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Coaching anger: A deadly sin in a lively profession

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Abstract

According to Christian tradition, anger comprises one of the "seven deadly sins". In Eastern religious thought anger is held to be poisonous and addictive. These views point to the problematic nature of anger. Some hold, however, that anger can have an appropriate expression and a positive function. Since anger is often vented in sport, it is important to assess the significance of anger in this area of life. Coaches, in particular, frequently display anger. Given this fact, in this paper I focus on the nature of anger and its role in the coaching profession. Is there something distinctive about the role of the coach such that coaches should be granted special leeway in the expression of anger? "Coaching anger" refers not merely to the manifestation of coaches' anger, but also to practical steps towards effective and appropriate dealing with this complex emotion.

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