

# 3 COACHING INTERPERSONAL STYLES

THREE DIFFERENT COACHING STYLES  
FOR MOTIVATING ATHLETES BASED  
ON SELF-DETERMINATION THEORY

## AUTONOMY SUPPORT

Most effective



Allowing athletes to have freedom.

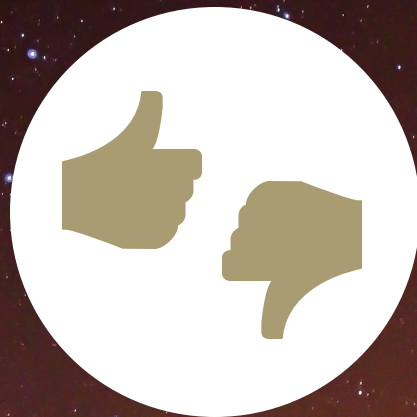


Let them be in control of their own actions.



This will decrease the pressures applied to them.

## STRUCTURE



Giving athletes instructions of what is expected, as well as providing feedback.

## INVOLVEMENT



Showing interest of athletes wellbeing, even outside of the sport.



Provide athletes with attention and emotional resources.

To Learn More Visit: **Sport Psychology for Coaches**

It's **FREE!**

Source: <https://sportpsychologyforcoaches.ca/mental-skills/interpersonal-styles/>

