**Group Cohesion in Sports Performance**

NAME:

What is group cohesion?

**Factors affecting Team Cohesion**

Carron 1993 identified four factors that directly affect team cohesion.

**Individual factors**

* **Individuals characteristics**

**Situational factors**

* **Type of Sport**
* **Size of group**
* **External threats**

**Team factors**

* **Success**
* **Stability**
* **Good Communication**
* **Collective Goals**
* **Similarity of members**

**Leadership factors**

* **Style of leadership**

**Type of Sport -**

|  |  |  |
| --- | --- | --- |
|  | Coacting E.g. | Interacting E.g. |
| **Task Cohesion** |  |  |
| Social Cohesion |  |  |

**Size of the group** **(Ringlemann Effect)**

##### Loss of performance due to co-ordination problems: The Ringlemann Effect

Using tug of war in the late 1800’s, Ringlemann investigated the effect of size of group on performance. He studies contained the following conditions:

1 v 1 2 v 2 3 v 3 8v 8

What do you think he found?

How could a coach reduce the Ringlemann effect?

**External threats**

**Style of Leadership**

**Individual Characteristics**

**Stability**

**Good Communication**

**Collective Goals**

**Similarity**

**Success**

**Loss of performance due to loss of motivation:**

**Social Loafing - Latane (1979)**

Latane’s study was based on an audience clapping a live performance in situations where they thought they were the only members of the audience and in situations when they thought they were part of a much larger audience.

What do you think happened?

How could a coach reduce social loafing?

The following features turn a number of people into a group or team:



Think of a team you played in – why did you join this team?

How did the team form?

**Tuckman’s stages of Team Formation**











##### Factors Affecting Participation in a Group

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Look back to your DVD of your leadership session.

Imagine that you have been asked to lead the session again to the same group of participants.

1. How would you ensure task and social cohesion are included in your sports/ activity session?

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1. How would the group size affect what you did in the session?

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1. How would Tuckman’s stages of group cohesion affect your decisions during a before the session?

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1. How would you promote cohesion; preventing social loafing and the Ringlemann effect?

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