

2006亞運金牌教練領導模式之研究

—以棒球、軟網、撞球九號球為例

2008年6月

研究生：朱鴻祥

指導教授：陳景星

摘要

本研究目的在探討優秀教練的訓練背景及訓練過程，教練價值觀、競賽前的心理準備、選手與教練之互動關係及訓練歷程所面對之問題和尋求解決的方法。研究方法以採質性研究方法中的深入訪談法為主。以2006年12月07日至10日於卡達杜哈市舉行之第15屆亞運，獲得金牌項目的棒球、軟式網球及撞球九號球之教練為研究對象。依據研究結果找出解決之道，有效提出相關建議，協助各項國家代表隊教練、選手及有關行政單位，在未來規劃我國亞運棒球、軟式網球及撞球九號球運動的訓練工作上能夠解決其所面臨的重要問題，有效率的提升現有的棒球、軟式網球及撞球九號球訓練環境以及克服未來的挑戰。本研究結論如下：一、教練領導模式以混和式領導模式是最有效率的方式。二、身為教練要能發現選手內心真正面臨的問題並解決之。三、選手與教練期望受到重視、擁有更周詳的計畫、企業能更多支持、期許未來能教育出更多優秀選手。四、國內選手普遍缺乏心理方面的訓練。

關鍵詞：2006杜哈亞運、教練、領導模式

The Study of Gold Medal Coaches' Leadership Styles of the 15th Asian Games Doha 2006— Baseball, Soft Tennis and Billiard 9-Ball as Example

June, 2008

Student: Hung-Shiang Chu

Advisor: Peter Chen

Abstract

The purposes of this study were to discuss outstanding training background, process and values of coaches, psychological preparation, interaction between the players and coaches and the problems facing players and solution. The study was conducted thorough interviews and questionnaires to explore the training problems facing those national coaches involved. This study was carried out according to the qualitative research method; three gold medal coaches were selected and interviewed from the 15th Asian Game Doha from 7 to 10 December 2006 from the events of Baseball, Soft Tennis and Billiard 9-Ball as examples. It is hoped that the finding of the solutions and suggestions may assist the national teams, coaches, players and the administrations to solve the important training questions in the future, and enrich the training environment effectively to overcome the challenge in the future. The findings are as follow:

1. The combined leadership style is the most effective method.
2. The elite coach must be able to discover the real problems of players and find the ways to solve them.
3. The players and coaches are expected to be valued more; to pay more attention with their planning; more support from the enterprises and to train more elite athletes.
4. More psychology training is the required for our nation members.

Key word: The 15th Asian Games Doha 2006, Coach, Leadership Styles