



Home

Mission

Scope

Editorial Board

For Reviewers

Submission

Statistics

Contact

Back Issues



## Accountability Systems and Instructional Approaches in Youth Volleyball Training

Felismina Pereira, Isabel Mesquita , Amândio Graça

• [More Information»](#)

Faculty of Sport, University of Porto, Portugal

Isabel Mesquita  
 Faculty of Sport, University of Porto, Portugal.  
 Email: [imesquita@fade.up.pt](mailto:imesquita@fade.up.pt)

Received: 02-04-2009 -- Accepted: 27-05-2009 -- Published (online): 01-09-2009

### ABSTRACT

The purpose of this study was to examine accountability systems operating in youth volleyball training sessions and to understand how those systems vary according to the instructional tasks and the nature of the information provided by coaches. Additionally, the interactive effect of the players' age group on accountability systems and instructional tasks will be inspected. Twenty-eight youth volleyball coaches (for under 14s and under 18s) were observed, one training session each. Systematic observation strategies were used to describe and analyse task presentation and task structure during practice. Results convey that the accountability systems implemented by coaches were mainly implicit and governed by opportunity rather than explicit performance criteria imparted in task presentation. Remarks on the quality of performance only occurred during ongoing practice. More often than not coaches showed no reaction when athletes did not accomplish the tasks, failing to convey consequential expectancy-demand-monitoring messages. The instructional approach was predominantly composed of informing tasks, of technical nature and general information, which can reflect a technique and generalist coach profile. These results indicate the presence of weak and ambiguous accountability system, also corroborated by positive correlations of extending tasks with the category without exigency task presentation as well as with no reaction to unaccomplished tasks. There were no notorious differences in accountability behaviours between players' age group.

**Key words:** Accountability, instruction, coaching, youth sport, volleyball

### Key Points

- Accountability systems implemented by coaches were mainly implicit and governed by opportunity rather than explicit performance criteria imparted in task presentation. Only during practice, coaches remark the performance quality, followed by participation/effort.
- The instructional approach was predominantly composed of informing tasks, of technical

### Article Tools

- PDF Download
- Full Text
- How to Cite
- Citations in ScholarGoogle
- Email link to this article

Amândio Graça, Isabel Mesquita, Felismina Pereira, (2009) Accountability Systems and Instructional Approaches in Youth Volleyball Training. *Journal of Sports Science and Medicine* (08), 366 - 373.

Your name:  
 Your E-mail:  
 Recipient's E-mail:

- Statistics
- New content alert
- Tweet

Related articles by  
[Accountability](#)  
[instruction](#)  
[coaching](#)  
[youth sport](#)  
[volleyball](#)

Other articles by  
[Felismina Pereira](#)  
[Isabel Mesquita](#)