

## ABSTRACT

### THE KEYS TO SUCCESS: COACHING STYLES OF PROFESSIONAL CHAMPIONSHIP TEAM SPORT COACHES

The purpose of the present study was to describe coaching styles of professional championship head coaches of team sports. One coach from each of five major North American sport leagues was chosen based on number of championships won and overall career winning record. A qualitative descriptive research approach was utilized and data for each coach were identified and collected (autobiographies and biographies). The NVIVO qualitative data analysis software program was used to organize and manage data. Techniques to address reliability included data content review, peer review, weekly peer debriefings, and the use of NVIVO. Results showed that the following coaching style characteristics were common to all five coaches: (a) setting clear and defined roles, (b) acknowledging that their sport is just a game/there is more to life, (c) valuing team unity/ togetherness, (d) having different leadership approaches, (e) being genuine/true to self, (f) having a working coach-athlete relationship.

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