

# Assessing the Impact of Personality Types and Learning Styles on Athletic Coaching

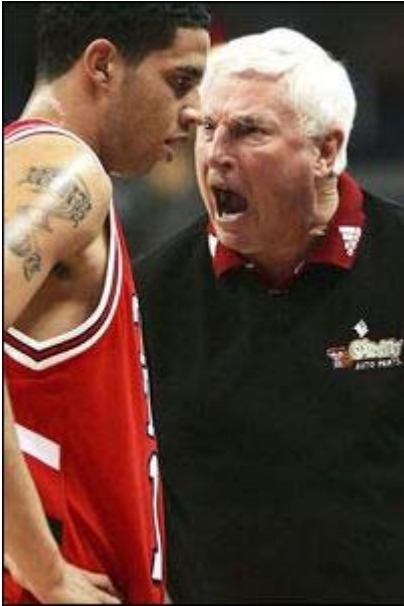
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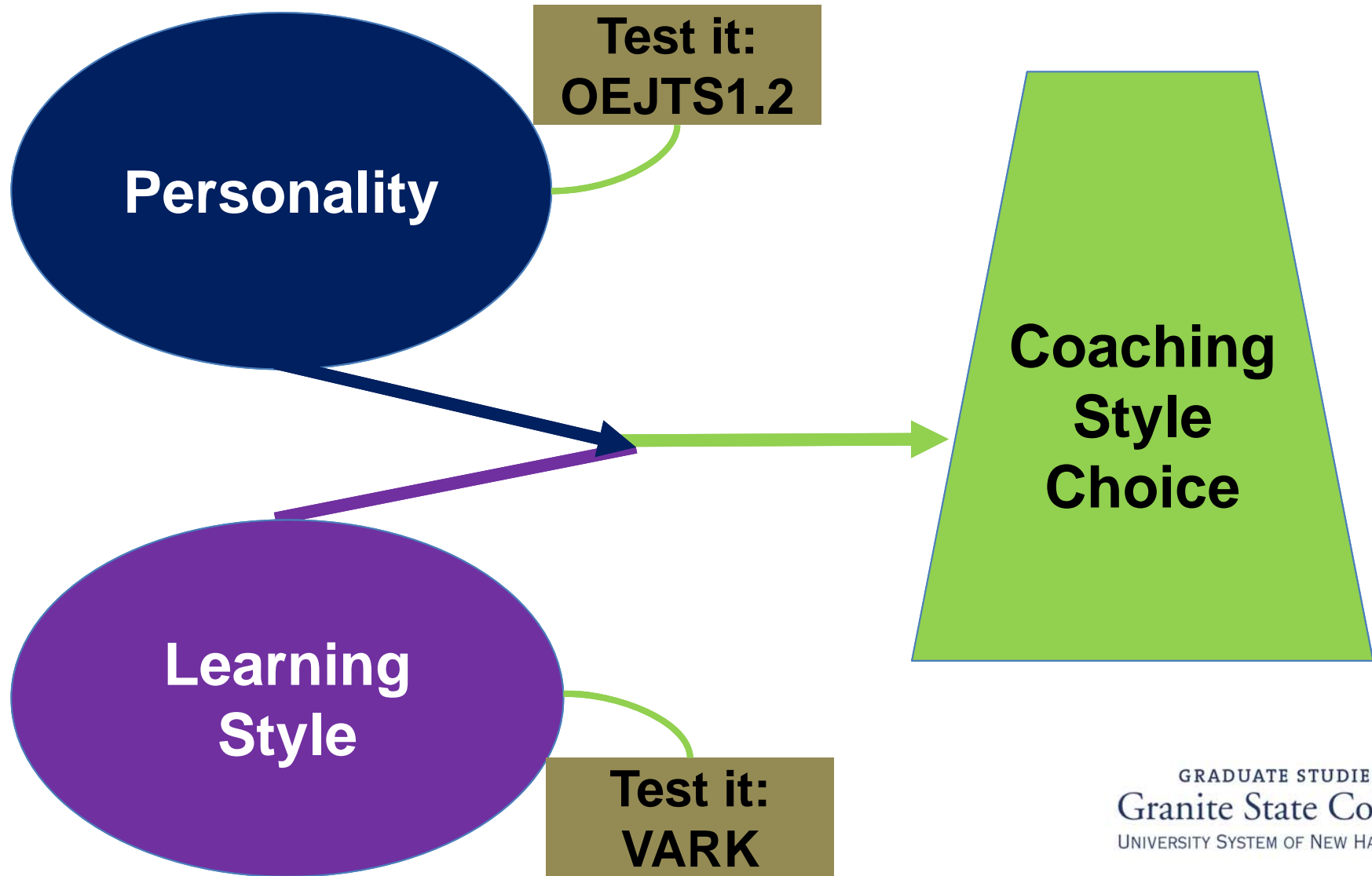
GRADUATE STUDIES  
Granite State College  
UNIVERSITY SYSTEM OF NEW HAMPSHIRE

# Does Coaching Style Matter?



- Wooden was mild mannered.
  - Knight screamed.
  - Each won ...a lot.
  - Who was right?
- \*Both, of course!\*

# How Do We Coach Them?



# Research and Results: The Impact is Real!



## Investigation:

- ✓ Learning Style Testing
- ✓ Personality Testing
- ✓ Satisfaction Surveys
- ✓ Team Stat Analysis
- ✓ Literary Review

## Year over year results:

- Player satisfaction: + 3.1
- Wins + 1.0
- Points scored/game: + 11.5
- Point margin reduced by: 5.9
- Senior participation: + 5

## Recommendations:

- Increase verbal repetition
- Increase walkthroughs
- Actively confirm understanding
- Increase visuals

# References

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