

# **Coach-Athlete Interaction Coding (CAIC) Manual**

Aug. 5, 2009

# CAIC – Coding Crib Sheet

## Subject (letters)

t – Team

z – Coach

a, b, c... – Athlete A, B, C...

## Coach Content (10's and 20's)

### 11 – Positive Reinforcement:

- Verbal (e.g., “good job”, “well done”, etc.)
- Non-verbal (e.g., thumbs up, high five, etc.)

### 12 – Corrective Encouragement:

- E.g., “you’ll do better next time”, “don’t worry about it”, etc.

### 13 – Future Encouragement:

- E.g., “let’s go guys”, “You can do it”, etc.

### 14 – Corrective Technical:

- E.g., “pull your shoulders back and down”, etc.

### 15 – Future Technical:

- E.g., “it’s important to keep your head back in this skill”, etc.

### 16 – Organization:

- E.g., “now we’re doing \_\_\_ drill”, “go over there”, etc.

### 17 – Observation:

- Default code if coach is engaged in practice but criteria not met for any actively communicative code.

### 18 – General Communication:

- E.g., joking with athletes, talking about school, etc.

### 19 – Not Engaged:

- E.g., talking to other coaches (even if talking about practice-related content), adjusting music, etc.

### 21 – Keeping Control:

- E.g., “hurry up!”, “stop talking!”, etc.

### 22 – Error Technical:

- E.g., “you did \_\_\_ wrong”, “your leg was too low”, etc.

### 23 – Negative Evaluation:

- Verbal (e.g., “that was terrible”, sarcasm, etc.)
- Non-verbal (e.g., shaking head, etc.)

## Athlete Content (30's)

### 31 – Technical Talking:

- E.g., “I like that”, “why don’t we do \_\_\_ instead”, offering answer to coach’s technical question/quiz, etc.

### 32 – Clarification:

- Question (e.g., “how do I do that again?”, “how many are we doing?”, etc.).
- Statement (e.g., “I don’t understand”, etc.)

### 33 – Acknowledgement:

- E.g., “ok”, “got it”, etc.

### 34 – General Talking:

- E.g., talking about school, etc.
- Default actively communicative code if coder cannot hear content of interaction (with other athletes or coach).

### 35 – Engaged:

- E.g., doing drills, resting during assigned rest or break times, moving to new pool location on direction from coach, etc.
- Default code for anytime athlete not actively interacting with coach or other athletes.

### 36 – Disengaged:

- E.g., actively disrupting practice, ignoring coach instructions, etc.
- Requires athlete to be in opposition to current practice activity

## Affect – Coach or Athlete (70's, 80's, and 90's)

### 77 – Positive:

- E.g., smiling, laughing, etc.

### 88 – Neutral:

- Default category if no indications of positive or negative affect.

### 97 – Withdrawn:

- E.g., head down, avoiding eye contact, shoulders hunched, etc.

### 99 – Hostile:

- E.g., yelling, scowling, angry/sarcastic tone, etc.

## Context – Athletes only (letters)

### p – In Pool:

- Athlete fully in water, not in any contact with side of pool deck.

### s – Poolside:

- Athlete in water, in contact with side of pool deck.

### o – Other:

- Athlete out of water.

## Notes

- 10, 30 (UNCODABLE)

- 3-second rule for: 17, 35, 10, 3

# General Coding Guidelines

## Overview

The Coach-Athlete Interaction Code (CAIC) was developed for observations of athletes and coaches in a team sport environment, specifically synchronized swimming. Thus, this coding manual contains features endemic to synchronized swimming (e.g., in-pool context) that may not be generalizable to all sports. This coding manual is intended for observation of primarily in-pool practice time, not competitions or dry-land training.

