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# Self-perception of national team coaches in volleyball for the disabled

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## Abstract

This study attempted to answer the basic questions concerning coaches of volleyball for the disabled: their self-perception, their perception of an ideal coach, and statistically significant differences among those two categories. The research sample consisted of 32 coaches of the national teams in volleyball for the disabled. Data was gathered during the European Championship in Sitting Volleyball for Women, the European Championship in Sitting Volleyball for Men and the World Cup in Standing Volleyball for Men, and were completed in 2003. The CSPL-TT94 List (Coach Self-Perception List, Tušák & Tušák, 1994) consists of 26 items about coaches' personal qualities important for successful coaching. A seven point scale from 0 to 6 was introduced to obtain coaches' level of self-perception and ideal coach characteristics. Coaches' self-perception shows us that the strong side of their personal characteristics important for coaching volleyball for the disabled lies in motivation, responsibility and self-confidence, while the lowest scores belong to anxiety, aggressiveness and individualism. An ideal coach is outstanding in motivation, responsibility and self-control with low scores in anxiety. In twenty out of twenty-six personal characteristics important for coaching volleyball for the disabled, we found statistically important differences. These findings have a particular relevance to those involved in coaching elite athletes in volleyball for the disabled. This paper also tries to promote better understanding of participation in sport for the disabled.

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