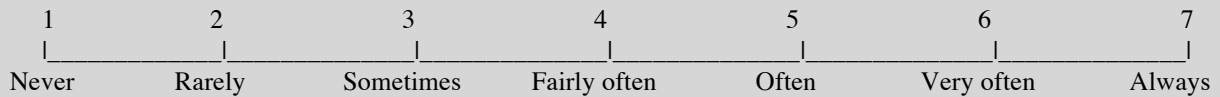


# COACHING BEHAVIOUR SCALE for SPORT (CBS-S<sup>©</sup>)

## HOW FREQUENTLY DO YOU EXPERIENCE THE FOLLOWING COACHING BEHAVIOURS

Some athletes have a single coach and others work with a coaching team. If you have more than one coach, think of the coach, or coaches, most responsible for that area.

Please use the scale below to answer all the sections.



### The coach(es) most responsible for my physical training and conditioning.....

	Never			Fairly often			Always
1. provides me with a physical conditioning program in which I am confident.	1	2	3	4	5	6	7
2. provides me with a physically challenging conditioning program.	1	2	3	4	5	6	7
3. provides me with a detailed physical conditioning program.	1	2	3	4	5	6	7
4. provides me with a plan for my physical preparation.	1	2	3	4	5	6	7
5. ensures that training facilities and equipment are organized.	1	2	3	4	5	6	7
6. provides me with structured training sessions.	1	2	3	4	5	6	7
7. provides me with an annual training program.	1	2	3	4	5	6	7

### The coach(es) most responsible for my technical skills.....

	Never			Fairly often			Always
8. provides me with advice while I'm performing a skill.	1	2	3	4	5	6	7
9. gives me specific feedback for correcting technical errors.	1	2	3	4	5	6	7
10. gives me reinforcement about correct technique.	1	2	3	4	5	6	7
11. provides me with feedback that helps me improve my technique.	1	2	3	4	5	6	7
12. provides visual examples to show how a skill should be done.	1	2	3	4	5	6	7
13. uses verbal examples that describe how a skill should be done.	1	2	3	4	5	6	7
14. makes sure I understand the techniques and strategies I'm being taught.	1	2	3	4	5	6	7
15. provides me with immediate feedback.	1	2	3	4	5	6	7

### The coach(es) most responsible for my mental preparation.....

	Never			Fairly often			Always
16. provides advice on how to perform under pressure.	1	2	3	4	5	6	7
17. provides advice on how to be mentally tough.	1	2	3	4	5	6	7
18. provides advice on how to stay confident about my abilities.	1	2	3	4	5	6	7
19. provides advice on how to stay positive about myself.	1	2	3	4	5	6	7
20. provides advice on how to stay focused.	1	2	3	4	5	6	7

### The coach(es) most responsible for my goal setting.....

	Never			Fairly often			Always
21. helps me identify strategies to achieve my goals.	1	2	3	4	5	6	7
22. monitors my progress toward my goals.	1	2	3	4	5	6	7
23. helps me set-short term goals.	1	2	3	4	5	6	7
24. helps me identify target dates for attaining my goals.	1	2	3	4	5	6	7
25. helps me set long-term goals.	1	2	3	4	5	6	7

26. provides support to attain my goals. 1 2 3 4 5 6 7

**The coach(es) most responsible for my competition strategies.....**

	Never			Fairly often		Always	
27. helps me focus on the process of performing well	1	2	3	4	5	6	7
28. prepares me to face a variety of situations in competition.	1	2	3	4	5	6	7
29. keeps me focused in competitions.	1	2	3	4	5	6	7
30. has a consistent routine at competition.	1	2	3	4	5	6	7
31. deals with problems I may experience at competitions.	1	2	3	4	5	6	7
32. shows confidence in my ability during competitions.	1	2	3	4	5	6	7
33. ensures that facilities and equipment are organized for competition.	1	2	3	4	5	6	7

**My head coach.....**

	Never			Fairly often		Always	
34. shows understanding for me as a person.	1	2	3	4	5	6	7
35. is a good listener.	1	2	3	4	5	6	7
36. is easily approachable about personal problems I might have.	1	2	3	4	5	6	7
37. demonstrates concern for my whole self (i.e., other parts of my life than sport).	1	2	3	4	5	6	7
38. is trustworthy with my personal problems.	1	2	3	4	5	6	7
39. maintains confidentiality regarding my personal life.	1	2	3	4	5	6	7
40. uses fear in his/her coaching methods.	1	2	3	4	5	6	7
41. yells at me when angry.	1	2	3	4	5	6	7
42. disregards my opinion.	1	2	3	4	5	6	7
43. shows favoritism towards others.	1	2	3	4	5	6	7
44. intimidates me physically.	1	2	3	4	5	6	7
45. uses power to manipulate me.	1	2	3	4	5	6	7
46. makes personal comments to me that I find upsetting.	1	2	3	4	5	6	7
47. spends more time coaching the best athletes	1	2	3	4	5	6	7

### Note for Researchers

- The CBS-S has 47 items divided into 7 different constructs

1. Physical training and planning - Items 1-7
2. Technical skills - Items 8-15
3. Mental preparation Items 16-20
4. Goal setting - Items 21-26
5. Competition strategies - Items 27-33
6. Personal rapport - Items 34-39
7. Negative personal rapport - Items 40-47

- References

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