The codes in the CAIC are based on behaviours across six (6) dimensions:

1. Initiator Subject (who's behaviour is being coded)
2. Recipient Subject (to whom a coded behaviour is directed)
3. Coach content (the interactive content of a given coach behaviour)
4. Athlete content (the interactive content of a given athlete behaviour)
5. Affect (coach and athlete – the affect of a given coach or athlete behaviour)
6. Context (athlete only – the context in which a given athlete behaviour occurs, relative to the pool)

## Rules

- 3-second rule
  - Wait three (3) seconds before coding 'observation' (coach content) or 'engaged' (athlete content) when changing from any actively communicative code. Code for either of these behaviours only if they continue past the three (3) second waiting period. If within three (3) seconds a different actively communicative behaviour occurs, do not wait to code that behaviour.
  - Wait three (3) seconds before coding 'uncodable' (coach content) or 'not codable' (athlete content) when changing from any other code. Code for either of these behaviours only if they continue past the three (3) second waiting period. If within three (3) seconds a different behaviour visibly or audibly occurs, do not wait to code that behaviour.
- Default codes
  - For coach content, athlete content, and affect (coach or athlete) dimensions, specific behaviour codes are to be coded by default if criteria for any other behaviour within the dimension are not met. That is, use the default codes in the absence of any other codable behaviour:
    - (coach content) – 'observation'
    - (athlete content) – 'general communication' if interacting with coach/other athletes; 'engaged' if not interacting with coach/other athletes.
    - (affect) – 'neutral'
  - No default categories exist for subject (initiator or recipient) or context dimensions as these must be directly observed.

## **Subject – Initiator or Recipient (letters)**

As there are multiple participants in all videos (i.e., individual athletes and microphone-wearing coach), the coder must specify which subject's behaviour is being coded. Once assigned a subject ID, athletes must be coded as same subject for all videos. This will be determined for all athletes on all teams prior to the initiation of coding and referenced by name, cap colour, and bathing suit colour for each video. As well, athlete and coach content codes must be qualified by a recipient subject code. For all recipient subject codes, code as 'team' unless the behaviour is directly targeted at a specific individual (i.e., if coach is talking to two or more athletes). The subject codes are as follows:

### **CODE**

z – Coach

a – Athlete A

b – Athlete B

c – Athlete C

d – Athlete D

e – Athlete E

f – Athlete F

g – Athlete G

h – Athlete H

i – Athlete I

j – Athlete J

t – Team

## **Coach Content (10's and 20's)**

### **POSITIVE CODES**

11 – **Positive Reinforcement:** Positive reaction by coach to desirable performance by athlete(s).

#### Notes

- Focus is on success.
- Verbal (e.g., “good job”, “well done”, etc.)
- Non-verbal (e.g., thumbs up, high five, etc.)
- If non-verbal, must be very obvious communication.

12 – **Corrective Encouragement:** Non-technical encouragement from coach after athlete(s) mistake.

#### Notes

- Focus is on error.
- E.g., “you’ll do better next time”, “don’t worry about it”, etc.

13 – **Future Encouragement:** Non-technical encouragement from coach, not in response to athlete(s) mistake (coach-initiated). Relates to future behaviour rather than response to previous behaviour.

#### Notes

- E.g., “let’s go guys”, “You can do it”, etc.

## **Coach Content (10's and 20's) CONT.**

### TECHNICAL CODES

14 – **Corrective Technical:** Corrective technical feedback from coach after athlete(s) mistake. Requires specific instruction regarding how the athlete can perform the skill correctly/avoid the mistake.

#### Notes

- E.g., “pull your shoulders back and down”, etc.
- Can include pointing out athlete mistake (normally coded as ‘error technical’; see code 22), but must be directly preceded or followed (3-second rule) by corrective information (i.e., how to fix the mistake) to be coded as ‘corrective technical’ (e.g., “Your leg was too low. Push your hips up to keep the leg high”).
- If technical coach behaviour occurs during a drill/activity or if it is unclear if behaviour was initiated in response to an athlete mistake, only code ‘corrective technical’ if there is clear reference to previous performance (i.e., *higher*, *faster*). If in doubt, code as ‘future technical’ (see code 15).

