

# 優れた指導者はいかにして選手と チームのパフォーマンスを高めるのか？

— 質的分析によるエキスパート高等学校サッカー指導者のコーチング・メンタルモデルの構築 —

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**How Do Expert Coaches Enhance Athletes' and Team Performance?:  
Construction of a Coaching Mental Model of Expert High School Soccer Coaches in Japan.**

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## Abstract

One of the important role of the coach is to make the athletes center their efforts upon daily practice and to minimize the physical and psychological constraints which impede the skill development of the athletes (Côté et al., 1995). The purpose of this study was to construct the mental model of expert high school soccer coaches in Japan taking into account their perceptions of coaching concepts. Eight high school soccer coaches served as participants for this study. In-depth, open-ended semi-structured interviews were conducted with each coach. The data was analyzed inductively using qualitative procedures outlined by Côté et al. (1993). The results revealed that coaching mental model comprised three categories, training, motivating and supporting. The strong relationship between training, motivating and supporting indicate a significant agreement between coaches' perceptions of the concepts on how they evaluated their coaching activities in relation to holistic human development of the players and performance enhancement of the players.

**Key words:** expert soccer coach, coaching mental model, qualitative analysis