Abstract

The present study describes the characteristics of a group of Spanish elite karate coaches. The results are contrasted with a minor level coaches group (n=27). Participants are 17 elite karate coaches and the 67 karate trainees they are training. Two different self-administered questionnaires were used for coaches and sportsmen, respectively. Significant differences were found in several aspects: coaches achieved good sport results when they were sportsmen. Elite coaches present a large sport experience, competitive experience and as managers in karate. This aspect is corroborated by the karate trainees they are training, as well as their knowledge of the sport modality and the way they treat and motivate them.

Keywords

Coaches, elite, characteristics, karate.