15 – **Future Technical:** Technical/teaching instruction from coach, not in response to athlete(s) mistake (coach-initiated). Requires specific instruction regarding how the athlete can perform the skill correctly. Relates to future behaviour rather than response to previous behaviour.

#### Notes

- E.g., “it’s important to keep your head back in this skill”, etc.
- Code any performance cues or technique focus points given during explanation of a drill/activity as ‘future technical’
- Can also occur during a drill/activity if no reference to previous performance.

## **Coach Content (10's and 20's) CONT.**

### NEUTRAL CODES

16 – **Organization:** Communication from coach related to organization of practice tasks and athlete actions, NOT intended to directly influence performance.

#### Notes

- E.g., “now we’re doing \_\_\_ drill”, “go over there”, etc.
- Cannot include any technical instruction or encouragement. Code for each separately, even if they occur in immediate sequence. (e.g., “Get set up for line drills now. Focus on pointing your toes. I know you guys can do it!” to be coded as ‘organization’, then ‘future technical’ (code 15), then ‘future encouragement’ (code 13).
- If coach is verbally counting or keeping time/beat while athletes are engaged in a drill/activity, code as ‘organization’.

17 – **Observation:** Coach engaged in observing/watching athletes during practice activities, though not directly communicating with athletes.

#### Notes

- Default code if coach is engaged in practice but criteria not met for any actively communicative code.
- 3-second rule in effect before coding for ‘observation’ from an actively communicative code.
- If coach is counting or keeping time/beat by tapping on poolside, etc. with an implement, NOT verbally counting or communicating, code as ‘observation’

18 – **General Communication:** Communication from coach unrelated to task or performance.

#### Notes

- E.g., joking with athletes, talking about school, etc.

19 – **Not Engaged:** Coach not engaged in practice activities directed at athletes and not directly communicating with athletes.

#### Notes

- E.g., talking to other coaches (even if talking about practice-related content), adjusting music, etc.

## **Coach Content (10's and 20's) CONT.**

### **DISAPPROVAL CODES**

21 – **Keeping Control:** Verbal reaction by coach intended to maintain order in response to athlete(s) inattentiveness, disruptive non-task related conduct, etc.

Notes

- E.g., “hurry up!”, “stop talking!”, etc.

22 – **Error Technical:** Technical negative reaction by coach to an undesirable performance by athlete(s) **WITHOUT** any corrective information; pointing out mistake.

Notes

- E.g., “you did \_\_\_ wrong”, “your leg was too low”, etc.
- Code as ‘corrective technical’ (see code 14) if directly preceded or followed (3-second rule) by corrective information (i.e., how to fix the mistake).

23 – **Negative Evaluation:** Non-technical negative reaction by coach to an undesirable performance by athlete(s).

Notes

- Verbal (e.g., “that was terrible”, sarcasm, etc.)
- Non-verbal (e.g., shaking head, etc.)
- If non-verbal, must be very obvious communication.



## **Coach Content (10's and 20's) CONT.**

### **10 – Uncodable:**

#### Notes

- To be coded if coach is out of view with no verbal communication detected or microphone cuts out.
- 3-second rule in effect before coding for 'uncodable'.

Note - All coach content codes must be qualified by recipient subject code. Code all recipient subject codes as 'team' unless the behaviour is directly targeted at a specific individual (i.e., if coach is talking to two or more athletes).

## Athlete Content (30's)

### CODE

31 – **Technical Talking:** Communication discussing task/technique, with athlete providing input/opinion.

#### Notes

- E.g., “I like that”, “why don’t we do \_\_\_\_ instead”, offering answer to coach’s technical question/quiz, etc.
- Can be coded if body language indicates, even if not heard (MUST be very obvious though). If in doubt, code as ‘general talking’.

32 – **Clarification:** Communication intended to elicit more information regarding how athlete is expected to perform task/technique.

#### Notes

- Can be question (e.g., “how do I do that again?”, “how many are we doing?”, etc.).
- Can also be statement (e.g., “I don’t understand”, etc.)

