancing the players' playing technique and teamwork was the goal of setting up the coaching camp. A sport coaching is a very challenging job due to the unique nature of the sport. Every year, several layers take part in a coaching camp that is organized by a different university. Players, coaches, authorities, and organizers of the university coaching camp deal with a variety of issues pertaining to the camp, and their attitudes and levels of frustration varied. Materials and techniques in order to ascertain the players' expectations and attitudes regarding sports coaching, 720 players who attended the coaching camp in the 2021-2022 and 2022-2023 sessions were included in the study. The data was gathered using a self-prepared questionnaire. There were three answers to the 18 questions in this questioner. A chi square  $\{x^2\}$  was employed to examine the answers. Outcome and conclusion the study's findings led to the conclusion that coaching had to be scheduled for more than 15 days and had to occur in both sessions. Coaches employ specialized grounds and state-of-the-art equipment. The most recent laws and guidelines were also covered.

**Keywords:** Coaching, talent development, initiative

### Introduction

The technique of coaching someone to develop or bring out a latent talent in them via their own initiative is known as coaching. The scope of coaching was quite broad and applied to all facets of life. Here, we go over a few different types of coaching, such as life coaching (Setting and accomplishing personal objectives), business coaching, and more. (Offering assistance to a person or organization to enhance the efficiency of their enterprise.) Personal coaching is a contract between a coach and a client that is based on the client's stated objectives, goals, and interests. Relationship coaching (Increasing success in dating and relationships), Health coaching (Managing health and sickness), Conflict coaching (Matrimonial or other where client learns to enhance conflict management skills and abilities), Project coaching (Management of teams), Situational coaching (Improvement of performance with in a context) Transitional Coaching (Between jobs or roles), Educational Coaching (improving academic success or family relationship and Sports Coaching (Improving technique and performance).

In games and sports every team member and owner of team wants to win the competition. The purpose of organizing the coaching camp was to improve the player's playing technique, team coordination improve the technique and performance of the team or an individual. During the camp players know each other and also know their strong and weak points. Duration of every coaching camp, timing of coaching camp, and method of organizing camp was different to game to game. Sports' coaching is a very difficult task because the nature of activity was different. Every university organizes different coaching camp every year and lot of layers participated in this coaching camp. During the university coaching camp players, coaches, officials and organizers faces many problems related to coaching camp and their attitude or expatiation towards the coaching camp was different. To find out these researcher conduct the study with the title "Attitude of Players towards University Coaching Camp."

Sullivan and Hodge (1991) <sup>[4]</sup> use questions to examine the use and status of sport psychology

**Correspondence**

**Dr. Gopal Singh Dasta**

Associate Professor, Govt.  
Degree College, Sanjauli, Shimla,  
Himachal Pradesh, India

in New Zealand. Sixty-eight elite athletes were complete a questionnaire. They concluded that these results were extremely supportive of the perceived role of sport psychology in enhancing sporting success.

In 1992, Francis conducted an assessment of collegiate soccer players, 44 of whom were female and 99 of whom were male, using questionnaires to gauge their opinions regarding sport Psychology education, attitudes toward the field of psychology, and their own usage of sport psychology techniques. He came to the conclusion that while soccer players' judgments of sport psychology are accurate, they are constrained, and their attitudes toward it seem open-minded but curious.

### Material and Method

**Subject:** The subject for the study were selected from the coaching camp organized by C. C S. University Meerut in the session 2021-22 and 2022-23.

**Tool:** A self-prepared questioner was used for gathering the information. This questioner contained 18 questions with 3 response i.e. Yes, No and Neutral (Neither yes nor no).

### Procedure

On the first day of coaching camp questioner was distributed to all players those were attended the camp then explained purpose of questionnaire and procedure for giving the response and last day of camp questioner was taken back. Total 600 players gave response.

### Statistical

To measure players attitude towards university coaching camp chi square  $\{x^2\}$  were applied for each question.

### Result

The finding of the study was represented in different tables

**Table 1:** Environmental Condition

S. No.	Environment of camp	Players Responses			
		Yes	No	Neutral	X <sup>2</sup>
1.	During coaching camp players are mentally relaxed.	53.89%	29.44%	16.67%	154.53*
2.	During coaching camp relationship between coaches and players are healthy.	52.92%	19.31%	27.78%	132.01*
3.	During coaching camp players hesitate to share their problem with their coach.	44.31%	27.92%	27.78%	39.01*
4.	During coaching camp behavior of senior players towards junior players is friendly.	40.56%	40.28%	19.17%	65.03*

\*Significant at 0.05 level

It is seen from table 1 that more than 50% of players accepted that they are mentally relaxed during the coaching camp, coach and player relations were healthy 40% players accepts

that behavior of senior players towards junior player were friendly and 40% players were disagree. 44.31% were hesitating to share their problems with their coach.

