

# Northumbria Research Link

Citation: Hall, Edward, Gray, Shirley and Sproule, John (2013) The microstructure of coaching practice: what “game sense” & “athlete centredness” actually look like. In: Petro-Canada Sport Leadership Sportif, 7 - 9 November 2013, Calgary, Canada.

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JOSÉ MOURINHO

FOOTBALL

Multiple National

Championships

The "Special One"

"The pianist doesn't run around the piano or do push ups with the tips of his fingers. To be great, he plays the piano... The best way to be a great player is to play..."



THE UNIVERSITY *of* EDINBURGH

# THE MICROSTRUCTURE OF COACHING PRACTICE

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# ATHLETE CENTREDNESS

Empowerment

Ownership

Choice

# GAME SENSE

Tactical understanding

Reading the game

Decision making



# GAME-LIKE ACTIVITY...

"...provides a catalyst for coach behaviours and a practice setting which supports long-term learning"



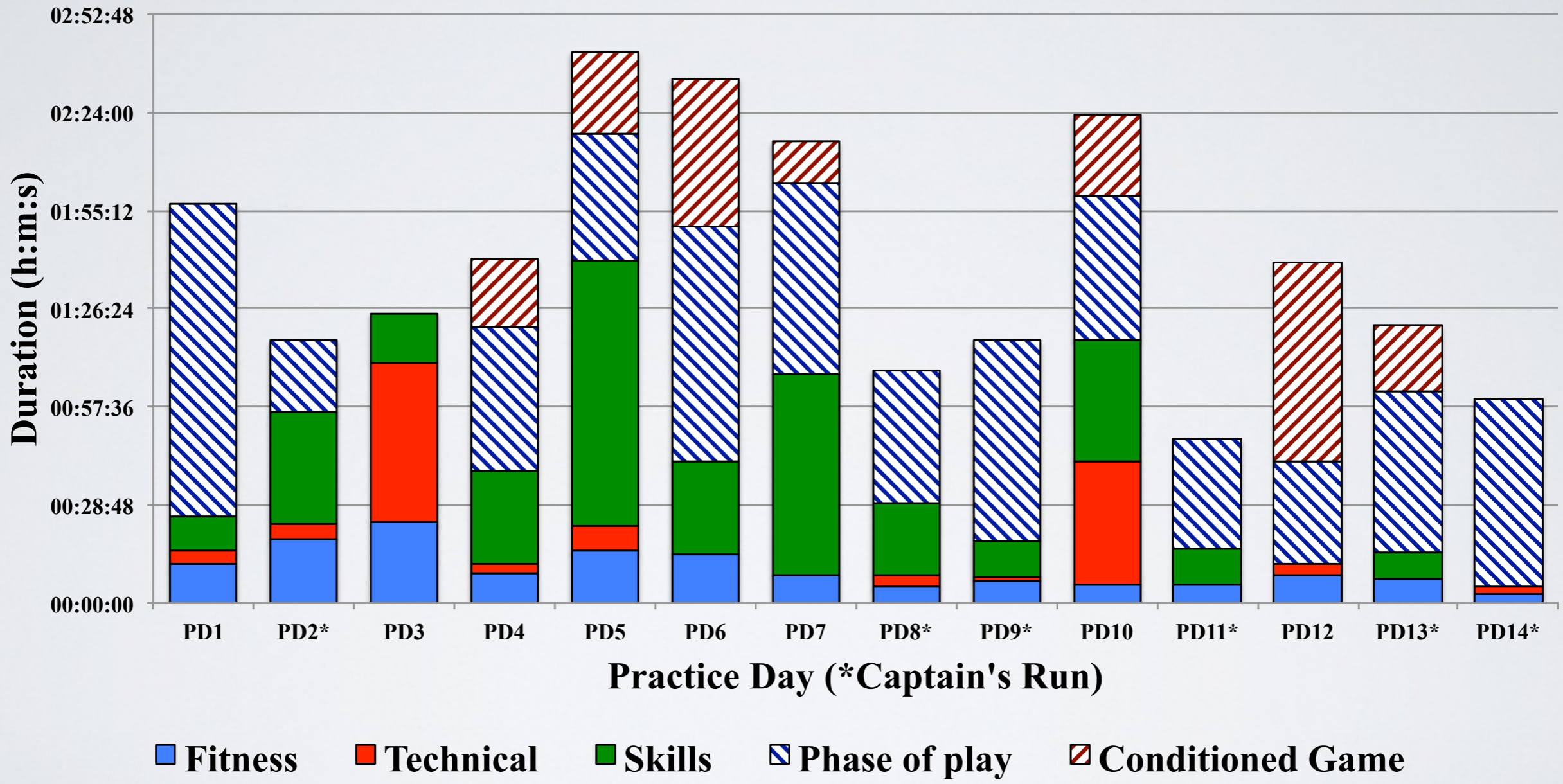
**R.U.C.O.I.**

**Time-use  
analysis**









SILENT OBSERVATION



26.29%

CONFERRING WITH ASSOCIATES



19.07%

QUESTIONING



8.96%



- More & less game-like games
  - Adaptive pedagogy
  - Microstructure of the microstructure
-



- Develop declarative knowledge & self-awareness.
  - Refine notions of best practice.
  - Further research in more contexts!
-

# COACH

knowledge • philosophy

Role Frame

# ASSOCIATES

needs • expectations

Role

## INTERACTIONS

Organisation • Preparation • Competition

# COACHING CONTEXT

situational factors • resources • extraneous factors

THANK  
YOU!



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