

# Contents

Preface **vii** Acknowledgments **x**

<b>PART I</b>	<b>Understanding Self-Efficacy Theory . . . . .</b>	<b>1</b>
<b>Chapter 1</b>	<b>Self-Efficacy Theory in Sport. . . . .</b>	<b>3</b>
	Self-Efficacy Theory . . . . .	4
	Related Measures and Concepts of Self-Efficacy . . . . .	25
	Criticisms of Self-Efficacy Theory . . . . .	32
<b>Chapter 2</b>	<b>Measuring Efficacy Beliefs. . . . .</b>	<b>37</b>
	Bandura's Guidelines for Constructing Efficacy Measures . . . . .	38
	Hierarchical and Nonhierarchical Scales. . . . .	50
	Microanalytic Approach . . . . .	51
	Measuring the Reciprocal Pattern of Efficacy Beliefs and Performance. . . . .	52
	Collective Efficacy Measurement. . . . .	54
	The Coaching Efficacy Scale . . . . .	60
	Other Efficacy-Type Measures in Sport . . . . .	63
	Improving the Predictive Strength of Efficacy Measures. . . . .	65
<b>PART II</b>	<b>The Nature of Efficacy Beliefs in Athletes, Teams, and Coaches . . . . .</b>	<b>69</b>
<b>Chapter 3</b>	<b>Efficacy Beliefs of Athletes . . . . .</b>	<b>71</b>
	Early Research. . . . .	73
	Self-Efficacy Effects in Athletic Functioning . . . . .	78
	Sources of Self-Efficacy Beliefs for Athletes . . . . .	88
	Research on Multiple Sources of Self-Efficacy . . . . .	110
	Research on the Sources of Sport Confidence . . . . .	112
	Gender Differences. . . . .	114
<b>Chapter 4</b>	<b>Efficacy Beliefs of Teams . . . . .</b>	<b>119</b>
	The Nature of Teams . . . . .	120
	Collective Efficacy. . . . .	123
	Sources of Collective Efficacy in Teams . . . . .	129
	The Effect of Collective Efficacy Beliefs on Team Functioning . . . . .	136
	Effects of Collective Efficacy Beliefs on Other Team and Individual Variables . . . . .	146

<b>Chapter 5</b>	<b>Efficacy Beliefs of Coaches . . . . .</b>	<b>151</b>
	Conceptual Model of Coaching Efficacy . . . . .	152
	Research on Sources of Coaching Efficacy Information . . . . .	158
	Research on the Influence of Coaching Efficacy on Coaching Behavior . . . . .	164
	Research on the Influence of Coaching Efficacy on Athlete and Team Outcomes . . . . .	166
	Strategies and Expectancies of Coaches in Building the Efficacy Beliefs of Athletes and Teams . . . . .	169
	Women and Coaching . . . . .	174

**PART III**      **Building, Maintaining,  
and Regaining Efficacy Beliefs in Sport. . . . . 177**

<b>Chapter 6</b>	<b>Enhancing Efficacy Beliefs of Athletes . . . . .</b>	<b>179</b>
	Start With Assessment . . . . .	182
	Techniques for Building Self-Efficacy of Novice Athletes . . . . .	183
	Techniques for Maintaining and Regaining Self-Efficacy of Experienced Athletes . . . . .	199
	Levels of Efficacy . . . . .	214

<b>Chapter 7</b>	<b>Enhancing Efficacy Beliefs of Teams . . . . .</b>	<b>219</b>
	Brief Review of Tenets of Collective Efficacy . . . . .	220
	Situations Requiring Collective Efficacy Interventions . . . . .	221
	Building Team Efficacy of New Teams . . . . .	222
	Building Team Efficacy of Established Teams . . . . .	231
	Self-Efficacy as a Source of Collective Efficacy . . . . .	239

<b>Chapter 8</b>	<b>Enhancing Efficacy Beliefs of Coaches . . . . .</b>	<b>243</b>
	Techniques for Enhancing the Efficacy of Novice Coaches . . . . .	246
	Techniques for Enhancing the Efficacy of Experienced Coaches . . . . .	261
	Reflection and Enhancing Coaching Efficacy . . . . .	264

<b>Chapter 9</b>	<b>Future Directions for Research on Efficacy Beliefs . . . . .</b>	<b>269</b>
	Future Directions for Research on Efficacy Measurement . . . . .	270
	Future Directions for Research With Athletes (Self-Efficacy Beliefs) . . . . .	275
	Future Directions for Research With Teams (Collective Efficacy Beliefs) . . . . .	278
	Future Directions for Research With Coaches (Coaching Efficacy Beliefs) . . . . .	282
	New Lines of Inquiry . . . . .	285

Appendix 293 | Annotated Bibliography 299 | References 373

Index 395 | About the Authors 404