Study on the Cultivation of Intelligence and Ability Structure of Sports Coaches

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Abstract. Based on the research of intelligence structure, this paper puts forward the definition of coach intelligence, the contents of coaches’ intelligence structure, the contents of coaches’ ability structure, and puts forward the training measures of coaches’ abilities.

Introduction

With the rapid development of modern science and technology, it is widely transplanting in the field of sports. Competitive sports tend to be scientific and technological, and the high science of sports training is the inevitable result of the development of competitive sports. With the development of competitive sports, a new era has come. The advanced things are developing, and the backward things are abandoned. “Survival of the fittest.” and this is the law of natural development. The situation of this change makes the coaches still faced with a serious situation that cannot be avoided. The modern scientific training of higher and higher scientific and technological degree has put forward new requirements to the coaches. The competitive sports in the new situation call for intelligent coaches, so what is the intelligent type? What is its structure? Without making this clear, it is impossible to fully understand the connotation of an intelligent coach. This paper tries to find out the main aspects of the coaches’ teaching level by analyzing the intelligence structure of coaches and cultivate the coaches pertinently.

Research Methods

Literature review. Read and research literatures about intelligence structure of coaches, ability training, on-the-job training and so on.

Expert interview. Interview 17 coaches of Liaoning Athletic Sports Technical College, 6 coaches and 3 trainers of Shenyang Sport University.

Definition of Intelligence

In sociology, intelligence refers to the ability of people to use knowledge, including self-learning ability, research ability, expressive and organizational ability. [1]

In the field of psychology, Howard Gadre (Howard Gardner), a psychology professor of Harvard University, defines the word “intelligence” as: Intelligence is the ability that human beings represent in the process of solving problems and creating products, and the kind of ability that is valued for one or several cultural environments. [2] He put forward the theory of “Multiple Intelligence”, that is, each person has seven kinds of intelligence. Specifically: language intelligence, logic-math intelligence, music intelligence, space intelligence, body motion intelligence, introspective intelligence and interpersonal communication intelligence.

There are also some discussions on the definition and composition of intelligence in general sports training and some special training. Tian Maiju has such a definition of intelligence: Intelligence refers to the ability to understand objective things and to use knowledge to solve practical problems. It usually includes two aspects of knowledge and ability. [3]
Intelligence Structure of Sports Coaches

Jiang Jian believes that the intelligence, knowledge and practice of the athletic coaches constitute the intelligence structure of the coaches. [4]

Zeng Yujiu, Xiao Hongzheng: “They think the smart structure of a Sanda athlete includes the power of observation, memory, thinking, attention and imagination.” [5]

Zhang Chongmin thinks that the intelligence structure of young soccer coaches includes knowledge structure and ability structure. Knowledge structure includes basic political theory knowledge, sports training theory knowledge and necessary basic knowledge. [6] The ability structure includes basic ability (observation ability, recognition ability, analysis ability, plan ability, predictive ability, ability to organize and command the players, material selection ability, ability of understanding football, ability to judge the comprehensive quality of the players, management ability and expressive ability) and special ability (innovation ability, communication ability, coordination ability, the ability to accept new knowledge of world football, ability to change the training program reasonably and self-control ability).

To sum up, the definition of coaches’ intelligence reflects the practice activities of competitive sports, and promotes the operation of the system engineering. It uses the ability of knowledge analysis and problem solving, and its structure includes knowledge structure and ability structure.

Ability Structure of Sports Coaches

Knowledge is static, while ability is dynamic and needs training. The following is a key analysis based on the ability structure of a coach.

The coach’s ability structure refers to the collocation and combination of the coaches’ ability in practice, such as training and competition. On the one hand, it is composed of a variety of single ability of a harmonious and unified whole, and lack of any organic component will directly affect the quality of coaches’ ability and play. On the other hand, in teaching practice, different abilities, such as activities, objects, links and environment, are automatically combined to form various capacity communities. The coaches’ ability community has six aspects, such as special training ability, on-the-spot command ability, management ability, innovation ability, cooperation ability and scientific research ability.

