

# REFLECTING ON AND ASSESSING MY COACHING PRACTICE: THE COACHING ATHLETE PURPOSE SCALE (CAPS)

RESEARCH FROM THE FRONT PORCH

**“COACHING PURPOSE REFLECTS THE WHY’S AS WELL AS HOW’S, AND WHAT’S:  
WHY COACHES COACH, HOW THEY COACH, AND WHAT THEY DO WHEN THEY COACH.”**

## RESEARCH HIGHLIGHTS

- The Coaching Athletes Purpose Scale (CAPS) is aligned with the United States Olympic and Paralympic Committee Quality Coaching Framework, that focuses on the consistent integration of coaching knowledge and practice to improve athletes’ competence, confidence, connection, and character (the 4Cs).
- The CAPS is a 15-items valid and reliable measure of coaching purpose that can be used to measure the specific dimensions of a coaching purpose as well as overall coaching purpose.
- The CAPS can be used with and by coaches as a tool for reflection on their coaching practice and as a research tool for examining and promoting athlete holistic development.
- Sport administrators can also include the CAPS as part of coaches’ end-of-season evaluations. Responses to the CAPS items can be discussed during a debriefing meeting with the athletic administrator as part of a broader discussion about season and program goals.

## REFLECTION

- Why do I coach? How does my “why” explain my coaching purpose?
- What do I think when I hear the phrase, “effective coaching”?
- What areas of athletes’ growth and development do I emphasize in my coaching practice and why?
- How can I foster holistic development of athletes through my coaching purpose and coaching practice?



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### Read the scale validation article:

Yukhymenko-Lescroart, M. A., & Gilbert, W. (2021). Development and validation of the Coaching Athlete Purpose Scale (CAPS). *Psychology of Sport and Exercise*, 56, 101960.

### Reflection worksheet activity:

Complete during different phases of the training and competitive season for self-reflection: Yukhymenko-Lescroart, M. A. (2022). Sense of Coaching Purpose Scale (CAPS): A worksheet for coaches. ScholarWorks.

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