

UNIVERSITI TEKNOLOGI MARA

**RELATIONSHIPS BETWEEN COACHING
COMPETENCIES AND TEAM COHESION
AMONG COBRA RUGBY CLUB ATHLETE**

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AUTHOR'S DECLARATION

I declare that the work in this research was carried out in accordance with the regulation of Universiti Teknologi MARA. It is original and is the result of my own work, unless otherwise indicates or acknowledge as references work. This research project has not been submitted to any other academic institution or non-academic institution for any degree of qualification.

I, hereby, acknowledge that have been supplied with Academic Rules and Regulation for Under Graduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

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ABSTRACT

A study about the relationship between coaching competencies and team cohesion that were lack and not clearly discussed in the previous literature. The purpose of this study was to determine the relationship between coaching competencies and team cohesion among COBRA Rugby Club athlete. There were 108 respondents from 150 populations in rugby athletes. Participants were asked to complete answering the questionnaire for Coaching Competency (CCS) and the Team Cohesion (GEQ). There were four dimension in coaching competency which were motivation, game strategy, coaching technique and character building while for team cohesion divided by two dimension which were task and social. Results indicate that motivation was a significant correlated and task also a significant correlated. Other factors were not significant correlation. The findings suggest that coach motivation through two-ways communication with athlete is an important role to the performance. In addition, it is important that each of these factors were constantly affecting each other and it could frequently change depending on the performance of the team.

Keywords: coaching competencies, team cohesion, athlete, coach, performance

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