33 – **Acknowledgement:** Communication intended to confirm that other’s communication content is understood WITHOUT any other technical information.

#### Notes

- Verbal (e.g., “ok”, “got it”, etc.)
- Non-verbal (e.g., thumbs up, nodding, etc.)
- If non-verbal, must be very obvious communication.
- Cannot include any technical talking, clarification, or general talking. Code for each separately, even if they occur in immediate sequence.

34 – **General Talking:** Communication unrelated to task or performance.

#### Notes

- E.g., talking about school, etc.
- Default actively communicative code if coder cannot hear content of interaction (with other athletes or coach).

35 – **Engaged:** Engaged in practice activities and not directly communicating with peers or coach.

#### Notes

- E.g., doing drills, resting during assigned rest or break times, moving to new pool location on direction from coach, etc.
- Default code for anytime athlete not actively interacting with coach or other athletes unless actively disrupting practice, ignoring coach instructions, etc. (e.g., code for ‘engaged’ when coach talking to group, even if athlete may appear to not be looking at coach, unless actively not listening/being disruptive)
- 3-second rule in effect before coding for ‘engaged’ from an actively communicative code.

- Code athletes as ‘engaged’ if talking to an assistant coach. Do not code the content of that interaction (not the target coach).

36 – **Disengaged:** Not engaged in practice activities and not directly communicating with peers or coach.

Notes

- E.g., actively disrupting practice, ignoring coach instructions, etc.
- Requires athlete to be in opposition to current practice activity (e.g., code athlete resting during assigned rest period as ‘engaged’, code athlete hanging off diving board after being told not to by coach as ‘disengaged’).
- Must be very obvious.

30 – **Not Codable:**

Notes

- To be coded if athlete is out of view with no verbal communication detected.
- 3-second rule in effect before coding for ‘not codable’.

Note – All athlete content codes must be qualified by recipient subject code. Code all recipient subject codes as ‘team’ unless the behaviour is directly targeted at a specific individual (i.e., if coach is talking to two or more athletes). When athlete-athlete communication occurs (i.e., a conversation), code both as actively communicating, even when listening, unless blatantly not interacting.

## **Affect – Coach or Athlete (70’s, 80’s, and 90’s)**

### CODE

77 – **Positive:** Must be very obviously positive affect.

#### Notes

- E.g., smiling, laughing, etc.

88 – **Neutral:** No obvious indications of positive or negative affect.

#### Notes

- Default category if no indications of positive or negative affect.

97 – **Withdrawn:** Negative affect characterized by very obvious withdrawal from interaction behaviour.

#### Notes

- E.g., sulking, head down, avoiding eye contact, shoulders hunched, etc.

99 – **Hostile:** Negative affect characterized by very obvious openly hostile behaviour.

#### Notes

- E.g., yelling, scowling, angry/sarcastic tone, etc.

## **Context – Athletes only (letters)**

### CODE

p – **In Pool:** Athlete fully in water, not in any contact with side of pool deck.

#### Notes

- To code 'in pool', no part of the athlete's body may be in contact with the side of the pool deck.
- Code 'in pool' as soon as last part of athlete's body breaks contact with the side of the pool deck when changing from 'poolside'.
- Code 'in pool' as soon as any part of athlete's body comes in contact with the water when changing from 'other' due to athlete jumping into water (bypassing 'poolside').

s – **Poolside:** Athlete in water, in contact with side of pool deck.

#### Notes

- To code 'poolside', some part of the athlete's body must be in contact with the side of the pool deck.
- Code 'poolside' as soon as any part of athlete's body comes in contact with the side of the pool deck when changing from 'in pool'.
- Code 'poolside' as soon as any part of athlete's body enters the water when changing from 'other'.

o – **Other:** Athlete out of water.

#### Notes

- To code 'other', no part of the athlete's body may be in contact with the water.
- Code 'other' as soon as last part of athlete's body breaks contact with the water when changing from 'poolside'.

Note – Context is not coded for coach behaviour as it is assumed to remain 'other' at all times.