Coaches’ special training ability refers to the ability of coaches to train athletes and guide training process effectively under the premise that coaches have a deep understanding of the characteristics and rules of tennis events. The level of the special ability determines the coach’s working level. The special training capacity include the ability of understanding the characteristics of the project, the ability to discover and solve problems, ability to sum up the experience of training and competition, the ability to formulate and implement the training program, ability to teach students in accordance with their aptitude, operation ability, ability of scientific selection of athletes’ feedback information and Sensibility.

Innovation ability refers to the continuous reform of coaches in terms of competitive technology, tactics, training methods and training modes, so as to improve their ability of winning single factors and their combination level. The creative ability of a coach includes the ability of creative thinking, the ability to accept new things, and the ability to develop the theory and methods of response training. Creative thinking will make the coach’s mind more flexible, make their thinking more creative, make them more willing to accept the change of new technology and tactics more actively, and get rid of the constraints of the mindset; And the ability to accept new things makes coaches show faster reaction and adaptability when facing the changing new competitive order and constantly reforming competitive rules. Learning ability is also the ability that coaches should have. It can help coaches develop continuously in moral quality, knowledge structure and ability structure. In order to meet the challenges of the rapid development of the times, a coach should have a strong learning ability to develop the habit of “lifelong learning”. Coaches should prevent the emergence of “using yesterday’s knowledge and skills to teach modern athletes to do things tomorrow”. The theory and method of constant training means that the coaches’ thinking is reversed from the usual training.
theories and methods, and the new theory and method of trying to solve problems in training matches are based on the premise of reversing the Convention.

On-the-spot command ability refers to the ability of the coach to control and grasp the situation in the course of the competition, and to command and mobilize the players on the spot. The effect of sports training is finally revealed through competition results. To a large extent, coaches’ ability affects the performance and achievement of athletes. Coaches’ on-the-spot command ability includes ability to decide decisively, ability to motivate athletes to fight, concise and clear oral expression ability, perception ability of field information, ability to resist risks, and ability to predict their own decision results.

Management ability refers to the ability of a coach to guide and lead the sports team to train and match, and to achieve the goal of the competition. The coaches’ management ability is an important guarantee for the scientific and orderly training competition of the sports team. It includes the ability of communication, ability of team leadership training and competition, ability of treating athletes both fairly and distinctively, and ability of understanding the players.

Cooperative ability refers to the ability of a coach to have a strong sense of team and effective coordination in all aspects of the relationship. The process of sports training cannot be completed by a coach himself, but requires a multifaceted joint participation. The strong cooperative ability of the coaches can improve the work efficiency. Cooperative ability includes the ability to coordinate the relationship of colleagues, and to control the ability of our emotions and feelings. The scientific research ability of a coach is the ability to use scientific methods to carry out research. It is a new requirement for coaches in the development of the times. Scientific research ability includes ability to obtain and analyze information, logical reasoning ability, ability to use scientific research methods, word expression ability, computer application ability, and ability to read foreign information.

Cultivation of Intelligence and Ability Structure

It is an effective way to improve the structure of the trainers’ knowledge structure and ability structure by the in-service education, on-the-job training and the systematic acceptance of education.

In the training of the coach’s post, we should strengthen the training of the following aspects:

First of all, we should pay attention to coaches, especially young coaches, in practical knowledge, guidance training, command competition, management team ability and professional ethics training, so as to improve coaches’ quality.

Secondly, we should carry out the principles of combining learning and teaching in accordance with the requirements, and choose the basic knowledge of practical specialty and the professional knowledge of biology.

Thirdly, according to the purpose of training of coaches and appropriate choice of teaching methods, we should emphasize pertinence, practicality and effectiveness.

Fourthly, according to the status of our various sports in the world, it is suggested that a large number of technical data from foreign developed countries should be introduced into the post training, foreign experts should be invited to give training courses, lectures, and the advanced training theories and techniques of foreign countries should be used to arm our coaches’ minds.

References