**Table 2:** Behavior of Coach

S. No.	Behavior of coach	Players Responses			
		Yes	No	Neutral	X <sup>2</sup>
1.	During coaching camp coaches pay more attention towards a particular player.	63.75%	27.78%	8.47%	340.01*
2.	During coaching camp coaches neglect weak players.	61.53%	23.33%	15.14%	264.81*
3.	During coaching camp behavior of coaches toward injured players is sympathetic.	66.25%	23.33%	10.42%	369.08*
4.	During coaching camp coaches considered the players suggestions.	53.61%	18.33%	28.06%	143.43*

\*Significant at 0.05 level

Table no 2 clear indicated that 63.75% players think that coaches pay more attention towards a particular player. 61.53% players also accept that coach neglect the weak

players. Maximum 66.25% players accept that behavior of coaches toward injured players was sympathetic and coaches were considered the players suggestions.

**Table 3:** Coaching Method

S. No.	Training Method	Players Responses			
		Yes	No	Neutral	X <sup>2</sup>
1.	During coaching camp importance is given on player's skills part.	69.31%	16.25%	14.44%	419.61*
2.	During coaching camp coaches discuss strategies.	78.75%	10.97%	10.28%	668.36*
3.	During coaching camp emphasis is given on tactical part.	64.31%	27.78%	7.92%	353.41*
4.	During coaching camp new or changed rules and regulations are discussed.	42.92%	39.86%	17.22%	85.11*
5.	During coaching camp coach use latest technique for training.	35.56%	52.50%	11.94%	179.23*

\*Significant at 0.05 level

It is clear from table no3 that 63.31% players agreed that importance was given on player's skill part. Maximum 78.75% player accepted that coach discuss strategies and emphasis on tactical part. Only 42.92% players accept that

latest rule and regulations were discussed. 52.50% players says that coaches were not used latest technique for training and coaching.

**Table 4:** Administration Based

S. No.	Administration	Players Responses			
		Yes	No	Neutral	X <sup>2</sup>
1.	Before competition 15 days coaching camps duration is sufficient.	11.11%	64.44%	24.44%	332.80*
2.	Coaching camp should be organized in both morning and evening session.	62.36%	17.50%	20.14%	273.76*
3.	Coaching camps of various games are organized on specified grounds.	52.50%	23.19%	24.31%	119.16*
4.	Experienced coaches or specialist is appointing for coaching in coaching camps.	51.67%	35.97%	12.36%	169.11*
5.	During coaching camp only standard equipment's are used.	10.97%	80.28%	8.75%	714.56*

\*Significant at 0.05 level

Table - 4 shows that a majority of 64.44% players accepted that duration of 15 days for coaching camp was not sufficient only 11.11% players accept that duration of 15 days for coaching camp was sufficient. 62.36% players suggest that coaching camps should be organized in both sessions. 52.50% players accepted that camps were organized in specified grounds and 51.67% players accepted that specialist was appointing for coaching. A majority of 80.28% players says that standard equipment was not used in coaching camps.

### Discussion

In overall the environmental condition of camp was pleasant because players were feels comfort and new players were little uncomfortable with seniors and coaches because they were not familiar with coach and senior players. During the coaching camp behavior of coach was good and they considered the senior players suggestion for a coach it is not possible to considered the suggestion of all players. Most of players accept that coach pay more attention towards a particular players and neglect weak players, the reason for this problem is due to the short time duration of coaching camp. Within this time period it is not possible for a coach to pay equal attention on each player so he concentrates on particular papers. Coaching method was good but players were not satisfied with the training method. The reason for this problem was may be the selection of same coach for every year. During coaching camp coaches were not discuss latest rules and regulation because they were not also aware with latest rules. Players accept that 15 days coaching was not sufficient and training was conducted in both sessions so that they learn more and good coordination was developed between the players. Maximum players accept that standard equipment's were not used during the camp. Day by day new equipment's were designed and their cost was very high. Purchasing process of any item was very long so university was unable to provide this equipment within time and it was very difficult to fulfill all the desires of player.

### Conclusion

Coaching is organized in both sessions and it must be for more than 15 days. Latest equipment's and specific grounds are used for coaching. Latest rules and regulations were also discussed.

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